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***Coast 2 Coast Walk***

***Sunday 3rd September 2023***

**About**

We are delighted and excited to be hosting our 5th annual **“Coast 2 Coast”** walk

The walk commences at **1.30pm** prompt. You will be required to check in for the walk between **12.30pm – 1.15pm** at the NSC – we will be located at the Outdoor pitches reception

The walk will start with a lap of the outside track of the NSC and on to the old railway track then on through to the finish which is at Weatherglass Corner, Peel

As the old railway line winds its way along you get a chance to savour some views and enjoy being really close to nature with an accompaniment of gentle birdsong as you trundle along.

The full walk distance over reasonable flat and gentle terrain is approximately 12 miles. For those who would like to take a shorter challenge (approximately 3 miles) we will have an alternative starting point at St.Johns in the car park by St Johns School commencing at **3.30pm** with check in open at **2.45pm.-3.15pm**

Coast 2 Coast could be a challenging walk so it’s important you are confident that you are up to the task and this applies equally to any adult, supervised children or dogs who might be accompanying you on the day. (We will have water bowls available for your canine partners).

Any blind or visually impaired people will need to provide their own guide if required.

All participants will need to check in with the marshals on arrival at their starting point (either the NSC or St Johns) and again at the end of the walk at the House of Mannanan.

**Registering**

All participants are required to register by completing our event registration form which can be downloaded from our Website page [www.sightmatters.im](http://www.sightmatters.im) or collected from our offices at Corrin Court and the VIP Store in Strand Street

Registrations must be submitted by 29th August 2023.

A sponsorship form for those wishing to raise funds for Sight Matters is available to download from our Website, or collected from our offices at Corrin Court and the VIP Store in Strand Street

Everyone taking part will be given a digital certificate of achievement

**Payment**

The individual entrance fee for the event is £12.00 or children under 16 £5.00

Payment can be sent by cash or chq made payable to ‘MBWS’ to MBWS, Corrin Court, Heywood Ave, Onchan, IM3 3AP or by using PayPal on our website, stating ‘C2C’ or we can accept card transactions at Corrin Court in person.

**Checkpoints**

We will have stewards placed at a number of strategic points along the way. If you have any problems during the walk and can’t see a marshal please phone 451850 to call for assistance. The route will have a number of refreshment stations to keep everyone well hydrated during the trek. Refreshment stations are located at both the start and finish and at the crossing points at Marown and St. Johns. There is a free water refill station at the Western Amenity site along the footpath.

**Toilets**

A number of public toilet facilities are available on route at the NSC, Marown playing fields, St Johns village and Weatherglass Corner.

In addition there will be a portaloos available in St Johns and Marown

**Parking**

Parking is available at the NSC car park on Groves Road and the Pay and display at the Bowl. There is also limited free parking just behind the grandstand at The Bowl, and beside the Quarterbridge pub.

We are unable to use the car parks adjacent to the outdoor facilities

We suggest people requiring parking at Peel consider safely parking on the West Quay area. At St Johns the starting point is in the car park by St Johns School with limited parking.

**First Aid**

First aid points are sited at each refreshment point.

**Cancellation**

We will advise the cancellation of the event in the case of bad weather or advice from emergency services using social media and via local media.

**Route**



We start on the outside track of the NSC and do a lap before heading out towards Quarter Bridge.

Stewards at Quarter Bridge will again help walkers at the crossing point, where the route continues along the old railway line.

Further crossing points will also be manned by stewards along the route, with water stations positioned in Marown and St. Johns.

The final crossing point in Peel will again be supervised by stewards, the walk will then be past the House of Manannan along the Quay to Peel

We will have a front marker walker from the NSC who will be advising the organisers of any possible hazards on route – they will be wearing a hi vis vest.

We will have back markers from the NSC who will be behind the last walkers.

[www.sightmatters.im](http://www.mbws.org.im)

Sight Matters is a trading name under Manx Blind Welfare Society

Manx Registered Charity No 132