



kiltwalk



Royal Bank
of Scotland

**Arnold
Clark**



THE
HUNTER
FOUNDATION



Glasgow Walker Guide

GLASGOW • 30 APRIL 2023

Pre-Arrival & Arrival

PRE-ARRIVAL

Download the new FREE Kiltwalk app by searching 'Kiltwalk' in your app store. The app has an interactive route map, all your event info and makes it super simple to share your JustGiving link with friends and family. It will also notify you of any route changes on the day.



What to Bring

It is essential that your ID badge (and attached meal voucher) are connected to your lanyard and kept securely around your neck at all times during the event for safety purposes and this will ensure you get quick access to your meal at the finish line.

We encourage all walkers to bring extra supplies and recommend packing the following items:

- Extra food/snacks
- Blister plasters
- Extra socks
- Extra pair of comfortable shoes
- Suncream/Sunglasses
- Hat/cap
- Waterproof jacket




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Release Times

THE **Mighty Stride**

22.7 Miles // START Glasgow Green

Greendyke Street G1 5DB

6–10 hours on average to complete

Please arrive no earlier than the arrival times noted.

Time slots are fixed and non-changeable.

Registration

08.30 Release (Arrive between 08.15 and 08.25)

09.00 Release (Arrive between 08.45 and 08.55)

09.30 Release (Arrive between 09.15 and 09.25)

10.00 Release (Arrive between 09.45 and 09.55)

THE **Big Stroll**

14.4 Miles // START Three Queens Square

Abbotsford Road, Clydebank G81 1PA

3–7 hours on average to complete

Please arrive no earlier than the arrival times noted.

Time slots are fixed and non-changeable.

Registration

08.30 Release (Arrive between 08.15 and 08.25)

09.00 Release (Arrive between 08.45 and 08.55)

09.30 Release (Arrive between 09.15 and 09.25)

10.00 Release (Arrive between 09.45 and 09.55)

THE **Wee Wander**

3 Miles // START Loch Lomond Shores

Drumkinnon Tower, Ben Lomond Way, Balloch G83 8QL

1–3 hours on average to complete

Please arrive no earlier than the arrival times noted.

Time slots are fixed and non-changeable.

Registration

10.00 Release (Arrive between 09.45 and 09.55)

10.30 Release (Arrive between 10.15 and 10.25)

11.00 Release (Arrive between 10.45 and 10.55)

Arrival Instructions

Mighty Stride (Glasgow Green)

Enter the park via the main entrance on Greendyke Street.

Big Stroll (Clydebank)

Enter the start site via the Waterfront Parish Church, just off Abbotsford Road.

Wee Wander (Loch Lomond Shores)

Enter Loch Lomond Shores via the entrance near the main car park and follow signage round to Drumkinnon Tower.

Ensure your lanyard and ID badge are visible. Look out for Kilties and event staff directing you to the event check points.

If you are missing your ID Badge, meal voucher or lanyard, follow signage to the Kiltwalk Info Point.



Your Walk

YOUR WALK

Food & Drink

All Pit Stops will offer delicious Lidl snacks to pick up and go, ensuring you have the energy you need to complete your walk. Your meal voucher is redeemable for a meal at the end site. We advise bringing additional food supplies to see you through the challenging day.

Keep Hydrated

It's vitally important that you keep well hydrated. Drink small amounts regularly, not just when you're thirsty. Water is available at all Pit Stops.

Toilets

Walkers are expected to use the toilets provided. All Pit Stops have toilets and baby changing facilities are available in the accessible toilets.

Entertainment

Our amazing Charity and Sponsor partners will be providing entertainment at Pit Stops, keeping you motivated and encouraging you throughout the journey. Look out for a few surprises along the way!

Foot & Muscle Care

Blisters are highly likely, especially on the Mighty Stride and Big Stroll walks.

We suggest you carry a blister kit and avoid wearing new shoes, which could result in blisters/injuries.

Top tip: Don't stop for too long at Pit Stops. Long breaks without moving can cause muscles to seize.



Kiltie Volunteers

Look out for our brilliant Kilties along the route. They will keep you motivated and are available to help you with anything you may need.

Capture the Moment

Don't forget to capture your Kiltwalk experience by taking lots of pictures and sharing! Tag in 'The Kiltwalk' and use #KiltwalkGlasgow so the Kiltwalk can share.

Road Safety

Remember that the Kiltwalk does not have any right of way on roads. Please ensure that you use the Green Cross Code and stick to pavements on the official route. DO NOT walk on roads and ensure you cross at appropriate crossing points, following Kiltwalk signage at all times.



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General

GENERAL

Zero Waste to Landfill

The Kiltwalk is committed to becoming Carbon Neutral and fully supports Zero Waste Scotland's environmental initiatives. Help us achieve this by ensuring all litter is put into Kiltwalk bins along the route. All Kiltwalk rubbish is collected, recycled and reused. Thanks to Headline Sponsor, Royal Bank of Scotland, who help support Kiltwalk's sustainability.

Luggage Storage

A free luggage storage facility will be available at all starting points. All bags will be shuttled to the Kiltwalk Village and will be waiting for you at the Info Point after you cross the finish line. Please note, luggage may not be available for pick up before 12pm.

Dogs

Please keep dogs on a short leash on the route. Bring bags to clean up after your dog and dispose of the bags appropriately.



Alcohol/Drugs/Smoking

Alcohol and drugs are NOT permitted at any point along the route. Any walkers found under the influence of alcohol or drugs will be asked to leave the event.

Smoking within venues or structures is not permitted and should only be done within designated areas. If smoking on the route, please respect other walkers' personal space and dispose of cigarette butts appropriately.

Lost Property

Lost property found along the route should be handed to Kiltwalk staff or a Kiltie. Lost property will be held at the Info Point at the Kiltwalk Village. Please allow until 9pm for items to make their way to this point. Unclaimed items will be handed to the Dumbarton Police Station.

Inviting Spectators

Spectators are encouraged to come along to help you celebrate crossing the finish line but are advised to travel to the finish line via public transport. Parking will be extremely limited in this area. There is no parking, stopping or waiting on Balloch Road near the end site.

Emergencies & Finish

EMERGENCIES

In the case of an emergency please call 999 then inform the nearest Kiltwalk staff member or Kiltie Volunteer. If none are nearby please contact the Control Room on 07375 818 652.

First Aid On Route

First Aid volunteers are positioned at each Pit Stop and on bicycles on the route. If you need assistance and are not in sight of a first aider, staff member or Kiltie, please call our First Aid on 07375 816 133. Be sure to give them details about where you are so that they can respond quickly.

Lost Children

Lost children must be reported to a Kiltwalk staff member or Kiltie so that the appropriate procedures can be followed. Any child found will be reported to Police Scotland.

If the child is found at a venue, they will be kept at the Info Point. If found on the route, the child will remain with members of Kiltwalk staff and Police Scotland will be informed.



FINISH LINE

After completing your Kiltwalk challenge, you will be greeted in true Kiltwalk fashion by our wonderful Kiltie volunteers standing ready to give you your 2023 Glasgow Kiltwalk medal.

Just follow the live music, enjoy your meal, grab a drink and if you still have energy, join us on the dance floor to dance the evening away! The Kiltwalk Village closes at 10pm.

First Aid

First aid personnel are positioned beside the finish line in the Medical Tent. If you feel unwell after finishing the walk, make yourself known to the medical team or call 07375 816 133.

Info Point Staff and Kilties will be based at the Kiltwalk End Site Info Point throughout the event. Use this service point for collecting lost property or for any other queries you might have.



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Our Sponsors

We would like to thank all of our sponsors for making Kiltwalk possible.



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