

THE BIG LITTLE TRAIL FAQs

How long is the walk? And how long will it take?

The route is approx. 9.5 miles long so depending on your walking speed could take anything between 3-4 hours.

Walking Pack

When you register on the day of walk, you will receive a walking guide with a full map including details of comfort stops that have been organised.

How fit do I need to be to take part?

You will need to have a reasonable level of fitness. Please consult your doctor if you are unsure. You will be required to fill out a **medical form before the event**. See [Medical Form Link](#).

Minimum Age

Age 10, and must be accompanied by an adult.

Dogs

We're sorry but as the walk starts and finishes on a hospital site, we are unable to allow dogs unless an assistance dog.

What do I need to wear?

- Waterproof Trainers or walking boots are best. Part of the route is uneven and could be wet on the day.
- Warm clothing – trousers and a long sleeve top
- A waterproof jacket if it's raining and waterproof trousers if you have them
- Food and water
- Any medication that you need
- Camera/Phone for taking photos!

Will you be providing transport?

No, we're sorry we are unable to assist with this however there is transport which goes from Hemel Hempstead to Watford.

Please check the links below:-

Buses - [ARRIVA BUSES](#)

Trains – [NORTH WEST TRAINS](#)

What if I can no longer take part due to sickness?

Unfortunately, in this scenario we will not be able to refund either your registration fee or your sponsorship

Photography/Social Media

By attending this event you agree to be photographed. We will be posting photos and videos of the event on our social media pages. Please do share your photos and videos on socials and tag us:-

Instagram: @westhertshospitalcharity

Facebook: @West Herts Hospitals Charity

LinkedIn: @West Herts Hospitals Charity

We would also like to use the photos for press and Trust communications after the event. If you would rather your photo wasn't taken or shared please contact the charity team before the event.