

# CHISWICK HOUSE PINK RIBBON WALK

## FAQS

### Where does the walk start and finish?

The start and finish for the walk will be Chiswick House, Burlington Lane, Chiswick, London, W4 2RP ([Google Maps](#))

Upon nearing the venue, please follow the specific Pink Ribbon Walk signage, which will guide you to our events designated areas.

### Getting there

Parking will not be available at Chiswick House, so please use public transport where possible. The nearest tube station is Turnham Green on the District Line. If you're travelling from central London, make sure the destination of the tube is either Ealing Broadway or Richmond. Chiswick House is serviced by 2 local bus routes: 190 Hammersmith–Richmond and E3 Greenford–Chiswick, and if you're planning to get a lift or take a taxi there will be a drop off point available in the Chiswick House car park (postcode for satnav: W4 2QN).

### What is the route?

A provisional copy of the 10 and 20 miles routes can be viewed here – [Google Maps](#)

All routes are subject to change.

### What time do the walks start?

#### **20 mile**

Arrive from: 8.00am

Warm-up: 8.45am

Start: 9.00am

#### **10 mile**

Arrive from: 10.30am

Warm up: 11.15am

Start: 11.30am

### What time should I arrive?

We recommend that you aim to arrive 30 minutes before your warm up to allow enough time for parking and registration.

### How long will it take to walk the 20 mile and 10 mile routes?

We anticipate that the 20 mile walks should take between 5 and 8 hours to complete and the 10 mile walks should take between 2.5 and 4 hours. These timings include rest stops.

### When will I receive my T-shirt?

If you requested a T-shirt during registration you should have received this in the post. If your T-shirt hasn't arrived, please don't worry – we can arrange a replacement (please email [pinkribbonwalk@breastcancer.org](mailto:pinkribbonwalk@breastcancer.org)) or we can give you a T-shirt on the day.

### My T-shirt has arrived, but it is the wrong size

You will be able to swap your T-shirt on the day of the event, please just bring your T-shirt with you and we can direct you to get a new T-shirt to fit. Our T-shirt sizes are x-small, small, medium, large, x-large, xx-large and xxx-large.

### What do I need to bring with me?

Here's a checklist of the things we recommend you bring with you in a small rucksack:

- A bottle of water
- Safety pins
- Lunch
- Sun lotion
- Sun hat
- Sunglasses
- Insect repellent
- Plasters
- A fully-charged mobile phone
- Waterproofs
- Medication (if you need it)

### What will the terrain be like?

The Chiswick House Pink Ribbon Walk takes you through leafy South West London along the River Thames. This route follows the meandering waterway taking in sections of the iconic Thames Path, with scenic highlights on both the North and South Banks. We've made sure that the routes are as accessible as possible, so you'll be walking on well-paved paths on mostly flat terrain. We'd therefore recommend completing your last few training walks on paved or concrete surfaces to make sure you're happy with your choice of footwear for the day.

The Thames Path is popular with walkers, runners and cyclists and so please share the space and be aware of your surroundings.

### Will there be any toilet facilities available?

Toilets will be provided at the start / finish areas and at snack stations at regular intervals along the route (approximately every 3 to 5 miles).

### Can I bring my dog?

Your four-legged friends are welcome to join you but please be aware that the Thames Path is likely to be very busy on Saturday 2nd July, so if taking part with your dog please be aware of other path users and keep your dog on a lead in busy sections. If you do plan on bringing your dog, please make sure they're capable of completing your chosen distance and remember to bring waste bags and a water bowl with you.

### Will there be any food or refreshments provided?

Water will be provided for all participants at the Snack Stations at regular intervals along the route, along with some fruit and snacks to keep your energy up. However, we recommend that you carry some water and your lunch with you in your day pack. A celebratory meal will be provided for you when you cross the finish line.

### Where can family and friends support me along the route?

All of our snack stations will also double up as cheer points where your friends and family can come along to give you encouraging cheers as you walk. You can find details of these below:

#### **Snack Station 1 - Syon House & Gardens**

- **Route** - 10 and 20 mile route
- **Location** - Syon Park, Brentford, TW8 8JF ([Google Maps](#))
- **Distance** - 4.4 miles into 10 and 20 mile routes

#### **Snack Station 2 - Twickenham Sea Cadets**

- **Route** - 20 mile route only
- **Location** - Off Fairways, Broom Rd, Teddington TW11 9PL ([Google Maps](#))
- **Distance** - 9.9 miles into 20 mile route

#### **Snack Station 3 - Petersham & Ham Sea Scouts**

- **Route** - 20 mile route
- **Location** - Petersham, Richmond TW10 7AH ([Google Maps](#))
- **Distance** - 14.4 miles in 20 mile route

#### **Snack Station 4 - Kew Prep School**

- **Route** - 10 and 20 mile routes
- **Location** - Unit 7, 8 Kew Bridge, TW8 0FJ ([Google Maps](#))
- **Distance** - 14 miles into 20 mile route

#### **What happens when I finish?**

All participants will receive a well-deserved finishers medal when they cross the finish line.

There will also be a hot meal provided for all participants who request it – your friends and family are also welcome to purchase food.

#### **Other questions?**

If you have been unable to get your question answered or you would like to talk to someone about your Pink Ribbon Walk or fundraising, please feel free to contact our team by emailing [pinkribbonwalk@breastcancer.org](mailto:pinkribbonwalk@breastcancer.org) or calling 0370 145 0101.