



Walk and Talk for NABS

Thursday 10 July 2024

FAQ's

WHAT TIME WILL I NEED TO GET THERE?

Registration: 9:00am

Briefing: 9.15am

Start: 9:30am

WHAT TIME WILL THE EVENT FINISH?

Between 12:00pm and 1:30pm dependant on your pace. The total walk should take 3 ½ to 4 ½ hours, with an estimated pace of 4kmph, and additional time added for breaks during the walk.

WILL THERE BE A BREAK?

Yes, there is a rest stop midway through, dependant again on your pace, you should get there between **10:45am and 11:15pm**

THE START LOCATION:

Brewdog, Canary Wharf
2 Churchill Pl
London E14 5RB

What 3 Words: <https://w3w.co/cape.carry.visa>

Nearest Stations

- Canary Wharf Underground Station – Jubilee Line – 2 min walk
- Canary Wharf Train Station – Elizabeth Line – 4 min walk
- Heron Quays- DLR – 9 min walk

Driving & Parking

As we will be finishing at a different place to where we start, we don't recommend driving to the event.





REST STOP LOCATION:

Pepys Community Hub
Deptford Strand
London SE8 3BA

What 3 Words: : <https://w3w.co/period.asserts.broken>

Nearest Train Station

- Surrey Quays Train Station – Windrush Overground Line- 22 min walk
- Deptford Train Station – Thameslink and Southeastern Rail – 22 min walk
- Canada Water – Jubilee Line – 30 min walk



THE FINISHING LOCATION:

The Horniman At Hays
London Bridge
SE1 2HD

What 3 Words:
<https://w3w.co/heads.tell.descended>

Nearest Stations

- London Bridge Underground Station – Jubilee and Northern Line – 4 min walk
- London Bridge Railway Station – Thameslink, Southeastern, Southern rail – 3 min walk
- Tower Hill Underground Station – Circle and District Line - 18 min walk
- Tower Gateway– DLR Line – 19 min walk



HOW LONG IS THE ROUTE?

13KM

IS THE ROUTE ACCESSIBLE?

Yes, the route is accessible but please let a member of the NABS Events Team know of any accessibility requirements before the event.



DO I HAVE TO TRAVEL THE FULL 13KM?

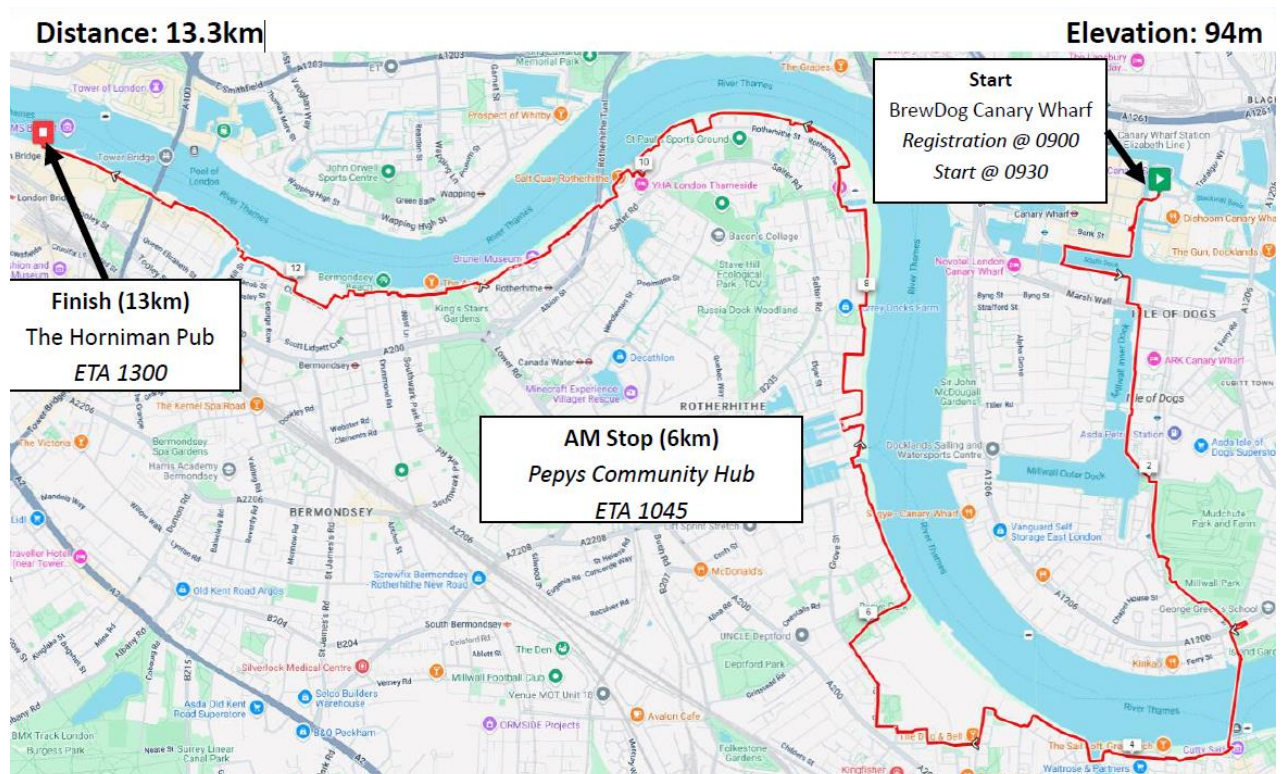
No, you are welcome to join us for part of the route. Please speak to the NABS Events Team who will be able to advise the best place to start or finish your journey.

HOW DO I NAVIGATE THE ROUTE?

Route maps will be provided prior to your departure on .gpx and .kml formats which can be opened in [Google Maps](#) or Maps.Me (a free map APP). There will be QR codes at the start point which will link to the route map.

Visible route Marshalls will be leading the way, cycling along the pathways to check up on participants along with following behind the group.

ROUTE MAP



WHAT DO I DO IF I GET LOST?

All participants will be given a card on registration with an emergency contact number to call if you are lost or have any other concerns.



CAN I LEAVE THE WALK?

You are more than welcome to leave the walk at any point, but please let a member of the team know by texting/WhatsApp **07917154167** or calling the number on your emergency card.

ARE DOGS WELCOME?

Well-behaved dogs are absolutely welcome to join Walk & Talk but there are some things to consider:

- Can your dog walk the distance comfortably?
- You will need to provide for your own pet- bring your own dog bowls and snacks.
- Please do not use extendable leads. There are other users on the path, cyclists, runners, walkers etc and extendable leads can cause dogs to dart across the path of oncoming users.
- Not all of the rest stop venues allow dogs inside – please email the Events Team at walkandtalk@nabs.org.uk for more information

I WANT TO FUNDRAISE DURING THIS EVENT - HOW DO I DO THAT?

- Thanks so much for fundraising for NABS – we're incredibly grateful for your support.
- If you'd like to raise funds through JustGiving as part of your Walk and Talk, it's easy to get started. Just head to our [Walk and Talk JustGiving page](#), click 'Start Fundraising', and follow the steps from there. **Please share the link with family, friends and colleagues.**
- Every penny you raise helps us be there for people across our industry. Thank you for being in our corner!

WHAT SHOULD I WEAR?

- Comfortable clothing
- Bring layers to accommodate for changing weather
- Walking shoes (that you have worn in!)

Dependant on weather:

- Raincoat
- Hat or Cap
- Sunglasses

WHAT SHOULD I BRING?

- Water bottle (or please pick up a branded W&T bottle at reception)



- Fully charged mobile phone
- Phone charger
- Spare pair of socks
- Compeed blister plasters
- Personal medication & pain relief

Dependant on weather:

- Sun cream
- Lip balm
- Umbrella

WHAT NOT TO BRING:

Do not bring any luggage/bags that you cannot carry throughout your journey.

A **limited** amount of space will be available on the organisers van to take some bags from the start of the route to the finish. Please advise the NABS Events Team if you wish to use this **before the event**, so we can allocate space.

FOOD AND DRINK

Included is:

Buffet breakfast - Avocado on toast, overnight oats, bacon & maple syrup pancakes. Tea, Coffee, Water & Juice – from 9 am

Pit Stop Snacks – tea, coffee, water, energy bars, crisps, fruit – from 10.45 am

Finish Line Food – a buffet lunch and a selection of alcoholic and non-alcoholic drinks – from 1.30 pm

PHOTO AND VIDEO DISCLAIMER:

There will be photos and films taken throughout the day which will be used by NABS for the purpose of promoting the event and its activities and will be published on our website, social media channels, and circulated to the press and other media organisations for publication, transmission or broadcast. If you **do not** wish to appear in the photographs or films, please let a member of the NABS team know, or email comms@nabs.org.uk.