



Walking Along Water

Notes for Walkers

Thank you for considering joining us on our North West Pilgrimage along the Leeds-Liverpool Canal. It would be great if you could join us for all – or some – of our walk of witness, celebration and fund-raising.

1. We would love it if some folk were able to walk the full 70 miles with us, but recognise that not everyone will have the time – or fitness – to spend 8 days walking. It would be great if you joined us for as much of the walk as you felt able. Each day we will walk between 8 and 10 miles.

Day 1 – Sun 17/9/17
Bootle—Maghull (9 miles)
Stations – Bootle & Maghull

Day 2 – Mon 18/9/17
Maghull—Scarisbrick Marina (8 miles)
Station – Maghull (& Scarisbrick New Road will ferry us to Southport station)

Day 3—Tues 19/9/17
Scarisbrick Marina—Parbold (8 miles)
Stations – (Scarisbrick New Road will ferry us to Southport station) & Parbold

Day 4—Wed 20/9/17
Parbold—Wigan (7 miles)
Stations – Parbold & Wigan (NorthWestern or Wallgate)

Day 5—Thurs 21/9/17
Wigan—Chorley (10 miles)
Stations - Wigan (NorthWestern or Wallgate) & Chorley

Day 6—Fri 22/9/17
Chorley—Blackburn (9 miles)
Stations – Chorley & Cherry Tree

Day 7—Sat 23/9/17
Blackburn—Accrington (9 miles)
Stations – Cherry Tree & Church and Oswaldtwistle

Day 8—Sun 24/9/17
Accrington—Burnley (10 miles)
Stations - Church and Oswaldtwistle & Burnley Central

2. Each morning we will set off at 11am. The exact departure point will be agreed with the 'host' church for the day. The first departure point is Ash Street Baptist Church, Bootle and the final arrival is at Sion Baptist Church, Burnley.
3. Each day will start and end near a railway station to allow walkers to travel home at night. No accommodation is being provided for walkers, although, of course, you are free to make your own arrangements locally.
4. For anyone not walking a full day (and we would stress that you are welcome to walk with us for as short – or long – distance as you are able), you will need to arrange to be dropped-off and/ or picked up at one of the many road bridges on the route. Unfortunately, we do not have resources to arrange transport.
5. Nourishment:
 - We pray that this will be a time of spiritual nourishment
 - However, as Jesus showed when he fed the 5,000, it is also important to take care of our bodies. We will be walking for 5-6 hours, so you will need to ensure that you have sufficient food and drink with you. Small, snack-like food which can be eaten as you walk is often preferable, particularly in bad weather when stopping to eat can lead to you getting cold.
 - Water. It is crucial that you keep hydrated on a walk like this. A good rule of thumb is that you should aim to drink a litre (1 $\frac{3}{4}$ pints) of water every two hours. However, you will need to balance this against the need to carry what you drink!
6. The canal is a public footpath running through both urban and rural areas. There will be relatively few opportunities for toilet breaks. We will put together a list of public toilets – and pubs - along the route, but if this is likely to be an issue, please try to plan ahead as far as possible.
7. Kit List:
 - Essential**
 - Proper walking boots/ shoes
 - Comfortable walking socks (double-layer helps to prevent blisters). If you are prone to blisters, then a change of socks halfway through the day can help!
 - Layers of clothing – it is easier to take off/ put on extra layers if you have several thin layers, rather than one thick one
 - Waterproofs (this is the North West of England in autumn – it WILL rain!)
 - Sunscreen
 - Drinking Water
 - Refreshments
 - Day rucksack
 - Optional**
 - Walking poles (I find they protect my knees/ hips)
 - Camera
 - Binoculars
 - Compeed blister plasters
 - First Aid Kit (Tim will be carrying a basic first aid kit, but you might want to supplement it)
 - Medication (NWBA cannot take responsibility for you remembering to take your medication)

- Music (whilst a large part of the point of this walk is fellowship, there will be times when you don't want to talk. You may wish to have music to listen to as you walk) Please be considerate of other walkers and use earphone/ headphones.
- Emergency rations (Personally, I love Kendall Mint Cake)
- Mobile phone – we cannot guarantee that there will be a signal, but it is a good idea to be able to let someone know where you are.

Unnecessary

- Maps (the route is very straightforward. However, map-junkies will be interested to know that we will be walking across OS Landranger 108, 109, 102 (for about a mile!) and 103. Or OS Explorer 275, 285, 287 and OL21
 - Compass – if the weather is so poor that we cannot see the canal towpath, we will not be walking!
 - GPS (!) – this is a relatively straightforward walk, aimed at walkers of all abilities.
 - Tent/ sleeping bag – we will be going home each evening
 - The kitchen sink – seriously, remember that you will have to carry whatever you bring for the whole day. Travel light.
8. Evening celebration. Each evening of the walk a local church has been asked to 'host' a celebration. This will not start until all walkers have arrived and/or been accounted for. However, the host churches are expecting to start around 5pm – and we are suggesting that as we will have been walking for 5 hours, the event should last a maximum of an hour.
 9. Forum. Sunday 24th September will be somewhat different as the walk will culminate in NWBA's annual Forum at Sion Baptist Church, Burnley, where the speaker will be Roy Searle (NWBA's Pioneer Coordinator and Founder of the Northumbria Community).