

Participant Guide

SW80K

**Start 7am Saturday 18th April- Finish 7am Sunday 19th April
2026**

A Mammoth Experience in the Shropshire Hills run by Grow Cook Learn at the Shropshire Hills Discovery Centre, School Road, Craven Arms, Shropshire, SY7 9RS.

Event organiser: Grant Wilson 01588 676060
info@shropshirehillsdiscoverycentre.co.uk

To find out more, please visit
www.shropshirehillsdiscoverycentre.co.uk/shropshire-way-80k
or follow us on Facebook www.facebook.com/shropshireway80kfestival

Run as a fund-raising event by the local charity Grow Cook Learn, which manages the Centre, this is a mass participation challenge run/walk taking in some of the finest parts of the Shropshire Hills National Landscape The route is 80 KM (50 miles) in length and is to be completed in under 24 hours. The route follows footpath and bridleway with only a few short stretches of quiet lanes.

Along the way, as you pass through our check points, you will be able to sample some of the wonderful local produce that this area has to offer. The charity is committed to connecting people to the food, history and landscape of the Shropshire Hills so this event is the perfect way of achieving this whilst raising much needed funds to continue its work.



Contents

1. Introduction and schedule
2. Local accommodation
3. Travel arrangements and parking
4. Registration
5. Kit list
6. Event rules
7. Checkpoints
8. Route guide and maps
9. Cancellations and Refunds
10. Sponsors

Introduction & Schedule

Welcome to the SW80K part of the Shropshire Way 80K Festival. Please read the information in this guide carefully, as it is designed to help you to have a safe and enjoyable time with us. If there is any further information you require, please contact us by email info@shropshirehillsdiscoverycentre.co.uk or phone 01588 676060

05.30 Centre and Registration opens

06.00 Café opens (Hot drinks and breakfast baps available)

06.30 Registration closes

06.45 Event brief

07.00 Event starts

There is no bag-drop service along the way, but you may leave kit in our dedicated classroom at the Centre for the duration of the event.

Section 2 - Local accommodation

If you need accommodation the night before, or are planning to stay longer in the area, there is some limited accommodation available in Craven Arms itself and a more extensive choice in Ludlow, seven miles to the South and Church Stretton, seven miles to the North. The nearest large town is Shrewsbury, 20 miles to the North.

You can search for accommodation online, but here are a few personal recommendations.

You can camp on our meadows for just £10.00 per tent for the whole weekend. It's only basic camping with a cold water tap and portaloos (no showers) but it's convenient, just a couple of minutes' walk from the start line, and great value too! To reserve a spot, call us on 01588676060.

The Stokesay Inn is ideally situated, only 100 metres from us and provides good value accommodation and bar meals - www.stokesayarms.com

The Castle Hotel, Bishop's Castle is 20 minutes away by car, but it is included here as they have been very supportive of this event and are providing a refreshment stop for the event. It's also a lovely hotel, restaurant and pub with one of the finest beer gardens in the country. If you are planning on staying a little longer in the area, then why not give them a try - www.thecastlehotelbishopscastle.co.uk

Acton Scott Escapes www.actonscott.com/escapes just 10 minutes' drive away offers B&B, glamping and a whole farmhouse for larger groups. SW80K Festival participants can secure a 10% discount on all bookings using the code Discovery10

Mary Austin at Middle Woodbatch farm (right on the SW80K route) has a lovely B&B and Campsite. www.middlewoodbatchfarm.co.uk



shirefibre

Fast fibre broadband
for Shropshire



shirefibre.co.uk



mfg
solicitors

**Proud to support the
2026 Shropshire Way
80K Festival**

With you along the way for
all your legal needs.



Section 3 - Travel and Parking

Please think about public transport or car share. Be green!

By train. Craven Arms is on the main railway line between Cardiff and Manchester. The Discovery Centre is located less than 5 minutes' walk from the station. You can plan your journey at <https://www.nationalrail.co.uk/>

By bus. There are regular busses from Shrewsbury and Ludlow (Route 435) which stops directly outside the Centre. You can plan your journey at <https://bustimes.org/services/435-ludlow-church-stretton-shrewsbury>

By car.

Car parking arrangements are weather dependent and may be very restricted if the weather is wet, so if you can make alternative arrangements to traveling by car, it would be very helpful. If you are travelling by car, please note that we need to keep our very limited Centre car park free for our day visitors so this will be available for drop-off only.

The precise location of your designated parking area will be sent to you with the final joining instructions in the week leading up to the event.

Our car parking team will be on hand to direct you to our dedicated parking area. Please follow their instructions.

Please allow 5 minutes to walk from your car to the Centre.

Section 4 - Registration

Registration will take place at the Shropshire Hills Discovery Centre between 05.30 and 06.30. At registration, you will be required to show that you have all the mandatory kit needed for the event (see section 5).

Once you have passed kit check, you will be issued with a tally. This will entitle you to food and drink along with first aid services at our checkpoints. Look after it as you will need to get it clipped at each of the checkpoints and at the finish to prove you have completed the course. You will then need to collect your tracker which you should secure to the top of strap on your pack, so it has a clear view of the sky. It is your responsibility to look after the tracker and to return it at the end (see rule 12)

After you have registered, tea, coffee and breakfast baps will be available to buy and there is seating in the Centre and outside. The event starts at 07.00 prompt and all entrants will need to be at the start at 06.45 for the event briefing.

Section 5 - Kit List

This list has been designed for your own safety and comfort. As part of our risk assessment, we are obliged to ensure that every entrant is carrying all this mandatory kit, so please make sure you have everything listed below. Without it, we will not be able to allow you to take part.

THERE WILL BE NO EXCEPTIONS, SO PLEASE DON'T RISK IT. IF YOU ARE UNSURE ABOUT ANY ASPECT OF THIS, PLEASE CONTACT US.

Outdoor Depot, our local outdoor specialist, stock all this kit and everything else you may need at their shop in Church Stretton and online at www.theoutdoordepot.co.uk

Mandatory Kit list

- Either a paper map or a GPS device showing the whole route. This is in addition to your phone, even if it has a mapping app, i.e. your phone cannot be your sole means of navigating. If you are taking part as a group, you may share a map or GPS, but if you do, you must stay together throughout.
- Waterproof jacket and trousers. The jacket must have taped seams and be of good quality. They must be carried even if the weather forecast is fine.
- Suitable trail shoes or walking boots with good grip. Road shoes will not be allowed.
- A mug if you require a hot drink (The event is single-use plastic free, so disposable cups will not be available at checkpoints)
- Water containers for at least 1 litre of fluid.
- A torch and spare batteries or a spare torch
- First Aid Kit containing minimum: blister dressing- either K-tape or Elastoplast, scissors, emergency food e.g mint cake, and a survival blanket.
- Hat and Gloves
- A Hi-Viz strip attached to the rear of your pack.
- A fully charged mobile phone

You are of course welcome to bring any additional items that you feel you may need to make life more comfortable, such as personal medication, spare socks, additional food, a spare t-shirt or any other items which you normally carry. Remember, you are not allowed to have supporters bring kit or supplies to you on the route, so please ensure you have everything with you.

Section 6 - Event Rules

1. To take part, you must be registered on the event. At registration, you will need to satisfy our officials that you have all the mandatory kit and that you are sufficiently well prepared for the event; you will then be issued with a tally which will entitle you to food and first aid support at our check points.
2. Navigation and getting lost. The route follows well-used, waymarked paths and navigation is generally straightforward, but it is your responsibility to navigate between checkpoints. **The course is not marked.** We provide all entrants with GPX files and a written route description, but it is essential that you have the ability and confidence to navigate yourself around the course. You are of course welcome to “recce” the route in advance to help with navigation. If you do become lost, please call the event organiser. The number is on your tally, and we will do our best to get you back on track.
3. Shortcutting. Don't do it. The route has been designed to offer the shortest safe route between checkpoints. Deviating from the route will either put you in danger from traffic or will annoy landowners or local residents. Please follow the designated route throughout.
4. Dogs. This is sheep country and April is lambing time, so following discussions with landowners, we must insist that dogs are not permitted at this event. Sorry for any inconvenience this may cause.
5. Retirement. You can only retire at one of our official checkpoints. If you retire, you will need to hand in your tally, and we will organise for you to be taken back to the Centre, but please expect a wait of up to an hour from the more distant checkpoints. If, in extreme circumstances, any competitor retires from the event at any other point on the route, they will not be eligible for any support from the event committee and will need to organise their own transport. They must inform the event organiser immediately as our sweep team may be wasting valuable time looking for them. They will be deemed to be no longer eligible to take part in the event. All our checkpoints have a qualified first-aider and we will try to help you as much as we can, but in the event of a medical emergency, you should dial 999.
6. Closing Times. Checkpoint closing times have been calculated to accommodate all competitors who are on schedule to finish the event within the allotted time, with some contingency built in. After this time, the checkpoint will close. **If you arrive at a checkpoint after its closing time or if you are deemed unfit to continue by our checkpoint staff, you will be retired from the event and transported back to the Centre. There can be no exceptions to this rule as it is there for your own safety**
7. Supporters. We encourage you to have friends and family come to cheer you on, but we need to make sure supporters' vehicles don't cause a nuisance on the narrow lanes. The only recommended supporter areas for this event are the start/finish area at the Discovery Centre and the Midland Gliding Club. Supporters are not allowed to meet participants at other points on the course.
8. Mandatory Kit. You must carry ALL the mandatory kit AT ALL TIMES. Failure to do so will result in disqualification.
9. To complete the event, you will need to visit all the checkpoints in turn, clipping your tally at each one. At the finish, your tally will be checked by a member of our team after which you will be awarded your finishers' medal, and certificate.
10. In the extremely unlikely event of us having to cancel the event, you will be offered a deferred entry until the next event or a refund in full.
11. Trackers. These remain the property of Track Trail Ltd, and it is your responsibility to ensure it is returned safely either at the end of the event or if you retire. If you fail to do this, you will be liable to pay a fine. Please read the terms and conditions of hire here. <https://www.tracktrail.co.uk/terms> . By signing up to the event, you are agreeing to these terms.

12. Follow the countryside code:

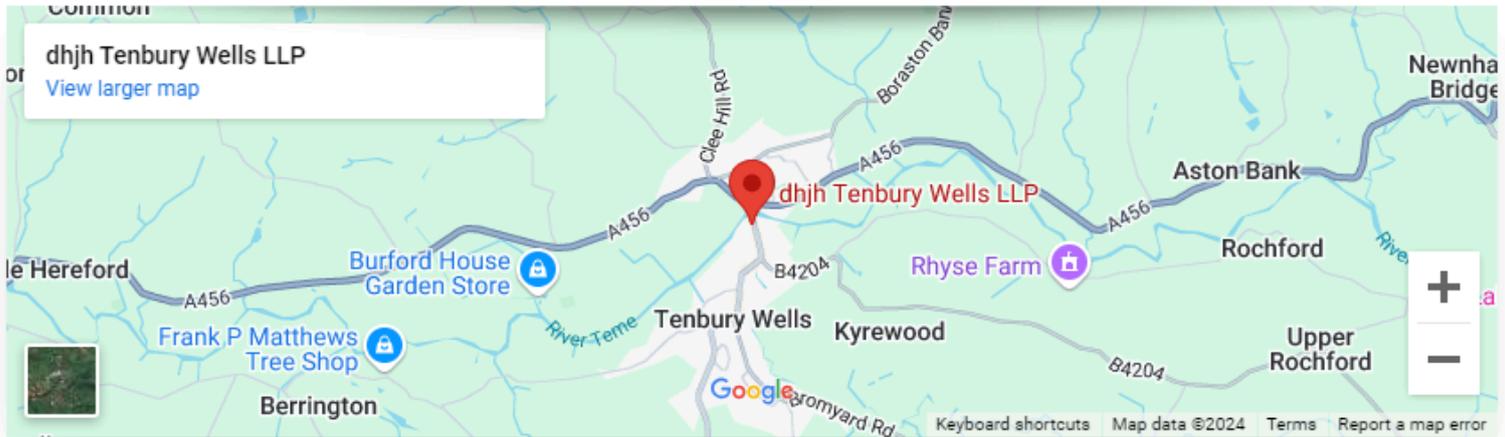
Please respect the people who live and work along the route. The support of farmers and landowners is essential to the event's future success.

- leave no litter
- Keep quiet when near residential property.
- Remember to close all gates after you. We do not want complaints from farmers about escaped livestock.
- Do not pick wildflowers and do not disturb wildlife.
- Please stick to official footpaths, bridleways and roads. Do not take shortcuts across farmland or trample crops
- Please do not approach livestock, even if they look distressed. Give them a wide berth and do not put yourself between parent and offspring.

Anyone who is in breach of these rules will be awarded a “did not finish” regardless of their time.



01584 811686



Contact Us

Whether you need to sort out your tax affairs, minimise your tax liabilities, set up a new business, have your regular management accounts more clearly explained, or generally require all-round financial advice that will save - and make - you money, call us on 01584 811686 or email info@dhjhtw.co.uk to arrange an appointment and discover how we can help.

81 Teme Street
Tenbury Wells
Worcestershire
WR15 8AE



dhjh Tenbury Wells LLP

Chartered Certified Accountants

81 Teme Street, Tenbury Wells, Worcestershire, WR15 8AE

[Terms of Business](#)

Website: [The Visual Works](#)

Section 7 - Checkpoints

Our checkpoints are either self-clips, water stations or full-service checkpoints. The self-clips are un-staffed, the water stations may be staffed but only offer cold drinks. The full-service checkpoints offer hot or cold food, sweet and savoury snacks, squash, coke, water, tea, coffee, shelter, toilets and first aid. There may even be a few words of encouragement from our friendly checkpoint teams! If you have any food allergies, or if you are vegan, veggie or gluten-free, suitable equivalent food will be ready for you. All our food is made by us in-house so you can be guaranteed the same quality and quantity of food as everyone else.

| Checkpoint | Location and grid reference | Distance from start | Open and closing time | Checkpoint type |
|------------|--|---------------------|---------------------------|--|
| Start | Shropshire Hills Discovery Centre | Start | 07.00 | Start. |
| 1 | Path junction at SO 472 873 | 8.02 km | 07.30-9.30 | Self-clip |
| 2 | Ragleth Summit SO 452 917 | 13.80 km | 08.00-11.00 | Self-clip |
| 3 | Little Stretton Village Hall SO 442 917 | 15.13 km | 08.15-11.30 | Full service. (Shropshire sausages and cheeses, fruit) |
| 4 | Pole Bank summit SO 415 944 | 20.05 km | 08.30-12.45 | Self-clip |
| 5 | The Hollies SO 382 988 | 27.32 km | 09.00 - 15.15 | Self-clip |
| 6 | Below the trig point on Stiperstones summit SO 367 986 | 29.83 km | 09.10- 15.30 | Self-clip |
| 7 | Nipstone Campsite SO 355 973 | 32.28 km | 09.30- 16.00 | Full service. (Fidget pies) |
| 8 | Castle Hotel, Bishops Castle SO 323 890 | 44.05 km | 10.45-19.30 | Water station |
| 9 | Reilth Top farm SO 288 871 | 50.18 km | 11.15 - 21.00 | Full service (Local beef stew, spring veg) |
| 10 | Meeting of Offa's Dyke path SO 263 872 | 53.37 km, | 11.45 - 22.00 | Self-clip |
| 11 | Clun Hightown Community Rooms SO 300 806 | 62.29 km | 12.30 (Sat)- 01.00 (Sun) | Full service (Welsh Tea Bread and soup) |
| 12 | Bury Ditches car park SO 333 839 | 68.40 km | 13.00(Sat) - 03.00 (Sun) | Water station (unstaffed) |
| 13 | Hopesay Hill path junction SO 401 835 | 76.41 km | 14.00 (Sat) - 06.00 (Sun) | Self-clip |
| 14 | Shropshire Hills Discovery Centre FINISH SO 435 824 | 80.30 km | 14.30 (Sat) -07.00 (Sun) | Full service (Shropshire breakfast buffet) |

BRITPART

The quality parts for Land Rovers



- Off-roading
- Protecting
- Carrying
- Towing
- Enhancing
- Repairing
- Diagnosing
- Improving
- Winching
- Lighting
- Servicing
- Upgrading
- Restoring

To find your nearest stockist
www.britpart.com/distributors



For over 40 years, servicing and repairing Land Rovers has been made easy with Britpart.

As the leading independent wholesaler, we've a wide range of accessories, service and repair parts for the entire Land Rover marque.

We can supply body components right down to replacement nuts and bolts and everything else in between and with our range of accessories you can make your Land Rover as unique as you.

Series / Defender / Discovery / Freelander / Range Rover / Range Rover Sport / Range Rover Evoque

Section 8 - Maps and Route Guides

Here are our map recommendations. Photocopies of maps are not acceptable as the print will run in the rain.

Harvey's Shropshire Way map in 1:40000 scale. This covers the whole route.

Alternatively, the whole route fits onto Ordnance Survey Landranger sheet 137 at 1:50000 scale.

If you require a more detailed Ordnance Survey Explorer at 1:25000, then you will need to carry 3 maps, Sheets 217,216 and 201.

To see the route, please go to <https://explore.osmaps.com/route/21317405/sw80k-2026?lat=52.50692&lon=-3.00616&zoom=10.9869&style=Leisure&type=2d>

Section 9 - Refunds and Cancellations

Here are your options if you need to cancel your entry.

Up to 6 weeks ahead of the event (This year 09.00 on Saturday, 7th March)

- You can withdraw your entry and get a refund. This refund is subject to a £5.00 fee to cover charges levied by SI Entries which we cannot recover.
- You can change courses. If you are upgrading, you simply pay the fee difference. If you are downgrading, we can give you a refund of the difference, minus a £5.00 fee to cover charges levied by SI Entries.
- You can defer your entry until next year. This is subject to a £5.00 handling charge.

Between 6 weeks and 2 weeks ahead of the event (This year 09.00 on Saturday, 4th April)

- You can withdraw your entry and get a 50% refund on your booking fee
- You can make alterations to routes. If you are upgrading, you simply pay the fee difference. If you are downgrading, we can give you a refund of the difference, minus a £5.00 fee to cover charges levied by SI Entries
- There are no deferrals

Less than two weeks before the event (After 09.00 on Saturday, 4th April)

All funds are fully committed, entries are closed and we can no longer offer any alterations to bookings, refunds, deferrals or transfers for any reason.

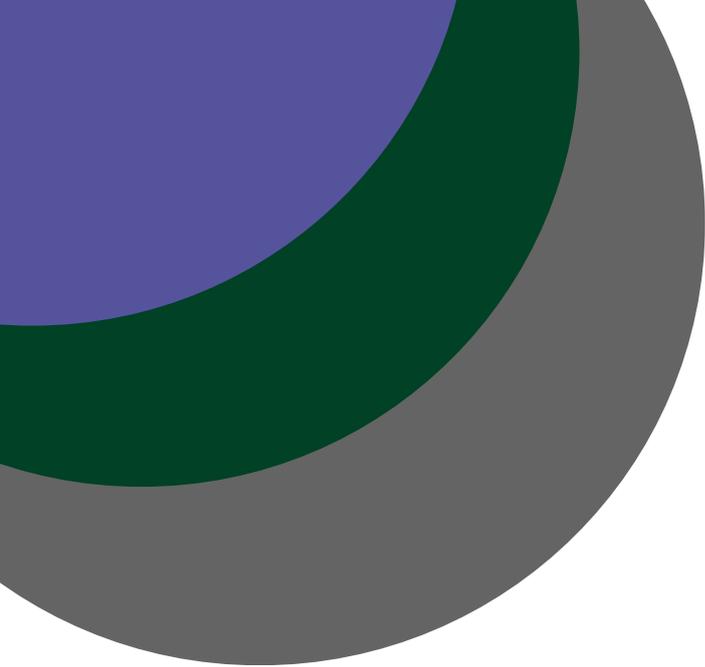
All requests for booking alterations must be made via email to info@shropshirehillsdiscoverycentre.co.uk

Requests made by other channels or after the deadlines will not be recognised.

Section 10 - Sponsors

We would like to thank our sponsors, whose support helps us meet the considerable costs of laying on the event.

Please take a look at the products and services they offer.



Shropshire Hills Discovery Centre

With special thanks to our sponsors.


shirefibre

dhjh
Chartered Certified
Accountants

BRITPART

The quality parts for Land Rovers


mfg
solicitors