

# The Five Valleys Walk



## About the 21mile route

2026 marks the 40<sup>th</sup> anniversary of Meningitis Now. The Five Valleys Walk is an annual event and a Stroud institution. The combination of community spirit and a route through the iconic local countryside makes this a quintessentially Stroud event.

With routes and activities for all ages and abilities, it really is the perfect family day out! Although the 21-mile route is a tough challenge, you can choose your distance and cover anything from 1.5 miles, up to the full course.

You'll get to enjoy the beautiful hills and valleys en route, and once you're ready to call it a day, our wonderful friends at Stagecoach will be on hand to offer you a FREE bus ride back to your starting point, with the last bus leaving checkpoints at 4.45pm.

Stroud Cricket Club will be hosting our end of walk gathering again this year, and all walkers are welcome to join us for a well-deserved pint and food!

Make sure to order your exclusive Five Valleys Walk merchandise when signing up, and our fabulous raffle returns with many prizes to be won!

## Frequently Asked Questions

### Event day details

#### **Who can take part in the Five Valleys Walk?**

Everyone! The Walk is suitable for all ages and abilities and has varied levels of difficulty, including a section suitable for pushchairs and wheelchairs.

*Please refer to the 'Choose Your Checkpoint' page for further details.*

#### **What time does the walk start and finish?**

Checkpoints open at 8am and close at 6pm. The Stroud Cricket Club will be open until late.

#### **Are there any age restrictions?**

Anyone under the age of 18 must be accompanied by an adult.

#### **Do I have to complete the whole walk?**

No, the route is separated into eight checkpoints. You can walk as much of the route as you want and start and finish at any of the checkpoints. Our wonderful friends at Stagecoach will be happy to offer you a free shuttle around the route to your original checkpoint.

#### **What happens if the weather is bad?**

Please be prepared for all weather conditions. In 40 years, we've never had to cancel a walk due to bad weather. If we deem the weather too much of a risk for the event to go ahead, we will communicate with you via email and posts on our social media channels to ensure you are aware of any changes/cancellations.

### **Where can I park my car?**

You can park your car at the Stroud Cricket Club or Nailsworth checkpoints (car park is at Nailsworth Mills Estate); however, there are limited spaces available at each. You can guarantee a space at Stroud Cricket Club when purchasing your tickets this year, at a small cost of £5. This has been introduced to help us manage car parking at this site in case of wet weather. There is no fee to guarantee parking at Nailsworth car park, but this will close at 6pm.

Please note that no parking is available at Slad or Lypiatt.

### **What time do the free shuttle buses run from?**

The buses circulate each route from 11.00am until 4.45pm. The last bus leaving the depot to return you to your starting point is at 4.45pm.

### **Can I bring my dog?**

You are welcome to bring your dogs, but be aware that we cannot take responsibility for them. Please ensure you take the necessary precautions to keep them safe and under control, as we've had several dogs getting lost in previous years. Water bowls and poo bags are available at each checkpoint. Please remember to follow the [countryside code](#) and clear up after your dog.

### **Can I get a map of the route before the day?**

Choose your checkpoint is available on the website. This notes our various checkpoints and the distance between them. You will receive a route map with full walking directions when you attend your registration checkpoint on the day. We do not release the walking directions before the event.

*Due to the nature of the route, we gain permission from organisations such as Stroud District Council and the National Trust. These permissions are only in place on event day.*

## **Registering for the 21 Mile Walk**

### **How much does it cost to register?**

Advance entry is £12.50 per adult (18 and upwards), £6.50 per child (under 3s free), £35 for a family ticket (2 adults and 2 children), and £40 for a group ticket (4 adults). Ticket prices do increase slightly on the day, and the Family and Group ticket offer will not be available.

### **When does registration close?**

Online registration closes the evening of 26 September 2026 however you can still sign up on the day.

### **What will I receive when I've registered?**

To help reduce our carbon footprint, we will no longer be sending tickets and welcome packs by post. Within an hour of purchasing tickets, you will receive a confirmation email with details of your order. Your ePack will then be sent within 72 hours of purchasing. This will include your tickets, car park ticket if purchased and details on how to fundraise.

If you purchase additional items such as T-shirts and raffle tickets, these will still be sent by post from August.

### **What do I do if I haven't received my welcome pack after 72 hours?**

If you haven't received your ePack after 72 hours, please contact us on 01453 768000 or email

[fundraising@meningitisnow.org](mailto:fundraising@meningitisnow.org).

## **Event day details for the Five Valleys 5K**

### **Who can take part in the 5K Walk?**

Everyone! The Walk is suitable for all ages and abilities and is suitable for pushchairs and wheelchairs.

### **What time does the walk start and finish?**

This event starts later than the main 21-mile walk to avoid congestion at Stroud Cricket Club. The first walkers can start at 10am, and the last start time will be 1.30pm. The Stroud Cricket Club will be open until late.

### **Are there any age restrictions?**

Anyone under the age of 18 must be accompanied by an adult.

### **Do I have to complete the whole walk?**

Yes, as the walk is a loop, starting and finishing at Stroud Cricket Club. You may cross paths with the public and may have to wait to one side at points along the canal.

### **What happens if the weather is bad?**

Please be prepared for all weather conditions. In 40 years, we've never had to cancel a walk due to bad weather. If we deem the weather too much of a risk for the event to go ahead, we will communicate with you via email and posts on our social media channels to ensure you are aware of any changes/cancellations.

### **Where can I park my car?**

You can park your car at the Stroud Cricket Club, however, there are limited spaces available. You can guarantee a space at Stroud Cricket Club when purchasing your tickets this year, at a small cost of £5. This has been introduced to help us manage car parking at this site, in case of wet weather.

### **Can I bring my dog?**

You are welcome to bring your dogs but be aware that we cannot take responsibility for them. Please ensure you take the necessary precautions to keep them safe and under control, as we've had several dogs getting lost in previous years. Water bowls and poo bags are available at each checkpoint. Please remember to follow the [countryside code](#) and clear up after your dog.

### **Can I get a map of the route before the day?**

You will receive a route map with full walking directions when you attend Stroud Cricket Club on the day. We do not release the walking directions before the event. *Due to the nature of the route, we gain permission from organisations such as Stroud District Council and the National Trust. These permissions are only in place on event day.*

## **Registering for the Five Valleys 5K**

### **How much does it cost to register?**

Tickets are available at a set price of £20 for a family (2 adults and up to 3 children). Additional tickets are £5 per person. (Under 3s free).

### **When does registration close?**

Online registration closes the evening of 26 September 2026 however; you can still sign up on the day.

### **What will I receive when I've registered?**

To help reduce our carbon footprint, we will no longer be sending tickets and welcome packs by post. Within an hour of purchasing tickets, you will receive a confirmation email with details of your order. Your ePack will then be sent within 72 hours of purchasing. This will include your tickets, car park ticket if purchased and details on how to fundraise.

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## **Fundraising and sponsorship**

You can help us to continue supporting people affected by meningitis in the UK by raising £40 (or more!) Ask your friends and family to sponsor your challenge, and you will all be champions in our eyes!

### **Where will the money I raise go?**

Meningitis Now exists to save lives and rebuild futures of people affected by meningitis through research, support and awareness. The money raised through the Five Valleys Walk and the 5K Walk will be used to fund our fight against the disease in the UK.

### **Can I fundraise online?**

Yes, you can fundraise via our [Five Valleys Walk JustGiving site](#), just click Fundraise at the top of the page!

### **How do I pay my sponsorship in?**

There are several ways you can pay your money in. You can pay directly into our bank account, by cheque made payable to Meningitis Now, or over the phone by debit or credit card.

Full instructions on how to pay in your sponsorship money are included in your welcome and post-event emails.

### **Can I register and not raise any sponsorship?**

Yes, raising sponsorship is not compulsory, though we do encourage our supporters to raise as much money as possible to help those affected by the disease.

### **How do I donate?**

There are several ways you can donate:

- When paying your registration fee at [fivevalleyswalk.com](http://fivevalleyswalk.com)
- Via our homepage, just hit '[donate](#)'.
- You can also donate via phone or post via a cheque

We advise against sending cash in the post, but if you are local to the Stroud area, you are more than welcome to bring your sponsorship monies along and visit our head office on Bath Road.

**If your question is unanswered, please contact us on 01453 768000 or email [fundraising@meningitisnow.org](mailto:fundraising@meningitisnow.org) and we'll be happy to help.**