

### What to bring

Your walker number, spare clothing, a few plasters, water-proofs and something to eat and drink. Drinks, sweets and snacks will be available at St Luke's Church and cold drinks will also be available at strategic points on the route but you are strongly advised to bring your own picnic.



### What to wear



Comfortable boots or walking shoes as some paths can be rough and muddy. Waterproofs and warm clothing are needed in case the weather turns nasty as parts of the route are fairly exposed.

### Organisation

There are marshals and other helpers available throughout the route to assist with any queries or emergencies. The Trek organisers hope you will have a safe and enjoyable day out. The organisers can be contacted on the day of the walk on 0114 2301624.

### After the Trek

Don't forget to check out and collect your sponsor sheet when you get back to St Luke's. We hope you will collect your sponsor money as soon as you can. There is a just giving site you can link to if you would rather collect your sponsor money this way. See website for details.

When you have collected it, please send it in the form of a **cheque or postal order**, with your **sponsor form** to :

Robert Jackson, 23 Meetinghouse Croft, Sheffield, S13 7PF.

### What difference could your sponsorship money make?

By walking you are helping to rebuild communities across the world.

**£5** could go towards business start-up costs for a woman in Ethiopia, giving her an opportunity to run her own small business.

**£22.30** could provide a goat for a woman on the margins of society in Ethiopia, providing milk to feed her children.

**£150** is enough to buy a cow, giving both milk and status, which can change the future for a woman in Ethiopia.

# SHEFFIELD MAY DAY TREK INFORMATION GUIDE 6,11 or 16 MILE WALK



Monday 4th May 2015

Thank you for registering for this year's May Day Trek

You have chosen to support Christian Aid and your registration number is given on your e-mail.

This year the walk is taking us on new routes, beginning at St Luke's Church and passing through the Hallam Moors to the West of Sheffield. The 6 mile route is suitable for families with young children. The 11 and 16 mile routes are for those who want a bit more of a challenge!

Please check in at St Luke's Church, Lodge Moor, Sheffield S10 4LQ between 9.30 and 10.30 a.m.

There will be a short welcome and opening prayer at 10.00 a.m., and you may start walking at any time after that up to 10.40 a.m.

If you have any further questions please visit the web-site [www.sheffieldmaydaytrek.org.uk](http://www.sheffieldmaydaytrek.org.uk),

e-mail [sheffieldmaydaywalk@gmail.com](mailto:sheffieldmaydaywalk@gmail.com) or telephone 0114 2759828



The walks start and finish at St. Luke's Church. There are 3 circular walks of 6, 11 and 16 miles into and through the Hallam moors to the west of Sheffield.

**The 6-mile walk** is family friendly for those with young children, though it is not suitable for buggies. This walk goes out and back along Redmires Conduit, and around Redmires reservoirs via Redmires Road along the north side and the Yorkshire Water concessionary path along the south side.

**The 11-mile walk** is suitable for those who want something longer, though probably unsuitable for very young children. This leaves following the Sheffield Night Hike route in reverse; along David Lane past the Mayfield Centre, crossing the Porter Valley, upto the Norfolk Arms at Ringinglow, and following the track over Houndkirk Moor. About 1/2 mile before the A57 and Fox House, the route leaves the Night Hike route, turning right across Burbage Moor to Upper Burbage Bridge, upto and along Stanage Edge, and turning right to rejoin the Night Hike route passed Stanage Pole, following the Yorkshire Water concessionary path along the south side of Redmires reservoirs and back along Redmires Conduit.

**The 16-mile walk** is more challenging and follows the Sheffield Night Hike route. The walk goes via the Mayfield Valley, Fox House, Longshaw, Grindleford to Hathersage. From there it climbs up to Stanage Edge, passes Redmires Reservoir and back to St. Luke's Lodge Moor.

Full walk guides are available on the website and there will be some available on the day.

### ***Getting to St Luke's Church, Lodge Moor***

St Luke's Church is situated on the corner of Blackbrook Road and Blackbrook Drive. Heading out of Sheffield on the A57, turn onto Sandygate Road at Crosspool the follow this road as it changes to Redmires Road until you have passed the Hallamshire golf course then turn left onto Blackbrook Road. Parking is available on street on the roads immediately adjacent to the church.

### **Public Transport**

Bus number 51 from Sheffield City Centre stops at the corner of Redmires Road/Blackbrook Road. There is currently a service leaving Arundle Gate at 0834 and 0934 on May Day however this may change so please check with Tavel South Yorkshire on closer to the day on 01709 51 51 51.



**Loko walks alone for eight hours a day, in shoes so thin that thorns repeatedly pierce through to her feet, to gather and sell firewood so she can feed her children.**

Loko is frightened of being attacked by hyenas with no one to hear her screams. So she prays as she walks. Her faith pushes her on.

It's a job she dreads, but she has no choice; she must continue, week after week. If she doesn't, her children will starve. As it is, Loko can only afford to give them one small meal a day.

Loko refuses to give up hope. She dreams of owning a cow one day; its milk would help her children to grow strong, and she could also sell some so she could save enough money to set up a small business buying and selling tea and coffee.

### **Give Loko hope**

With your help, we can provide cows to vulnerable women in Ethiopia - just £150 is enough to buy a female cow and a promising future for someone like Loko.

Since it began more than 30 years ago the Sheffield May Day Treks have raised many thousands of pounds to help some of the poorest communities in the world. The Sheffield May Day Trek, and the associated [Sheffield Night Hike](#), together raise about £15,000 each year for Christian Aid and CAFOD. The money raised is used by both charities to support long term development projects.

In this time of global recession, the need for these funds is as great as ever and any money we raise will be highly valued.

### **Disclaimer**

Please make sure that you are physically fit enough to participate in your chosen walk. Christian Aid cannot be held responsible for any accidents, injury or loss of property that may occur during the walk.