

connect2: *Cambodia*

Organising a sponsored walk



Planning your route

- There are lots of great routes in the UK to choose from. Have a look at the [Rambler's Association's route finder](#) for inspiration
- Great ideas for routes include canal tow paths, woodland trails and old railway lines.
- If you'd rather stay in the town why not organise a city walk or a walk around all the churches in your area?
- We advise using public footpaths which avoids any problems with gaining permission to use private land.

connect²: Cambodia

Make your event safe

- Have a leader and someone at the back of the group to make sure no one gets left behind. If there are a lot of people on your walk you should divide people into groups and allocate helpers to make sure everyone reaches your destination.
- Make sure you have a First Aider available.
- If your route crosses any roads make sure you recruit some marshals who will ensure that everyone crosses safely.
- Before your walk send out advice to walkers reminding them to bring water, snacks, warm clothes/sun cream (depending on the weather!) and to wear sensible shoes.
- Get in touch with your [local volunteer centre](#) for further advice.

Fundraising

Think about including a fundraiser. To make your walk stand out why not do it in fancy dress? You can ask participants to collect sponsorship. Have a look at our [sponsorship guide](#). Or maybe you could end your walk with a CAFOD soup lunch?

You can order extra posters, CAFOD's fundraising guides, as well as CAFOD t shirts by emailing cafodchallenge@cafod.org.uk.

Tell us all about it!

Make sure you take lots of photos - we want to let people know all the amazing things our supporters do! Contact your local volunteer centre or email stories@cafod.org.uk.



Photo: CAFOD