

Winter Walk

? Frequently asked questions



Thank you for taking on Winter Walk. We know you must be so excited to start and counting down the days until 1st December – we are too!

You may have questions about the upcoming challenge. Check out our FAQs here for the answers. If your question isn't answered here please visit www.sands.org.uk/winter-walk or contact a member of our team by emailing walk@sands.org.uk

When and where is the Winter Walk challenge?

The challenge starts on the 1st December and ends on the 31st December. The Winter Walk challenge is a virtual walking challenge so you can do this where you are, whether that is in your local park, gym or countryside trails. You can take part with your friends, family and a furry friend. You can do your 50 kilometres the best way for you by walking daily and/or walking on the weekend throughout December.

How do I raise money?

Your online fundraising page was set up for you when you registered. Check your email inbox to find your confirmation and fundraising page link. It's really easy to share the page link with your family and friends.

If you would like, you can set up a fundraising page on another online platform, we recommend JustGiving. Go to www.justgiving.com/campaign/winterwalk2025

My family want to do the challenge with me. Can they have t-shirts?

No problem! Simply ask them to fill out the registration form on our website here: <https://www.sands.org.uk/winter-walk> and we will send them a t-shirt, tracker and scavenger hunt.

Will I get a reward?

Everyone who raises £175 or more will receive a limited edition silver star keyring and certificate after the challenge ends. You don't need to do anything to get this. Everyone will receive a digital certificate sent to your email after the challenge ends. If we need any extra details from you, we'll be in touch. If you move house, please let us know by emailing walk@sands.org.uk.

Do I have to walk my 50 kilometres?

It's up to you! We think most people will walk the kilometres, but if you want to complete them a different way, then go for it! Just be sure to post your progress and updates on your Fundraising page so friends and family can cheer you on and we can see how you're doing too!

How do I keep track of how many kilometres I've done?

Strava is a great app for tracking your challenge. The link to the Winter Walk club is - <https://www.strava.com/clubs/sandswinterwalk> - Once you're home, use the tracker on the reverse of this sheet to record how many kilometres you've completed or add your distance to your online fundraising page under 'My Fitness Activity'.

Can I just raise money offline with a sponsorship form?

Absolutely. You can collect sponsorship in any way you like. If you'd like a sponsorship form, you can download one from here: <https://www.sands.org.uk/sponsorshipform>

Can I start late or early?

Of course! So long as you complete 50k in 31 days, it doesn't matter if you start early, late or need to miss a day. Just adapt the challenge to work best for you.

Do I have to prove I've completed the challenge?

You don't need to prove you've completed the distance - we trust you! You can post videos, pictures and updates on your fundraising page though. Sharing updates is also a great way to show those who have sponsored you that you're committed to completing the challenge.

Where will my friends' money go?

Directly to us at Sands. All donations added to your page will automatically be sent to Sands. You don't need to do anything or have to worry about this. It happens automatically through your fundraising page.

How do I pay in my fundraising?

If you've collected offline fundraising, the easiest way to pay this to Sands is by donating on your fundraising page or on our website. You can donate via our website here: www.sands.org.uk/donate. Make sure to say that your money is for your Winter Walk challenge so that we can make sure it is added to your total.

How do I send you my sponsorship form?

If you've collected cash donations and have a completed sponsorship form, do scan and email this to us at walk@sands.org.uk so we claim any gift aid. If you're not able to scan or send us a clear photograph, drop us an email anyway and we can let you know where to send your form via the post.

Where can I find inspiration, ask questions, get tips for this challenge?

Join our dedicated and supportive walking community on our Facebook group: <https://www.facebook.com/groups/822591297119265> and Strava Club: <https://www.strava.com/clubs/sandswinterwalk>. Make sure to check out our community groups so you can share photos of your walks, post updates and meet others taking on the challenge.