



# Scotland's kiltwalk



## Walker Guide

26 September 2021

# Pre-Arrival & Arrival



## ARRIVAL

### Active Travel & Drop Off Point

Walkers are advised to access the venue via a one-way system from Greendyke Street by either active travel (walking or jogging) or arrange to be 'dropped off'. Please do not arrive any earlier than 15 mins before your pre-agreed time slot.

### What to Bring

It is essential that your ID badge (and attached meal voucher) are connected to your lanyard and kept securely around your neck at all times during the event. This will speed up the scanning process and ensure you quickly access your food at the end of the walk.



This year, we encourage all walkers to bring more supplies and snacks than usual. We recommend packing:

- Face Mask
- Hand Sanitiser
- Extra food/snacks
- Blister plasters
- Extra socks
- Extra pair of comfortable shoes
- Suncream/Sunglasses
- Hat/cap
- Waterproof jacket



# Release Times



## THE **Mighty Stride**

**16.5 Miles // START Glasgow Green**

Greendyke Street, Glasgow G1 5DB

**3–7 hours on average to complete**

Please arrive no earlier than the arrival times noted. Time slots are fixed and non-changeable.

### Registration

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**07.00 Release** (Arrive between 06.45 and 06.55)

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**07.30 Release** (Arrive between 07.15 and 07.25)

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**08.00 Release** (Arrive between 07.45 and 07.55)

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**08.30 Release** (Arrive between 08.15 and 08.25)

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**09.00 Release** (Arrive between 08.45 and 08.55)

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**09.30 Release** (Arrive between 09.15 and 09.25)

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**10.00 Release** (Arrive between 09.45 and 09.55)

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**10.30 Release** (Arrive between 10.15 and 10.25)

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## THE **Wee Wander**

**3.5 Miles // START Glasgow Green**

Greendyke Street, Glasgow G1 5DB

**1–3 hours on average to complete**

Please arrive no earlier than the arrival times noted. Time slots are fixed and non-changeable.

### Registration

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**13.00 Release** (Arrive between 12.45 and 12.55)

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**13.30 Release** (Arrive between 13.15 and 13.25)

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**14.00 Release** (Arrive between 13.45 and 13.55)

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**14.30 Release** (Arrive between 14.15 and 14.25)

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### Arrival Instructions

Wear a mask on arrival at Glasgow Green and enter the park via the Main Entrance on Greendyke Street. There is a one-way system in place, so follow the directional signage and the event stewards' instructions at all check-points.

Ensure your lanyard and ID badge are visible upon entry. Look out for Kilties directing you to the sanitation stations and event check points.

If you are missing your ID Badge, meal voucher or lanyard, follow the one-way system to the Info Point.



# Your Walk



## YOUR WALK

### Food & Drink

All Pit Stops will offer delicious ALDI Scotland snacks on a 'Grab & Go' basis. Your meal voucher is redeemable for a meal at the end site. Mighty Stride walkers will also receive a light snack at Pit Stop 2. We advise bringing additional food supplies to see you through the challenging day.

### Keep Hydrated

It's vitally important that you keep well hydrated. Drink small amounts regularly, not just when you're thirsty. Water is available at all Pit Stops.

### Toilets

Walkers are expected to use the toilets provided. All Pit Stops have toilets and baby changing facilities are available in the accessible toilets. We have increased the number of toilets on the route and an enhanced cleaning schedule is in place.

### Entertainment

This year due to the restrictions, there will be no entertainment programmes at the start and finish lines. We will instead have plenty of surprises along the route and our Kiltie volunteers will be there to cheer you on and keep you motivated!



### Foot & Muscle Care

Blisters are highly likely, especially on the Mighty Stride, Glasgow to Dumbarton walk. We suggest you carry a blister kit and avoid wearing new shoes, which could result in blisters/injuries.

Top tip: Don't stop for too long at Pit Stops. Long breaks without moving can cause muscles to seize.



### Kiltie Volunteers

Look out for our brilliant Kilties along the route. They will keep you motivated and are available to help you with anything you may need.

### Capture the Moment

Don't forget to capture your Kiltwalk experience by taking lots of pictures and sharing! Tag in 'The Kiltwalk' and use #ScotlandsKiltwalk so the Kiltwalk can share.

### Road Safety

Remember that the Kiltwalk does not have any right of way on roads. Please ensure that you use the Green Cross Code and stick to pavements on the official route. DO NOT walk on roads and ensure you cross at appropriate crossing points, following Kiltwalk signage at all times.

# General



## GENERAL

### Zero Waste to Landfill

The Kiltwalk is committed to becoming Carbon Neutral by the end of 2021 and fully supports Zero Waste Scotland's environmental initiatives. Help us achieve this by ensuring all litter is put into Kiltwalk bins along the route. 100% of all Kiltwalk rubbish collected will be recycled and reused. Find out more about our Carbon Neutral Mission on the Kiltwalk Website.

### Luggage Storage

In line with our Covid-19 mitigation measures, unfortunately, we do not have a Luggage Storage facility in 2021.

### Dogs

Please keep dogs on a short leash on the route. Bring bags to clean up after your dog and dispose of the bags appropriately.

### Alcohol/Drugs/Smoking

Alcohol and drugs are NOT permitted at any point along the route. Any walkers found under the influence of alcohol or drugs will be asked to leave the event.

Smoking within venues or structures is not permitted and should only be done within designated areas. If smoking on the route, please respect other walkers' personal space and dispose of cigarette butts appropriately.

### Lost Property

Lost property found along the route should be handed to Kiltwalk staff or a Kiltie. Lost property will be held at the Info Point at either the Riverside Museum or at the end site at Meadow Leisure Centre, Dumbarton. Please allow until 6pm for items to make their way to this point. Mighty Stride unclaimed items will be handed to Dumbarton Police Station and Wee Wander items to Partick Police Station.



### Inviting Spectators

Due to the current restrictions, we are unable to accommodate spectators at any stage along the route or at the finish lines. Family and friends can pick up Kiltwalk participants at the designated "Car pick up points" as highlighted in the Transport and Parking Guide on the Kiltwalk website. We apologise for any inconvenience caused and hope that we can welcome spectators back to the event in 2022.



# Emergencies & Finish



## EMERGENCIES

In the case of an emergency please call 999 then inform the nearest Kiltwalk staff member or Kiltie Volunteer. If none are nearby please contact the Control Room on 07342 626 393.

### First Aid On Route

First Aid volunteers are positioned at each Pit Stop and on bicycles on the route. If you need assistance and are not in sight of a first aider, staff member or Kiltie, please call our First Aid on 07464 059 571. Be sure to give them details about where you are so that they can respond quickly.

### Lost Children

Lost children must be reported to a Kiltwalk staff member or Kiltie so that the appropriate procedures can be followed. Any child found will be reported to Police Scotland.

If the child is found at a venue, they will be kept at the Info Point. If found on the route, the child will remain with members of Kiltwalk staff and Police Scotland will be informed.

## FINISH LINE

At the finish line, you will be greeted, socially distanced, by our wonderful Kiltie volunteers. Everything is set up on a 'Grab & Go' basis in 2021, so this is where you grab your medal and celebrate your achievement, collect a hot meal and get a well deserved sit down and quick rest.

To remove the high number of touch points and to meet public health conditions for the event, we have scaled back the end sites in 2021 for one year only. The end sites have been carefully designed to encourage walkers to rest for a short time and then head home.

There will be no entertainment, food/drink for sale or merchandise stalls at the end site this year but we promise to make your finish line experience a memorable one! We hope to be back with a bang again in 2022 with the usual finish line party but this year, our top priority is your safety.

### First Aid On Route

First aid personnel are positioned beside the finish line in the Medical Tent. If you feel unwell after finishing the walk, make yourself known to the medical team or call 07464 059 571.

Info Point Staff and Kilties will be based at the Kiltwalk End Sites Info Point throughout the event. Use this service point for collecting lost property or for any other queries you might have.



# Our Sponsors



We would like to thank all of our sponsors for making Kiltwalk possible.

