



# London Summer Walk

Saturday 23<sup>rd</sup> August 2025

## Event Guide

***PLEASE READ!***

**The 2025 London Summer Walk is looking to be another wonderful event! With an historic route round following through Greenwich peninsula and along the Thames Path - what a way to make this summer bank holiday an active one! This 'Event Guide' will help with your planning please read it alongside other material set out in the App.**

*Please note: This Event Guide may be subject to changes & revisions.*

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## Summer Walk APP!

The new **Event App** is available, and gives you access to all the key info & updates. If you haven't yet downloaded it:

- ▶ Go to either the **Apple or Google Stores**
- ▶ Search 'Action Challenge' and download this main App
- ▶ On the 'Welcome' screen enter the Event Code **LSW25**
- ▶ This downloads all the info for the London Summer Walk.

This App gets updates in the lead up to the Challenge, including the latest route maps - so make sure you have it on your phone!

If you already have the main app downloaded, open the burger menu in the top left, select 'Load New' and enter the Event Code: **LSW25**

### In the APP you will find:

- Event Guide
- Briefing Video
- Info on how to 'manage your place' (*cancel/defer/amend*)
- Travel Advice
- Route & Maps
- Rest Stop Info
- Kit List, Training Guide + Much more

**You can also view the App Info on a Computer / Laptop**  
(handy for printing):

Go to: [www.web.vamoos.com/login](http://www.web.vamoos.com/login)

Enter User ID as: **ACT**

Enter: **LSW25** Passcode (same as mobile App above)



## KEY PRE-EVENT INFO

### Start Times

For anyone registered **before 29<sup>th</sup> July**, you will be able to view your Start Times via the app from the 30<sup>th</sup> July. Start times will also be confirmed on your **E-Ticket**.

We will allocate start times as close as possible to your preferred start window selected when registering and at most there may be a half hour difference from that original choice. If you signed up as a Team, members will be allocated the same start as the Team Captain.

If your name is **not** on the Start Time List - **OR** in legitimate **exceptional circumstances** you'd like to request a '**Start Time Amendment**' **OR**, there seems to be a problem with some of your Team's start times - then please complete the **online form** available on the app.

Anyone who has registered on **30<sup>th</sup> July or after**, your start time will be confirmed on your event '**E-Ticket**' (which will be sent to **ALL** participants on **13<sup>th</sup> August**).

*The '**Start Windows**' for the Challenge options are below. **NO** requests can be made for a start time outside of the appropriate 'window'.*

### **The Summer Walk Start Windows are:**

- **Marathon Loop** **7.30 - 8.00am**
- **25K Loop** **10.00am**
- **10K Loop** **11:00am**

- Please arrive about **45mins** before the time you would like to aim for (within your specified start window) - so that you have enough time to register.
- Within each start window (for each distance) - there will be group starts approx. every 20 minutes or so - and listen out for the announcements.
- You will only be allowed to start within the 'appropriate' allocated start window for the distance that you are registered on to.

### **E-tickets & Bib Numbers**

Your e-ticket will be **EMAILED** to you on **Wednesday 13th August** you must bring it for registration onto the event. Ideally store it on a mobile device to save paper.

If you've **NOT** received an e-ticket by **Monday 18<sup>th</sup> August** (check 'junk' inbox first) - there will be a 'Final Starting List' published within the Challenge App

where you can check your bib number, start window, and request an **E-Ticket re-send**. We ask that you **do not** email or phone to request an E-Ticket.

## OPTIONAL EXTRAS

### Baggage Storage (no need to book online - pay on the day)

You should bring a small rucksack (20-30 litres max) to carry all you'll need for the Walk (i.e., extra clothes / water / phone etc.). We will be providing a baggage storage at Woolwich Barracks (start/finish) for any larger bags you may have - payable by cash/card on the day - 20kg/80L max size. **Changing rooms will be available.**

## MERCHANDISE

Check out our range of Ultra Challenge merchandise including leggings, hoodies and hats. We can't guarantee full availability on the day at the start, so order yours NOW to avoid disappointment!

[CLICK HERE TO VISIT OUR ONLINE SHOP >>](#)

## REGISTRATION & THE START

The closest tube stations are Woolwich (Elizabeth Line), Woolwich Arsenal (Thameslink & DLR & South eastern) and Woolwich Dockyard (South eastern) - all about a 25-minute walk to the start (there will be signs pointing to the start area). There is strictly **NO PARKING** or dedicated drop off area at the start - and limited road parking around Woolwich Barracks, so we strongly recommend you use public transport.

### Main Registration - Saturday 23<sup>rd</sup> August

**Barrack Field (Royal Artillery Barracks), Ha Ha Road, London, SE18 4BH**

Look out for sail flags & signage! **Do not** arrive any earlier than one hour before your planned start time (within the correct Start Window!).

### At Registration

- You **MUST** present your **E-TICKET**
- Collect your **EVENT PACK** (Event & timing pass, lanyard, bib, route card)
- Write critical **medical details** on the reverse of bib (*i.e., serious conditions / allergies*)



- E-Tickets are **NOT** transferable. We may ask for ID (**always** if on a 'Multi Deal')
- You must come with minimum of ~ **1 litre of water & 2 litres** if on 50km.

You'll be called into the 'Start Pen' 10 mins **before** a start wave for a safety briefing & warm up - and then you'll then set off a 'wave' of about 100 or so walkers.

### [GOOGLE MAP LOCATION FOR THE BARRACKS >>](#)

## THE ROUTE

Will be marked with pink arrows, ribbons, & signs and, you'll have access to a **Google route map via the Challenge APP** (and a QR code on the Route Card). A mobile phone is therefore **essential** - ideally with a back-up battery pack - which are readily available these days! With the right phone settings, your 'blue dot' location shows up relative to the route - so you'll always be able to figure where you are!

### Google Map

This will be finalised & enhanced with useful information prior to the Challenge.

### GPX file

You will be able to download the final route GPX file to upload into GPS type devices (Garmin's etc). This will be available from the week prior to the Challenge via the App & website.

### [CLICK HERE TO VIEW OUR 'ROUTE MAP' >>](#)

**NOTE:** The Route is **subject to change** - so please always follow **the signage on the day**. We've plotted the route on various devices to get the 'best' plot, and please be aware that some GPS devices overstate distance on relatively slow, long, walking / hiking type activities. Therefore, it's best to turn off the device when you are stationary for prolonged periods (i.e. - at rest stops).

### Hazards on Route

Hazards exist in many guises - on pavements & on roads! Look out for: Traffic & cycles (cross roads in the correct places); slippery surfaces on footpaths (it may be wet); steps (can be tricky); other pedestrians / dogs.

**Important Note** - If you're walking the 50Km Challenge - it will be dark by the time you finish - and therefore you **must** bring and wear a **HEAD TORCH**. This is **compulsory!**

### Timing & Tracking

You'll be issued with a timing pass & lanyard to be worn around your neck during the event, which is scanned at the start / finish & at rest stops. You must go through all check points for your tracking profile to be updated. Friends & family will be able to view your progress through rest stops (this link will be available via the **App & website** on **Thurs 21<sup>st</sup> Aug**).

### 'WhatsApp' & 'What 3 Words'

Knowing how to use *the* 'WhatsApp' location functionality & 'What 3 Words' (*a well-known location type app*) are both very useful in case you need to give your specific location to a supporter or to our **Control Room**. Please check these out if you are not familiar with them.

### Food & Drink

**All** dietary requirements are catered for (**please ask** the staff if it's not apparent!)

- **Start** (*Woolwich Barracks*): Energy snacks, fruit & hot drinks.
- **Rest Stop 2**, 50K challengers only, (*Greenwich University*): Picnic Lunch
- **All Finishers** (*Woolwich Barracks*): Hot Meal
- **Other Rest Stops**: Good mix of snacks (inc. fruit / chocolate / sweets / savoury) & hot drinks /water/ squash

If you have a favourite snack which 'hits the spot', perhaps keeps you going when you might not feel like eating other food - then it's not a bad idea to bring some of it with you! Please clear & dispose of all **your rubbish** in the sacks / bins provided at all the venues.

### Medical Facilities

Our team of medics will be at the Rest Stops - with mobile resources deployed for any serious incidents. You should bring your own **small first aid kit** - and always deal with blisters as soon as you feel a 'hot spot' (don't wait till you get to a rest stop!)

## FINISH LINE & DEPARTING

**Finish Venue - Barrack Field (Royal Artillery Barracks), Ha Ha Road, London, SE18 4BH** At the finish line you will be rewarded with a huge cheer, a well-earned medal, glass of fizz, and a hot meal.

## DROP OUT PROCEDURES, CUT OFFS, RULES

During the event there will be a **Control Room** in operation. Please ensure that you save the important phone numbers prior to the Challenge.

**Emergency No.** (If you're injured but non-life threatening): **0203 422 4357**

**Control Room No.** (For non-emergencies i.e., you are lost): **0207 609 6695**

**Drop out SMS / WhatsApp** (To say you're retiring etc): **07931 466138**

**Life Threatening Incidents CALL 999** first, **then** the emergency no. above

### Exiting / Retiring from the Challenge

If you need to exit / retire from the Challenge, please inform Event Staff or Text SMS to the number provided on the Route Card. The ideal place to retire is at a Rest Stop, so unless it's an emergency, please do your best to carry on to the next stop - and go to the **'Information Point'** and hand in your Event Pass.

### If dropping out at a Rest Stop / Mid-Point

Go to the **'Information Point'** and staff will provide details of how to exit by public transport. Only in emergencies will we be able to provide vehicle support.

### If exiting the event on the course

If you need to exit / retire from the challenge, please inform event staff OR text the 'Drop Out' number provided on the Event Pass with your **NAME, BIB NO. APPROX KM** and **TIME**, along with the words **'DROPPING OUT'**. Please include details for team mates also exiting the event if applicable.

### Cut-off times

The event will have cut off times based on a maximum walking time for each challenge. Please note that rest stops may also operate cut off times to help keep all participants on track.



If anyone fails to meet any of these cut off times, the Organiser reserves the right to either withdraw participants from the Event or move participants forward to re-align back within the cut off times. We will, however, do everything we can to ensure that anyone who wants to continue can do so as we are fully aware of what 'finishing' means to many.

## EVENT RULES

There aren't too many rules - but the ones we have are important. Please make sure you familiarise yourself with these rules and our Ultra Code before the Challenge:

- Do not attend the event if you feel ill - or have an infectious disease.
- Your Bib & Event Pass must be worn at **all** times.
- You must have a mobile phone with you & the app installed (+ WhatsApp / 3 Words)
- You must carry a back-up power pack for your phone.
- Participants must ensure they are hydrated, fed & rested before commencing any stage of the event and report any concerns to an Event Medic or Event Staff
- If, in the opinion of an Event Medic, a participant is considered unfit to complete the next stage, or further stages, that participant will be excluded as necessary.
- All Challengers **MUST** wear a head torch during the hours of darkness.
- The Event Organiser reserves the right to operate a cut off time for all.
- **This event is strictly walking / hiking / trekking only.** NO running or jogging is allowed, and any participant seen, or proved, to be doing so will be disqualified.
- **NO DOGS** (or pets of any kind) anywhere on the Challenge or route - we do not have permissions from landowners, venues and/or farmers to have any kind of animal on the route so pets of any kind are not allowed.
- No individual should leave a rest stop alone during the hours of darkness - you must be with a TREK MASTER - guided group or be part of a team.
- The Organiser reserves the right to officially remove a participant from the event if, in their reasonable opinion, the participant's actions or behaviour is likely to significantly impact the wellbeing of other participants, staff, suppliers, or members of the public - or will bring the reputation of the event and / or the event organiser into disrepute.
- If any participants are encouraging, or hosting '**non-registered challengers**' to take part in the challenge alongside them in some way, and are seen to be passing food /drink to them - all involved will be disqualified, all our

services will be immediately withdrawn, offenders will be removed from our venues, and no refunds of any kind will be made.

## The Ultra Code

It is important to remember that the route goes through the heart of the Capital – and in respect of this, please be sure to always follow the Ultra ‘Urban’ Code:

- **No littering** – bring a bag to use for your litter – and dispose of at rest stops.
- **Be considerate** of local residents, making sure to keep noise levels down.
- **Be considerate of other pedestrians** on the route & pavements.
- **Respect private property** (keep out)
- **Beware of roads** – and always cross in the correct places.
- **Be aware of cyclists & stepping into cycle lanes.**
- **Be aware of uneven surfaces & trip hazards.**
- **Do not play loud music** along the route (use headphones if you want a tune!)

## SUPPORTER ACCESS (there is none!)

There will be no access for supporters at Woolwich Barracks or at any of the rest stops (as we have insufficient space).

## What can you expect from us...

1. **E-Tickets** - will be e mailed on Wednesday 13<sup>th</sup> August- keep an eye out for it!
2. **The Live Event Website & App** on the Thursday 21<sup>st</sup> August the Summer Walk timing & tracking page will go ‘live’.
3. **Official Results & Certificates Released** - final times will be released via the timing website on 26<sup>th</sup> August (after the bank holiday) – you’ll also be able to download your official certificate!

**We wish you the best of luck for your Summer Walk if you have any questions, please visit our online Help Centre on our website:**

[CLICK HERE FOR THE HELP CENTRE >>](#)

**Kind Regards,**

The Ultra Challenge Team,  
Action Challenge

