

## COLLECTING SPONSORS

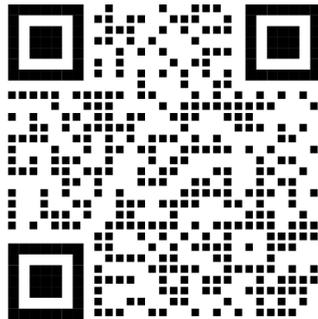
You can promote the event  
and collect sponsors by  
signing up to the walk via our  
JustGiving Page.

Use this link

[BIG 100K 2026 - can we do it again? -](#)

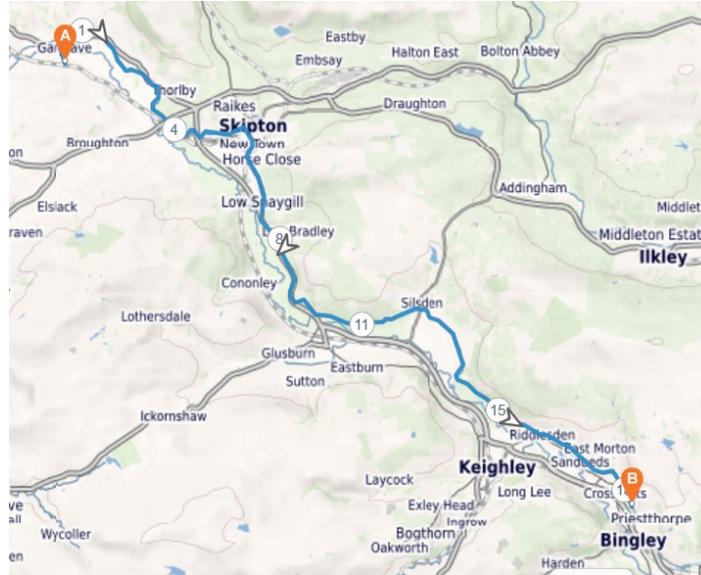
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Of the QR code



Click on the orange box and follow the  
prompts to link to the walk.

If you prefer to have a good old  
sponsor form please get in touch and  
we will post or email one out to you.



Join us on Saturday  
21st March 2026 for a great day out; walking,  
raising funds and celebrating  
World Down Syndrome Day

The Pamela Sunter Centre  
2 Whitley Street, Bingley,  
Bradford, BD16 4JH

Group Coordinator & Trainer  
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Down Syndrome  
Training & Support  
Service Ltd

Registered Charity No.1130994  
A company registered in England and Wales  
Number 6915555

# Gargrave to Bingley Sponsored Canal Pub Walk



Thank you for  
signing up to do  
our sponsored  
walk.  
Hopefully all your  
questions are  
answered here,  
if not please get in touch.

**Date:** Saturday 21<sup>st</sup> March 2026.

**Start time:** 9.30 pm.

**Route:** This will be a picturesque canal-side walk, totalling 15.8 miles taking 7 to 8 hours with plenty of food, rest and toilet stops along the way. You are encouraged to join us at the start but you are free to join or leave at any of the stops below.

**Start:** Old Swan Inn, High Street, Gargrave, BD23 2RB (breakfast from 0830 hrs). Tel: 01756 630679. *Depart 9.30pm and walk 4.5 miles.*

**First stop:** Herriots Hotel, Broughton Road, Skipton, BD23 1RT. Tel: 01535 636780. *Depart 11.30am to 12pm and walk another 4 miles.*

**Second stop:** White Lion, Kildwick, BD20 9BH. Tel: 01535 636780. *Depart 1.30pm to 2pm and walk 3.5 miles.*

**Third stop:** Marquis of Granby, Riddlesden, BD20 5EP. Tel: 01535 555400. *Depart 3.30pm to 4pm and walk 3.5 miles.*

**End at approx 5pm:** Pamela Sunter Centre, Bingley, BD16 4JH for a well-earned rest and refreshments.

Parking is available at all pub stops.

Toilets are available at each pub stop.

### Things to Bring on the Day

**Water:** Bring at least 2 litres if possible. Hot drinks recommended if it's cold and wet.

**Medicines:** If you have hay fever, diabetes, minor ailments etc.

**Rucksack:** A day backpack or similar. They are comfortable to wear and allow you to use your arms freely.

**Footwear:** Boots recommended, but anything that is sturdy & comfortable. Remember we'll be walking for around 7 hours on paved towpaths.

**Socks:** Proper walking socks will keep your feet dry and help prevent blisters.

**Layered clothing:** Lets you quickly adapt to changes in the weather and body temperature. Go for a base layer (vest or t-shirt) and a mid-layer (a micro fleece or shirt) and in cooler weather add an outer layer (a windproof jacket or thick fleece).

**Trousers:** Ideally not jeans which become heavy and cold in the rain, breathable fabrics are more comfortable and easier to dry. On warm days shorts are ok.

**Waterproof jacket:** Breathable fabrics are more comfortable and drier.

**Hat or cap:** Hats will keep you warm and protect you from the wind, and give you shade if the sun is shining down on us.

**Snacks:** Bring biscuits, energy bars, gels, bananas, chocolate or dried fruit for example and put them somewhere easy to access.

**Lunch:** Bring a packed lunch. We will picnic outside the White Lion, Kildwick.

### Transport Details

Regular trains and buses from Bingley and other areas to Skipton.

The 580 bus from Skipton Bus station goes to Gargrave.