

G-Tour 25

Walk, run, cycle!

Your way to make a difference



PARTICIPANT INFORMATION

Thank you for registering for G-Tour 25, in support of Dementia UK, Parkinson's UK, Land Aid, and The Christie's Charity.

Please read the following information regarding the walking route carefully to help ensure a smooth and enjoyable experience.



VENUE DETAILS

LOCATION

Rutland Showground, Oakham, LE15 7TW

DIRECTIONS

Use the postcode above for navigation. A map is included at the end of this guide.

PARKING

Free parking is available onsite. Car sharing is encouraged. Follow signage to the designated parking areas upon arrival.



EVENT TERMS & CONDITIONS

The walking route is an open road event
Footways or footpaths (including any path along the side of a road) should be used if provided
Shut all gates, there are sheep in the fields
All dogs to be kept on leads
If there is no footway or footpath, walk on the right-hand side of the road so you can see oncoming traffic
If you are walking in a group be prepared to walk in single file, especially on narrow roads or in poor light, and keep close to side of the road
Please find a safe place to cross the road, where there is space to reach the footway or footpath on the other side.
Where there is a crossing nearby, use it. Otherwise choose a place where you can see clearly in all directions
All participants must always comply with the Highway Code and walk appropriately on open roads
All walkers must finish the walk by 1350 to be transported back to Rutland showground
Participants must not be under the influence of alcohol or drugs
Participants must have appropriate liability, personal accident and equipment insurance in place in order to participate in the event
Please remind yourself of all the event Terms and Conditions [here](#).



EMERGENCIES & ACCIDENTS

Your Emergency Contact Card includes all relevant contact details.

Please remember:

EMERGENCY (LIFE-THREATENING)
Call 999 first, then contact Event First Aid

ACCIDENT (NON-LIFE-THREATENING)
Contact Event First Aid directly



SUPPORT TEAM

At registration, you'll receive an **Emergency Contact Card** with details of the support available throughout the ride.

The **Event Support Team** includes:

ROUTE MASTER for navigation help if you get lost
SUPPORT RIDERS assist riders on the route
SUPPORT & MOTORBIKE OUTRIDERS for monitoring rider safety
BIKE MECHANIC for emergency repairs
EVENT FIRST AIDER for medical support
EVENT MANAGER overseeing event operations

The Bike Mechanic and Event First Aider will be stationed at Pit Stops unless called out to assist riders on the route.

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ROUTE & SAFETY INFORMATION

WHAT TO BRING

ESSENTIAL ITEMS

Sunglasses, refillable drink bottle (filled with your choice of drink), emergency money & mobile phone

SUITABLE CLOTHING

Check the weather forecast and pack suitable clothing. Bespoke G-Tour 25 walking t-shirts will be provided at registration on the day. *(It is advisable, for forecast of rain to bring a rain jacket) (It is advisable, for forecast of high UV and sun, to bring sun cream) Changing and shower facilities will be available.*

FOOD & DRINK

Enjoy a complimentary breakfast and hot drinks before your ride, and post-ride food and drinks at Rutland Showground. *Please ensure you bring enough food and drink to stay fuelled throughout your walk.*

FIRST AID KIT

An event first aider will also be in attendance on your route.

BEFORE THE EVENT

FOOTWEAR

Ensure you have suitable footwear

WEATHER PREP

Check the forecast and plan your clothing and supplies accordingly.

MEDICAL UPDATES

If your medical details have changed since registration, please inform us so we can support you appropriately.

FACILITIES

BEFORE THE RIDE

Registration & event desk, breakfast (*bap or granola/yogurt/fruit pot + tea/coffee/soft drink from 09:30*), toilets, water station *Note: No cash machines onsite—bring any cash you may need.*

AFTER THE RIDE

Post-ride hospitality (BBQ, Pizza, drinks—alcoholic and soft), toilets, water station
Post-ride food and bar available until 17:00. Event closes at 17:30.

ON THE DAY

REGISTRATION

Opens at 08:00. Please arrive at least 45 minutes before your start time of 11:00. **NOTE** - The coach will be leaving at 11:00, and will not wait for latecomers.

WHAT YOU'LL RECEIVE

Emergency Contact Card, Event t-shirt, Breakfast & post-ride food vouchers

ROUTE CHANGES

The route may change at short notice due to road closures, accidents, or weather conditions.

The latest version of the route is available on [Strava](#), but please re-download it on the morning of the event to reflect any updates.

ROUTE GUIDANCE

A coach will take you from **Rutland Showground** to the **start point at Barnsdale Wood Car Park**. Departure is at **11:00 sharp**—late arrivals cannot be accommodated.

The return coach will be available at the **finish line** and will leave at **14:00** to return to **Rutland Showground**.

All walkers must complete the route by **13:50**. There are designated cut-off points and times along the route. *If you are unlikely to finish on time, we will arrange transport to the finish line. Please contact the **Event Manager** using the emergency number on your contact card*

At the start of the walk, please follow the Walking Lead. The path is shared with cyclists, so remain alert and considerate.

Several cattle grids are present along the route—please use the gates provided for safe passage.

LOST RIDER PROTOCOL

If you become lost, contact the Route Master using the details on your Emergency Contact Card.

Send your location via WhatsApp (recommended), then call for guidance or assistance.