

The Oakhaven Walk 2026

Saturday 16th May
Information Pack



Thank you for helping us make every moment matter



Charity Registration No.
900215 (England & Wales)



Start times and locations

Please do not begin walking before the official walk start time. All start times are listed below. There will be a warm-up and official countdown to the beginning of The Oakhaven Walk. Please do not depart before this.

26 miles from Sandbanks to Oakhaven*

Coach Transfer: please arrive at Oakhaven Hospice: 6:45am

Coach Transfer: coach departs: 7:15am (arrives at Sandbanks approx. 8.00am)

Independent travel to Sandbanks: please arrive at check-in from 7:30am

Walk start time: 8:30am

Location: Outside Land and Wave, Sandbanks Beach car park, Banks Road, BH13 7QQ. Please look for a container on the left-hand side of the car park as you enter, and the Oakhaven flags. There will a short warm up beginning at 8:15am.

13 miles from Mundeford to Oakhaven*

Please arrive at check-in from 10:30am

Walk start time: 11:30am

Location: Mundeford Quay. We will be situated on the main green by the water - please look for the Oakhaven flags.

There will a short warm up beginning at 11:15am.

8 miles from Barton on Sea to Oakhaven*

Please arrive at check-in from 12:30pm

Walk start time: 1:30pm

Location: We have changed location this year and will be situated on the clifftop green next to The Beachcomber Cafe, Barton on Sea, New Milton BH25 7DT. Please look for the Oakhaven flags.

There will a short warm up beginning at 1.15pm

Registration and check points

Each registration desk will be open to greet you and you will receive your:

- Walk T-shirt
- Emergency contact details
- Bottled water
- A variety of free snacks
- Maps and directions

At each location, look out for Oakhaven flags, registration desks and our staff wearing orange t-shirts. Each location will have:

1. **A registration desk** for those starting their walk at this location
2. **A check-in desk** for those passing through.

Please make sure you check in at the Mundeford and Barton on Sea check points so we can monitor the progress of everyone whilst ensuring your safety.

*All distances are approximate.

Food, toilets, parking and kit list

Food and snacks

- **Walkers starting at Sandbanks:** You will be given snacks and water at the start line. You will be offered a light lunch of sausage roll (vegan/gluten free also available), fruit and crisps when you check in at Mudeford.
- **Walkers starting at Mudeford:** There will be snacks and water on offer.
- **Walkers starting at Barton on Sea:** There will be snacks and water on offer.
- **Finish Line:** There will be cake and drinks available for all walkers at the finish line.
- Your dietary requirements given at the time of registration will be catered for.

NEW: We will have a food truck available serving hot food at the finish line. Please note food must be purchased separately.

Toilets

- **Sandbanks:** There are public toilets close to the start line
- **Mudeford:** There are public toilets located on Mudeford Quay, located in The Haven House Inn. There are also toilets on route outside The Noisy Lobster (approx 5-10mins walk from the checkpoint)
- **Barton on Sea:** There are public toilets in the brick block opposite The Beachcomber Cafe
- There are plenty of other public toilets on route

Parking

Departing from Oakhaven: For those catching the coach, please be aware that **parking at Oakhaven is limited and not guaranteed**. We recommend you get a lift or car share if possible.

All other start lines: There is plenty of parking as they are all popular tourist areas, but there will be parking charges, and we cannot guarantee availability. We recommend that you use public transport, car share, or get dropped off at the start line if possible.

Dogs

Dogs are permitted on the walk but please obey the local by-laws and keep your dog on a lead where indicated. Please ensure you tidy up after your dog.

Kit list: weather dependant

- Rucksack
- Waterproof outer layers
- Spare walking socks
- Suitable footwear - walking boots/shoes recommended
- Hat and gloves
- Walking poles (optional)
- Sun cream, hats and sunglasses
- Mobile phone
- Flipflops, sliders or comfortable shoes to change into once you've reached the finish line
- Portable first aid kit/ blister cream/ plasters
- Water and snacks are provided - but please be aware availability is not guaranteed.

Health and safety

Emergency contact numbers

- Emergency contact number/medical/accident is **07824 388378**.
- For serious medical emergencies dial **999**.
- At the start line for each location, you will receive the contact number of a first aider for minor injuries.
- **We recommend you download the 'what3words' app in order to give emergency services an exact location if required.**

Retiring from the Oakhaven Walk

If you wish to withdraw from the walk, try to do so at a checkpoint so that our volunteers can assist you. If this is not possible, please inform us by calling or texting **07824 388378**.

Keeping Safe

- Please be aware the walk route is a mixture of tarmac, gravel, grass, sand and broken concrete paths
- **CLIFF EDGES Please be aware of erosion and, for your safety, walk well away from any cliff edges. Please walk single file where needed.**
- Make sure you stay hydrated, drink little and often. Don't wait until you are thirsty.
- Walk at a comfortable pace/rhythm for you! There is no walk leader and it is not a race
- Download the 'what3words' app – in order to give emergency services exact location
- Please follow normal road rules; use crossings, walk on the pavement when not on coastal paths
- Beware of roads and traffic
- In hot weather, please wear appropriate clothing (e.g. sunhat) and wear sun-cream
- Bring water/food and wear suitable clothing depending on the weather
- Please do not enter the sea, take care when walking near water and when crossing bridges

The Oakhaven Walk Code

- Follow the Countryside Code
- Please do not litter - bring a bag
- Shut gates behind you
- Be aware of other walkers on the route
- Please be aware of local residents and keep noise to a minimum
- Respect private properties
- Look out for one another
- Do not drink alcohol

Walkers aged 13-18 years

Please be advised that children under the age of 13 are not permitted to take part in The Oakhaven Walk. If you have entered a child under the age of 13, they will not be insured, and Oakhaven cannot accept any responsibility.

All children aged between 13 and 18 must be accompanied by an adult at all times.

All children aged between 13 and 18 must check in with their accompanying adult. Entry to The Oakhaven Walk will be refused if no accompanying adult is present.

Sponsorship

In 2025, our Oakhaven Walk raised over £180,000!

This is all thanks to our wonderful walkers and the generosity of their family and friends. Can we beat this in 2026? We have put together some hints and tips to help you reach your target.

Get online

Set up a JustGiving Page and share the link on your social media accounts and/or by email.

Get started

The sooner you start, the longer you have to reach your target.

Get personal

An engaging story can make all the difference; it's all about letting your supporters know why you are fundraising for Oakhaven Hospice and what it means to you.

Get matching

A great way to increase your funds is to ask your employer if they offer match funding. It's worth asking, as it could significantly increase your fundraising efforts.

Get informative

Keep your friends and family up to date with your training and fundraising target.

Get together

Working as part of a team can keep you on track and motivate each other to keep going.

With **only 15% of our costs funded** by the government, every penny raised in sponsorship or donated makes a difference, enabling us to continue providing exceptional care, comfort and support to patients facing end of life and their loved ones, both within the Hospice itself and in patients' homes throughout **our New Forest, Totton and Waterside communities**.

To set up a JustGiving page or to download a sponsorship form, please visit our website:

www.oakhavenhospice.co.uk/oakhaven-walk

Disclaimer

Your safety is of the utmost importance to us, so please read the conditions below before joining The Oakhaven Walk.

I understand if I am in any doubt about my health or have a medical condition that could be affected by exercise, I should obtain my doctor's approval before participating. I acknowledge that I participate in this event at my own risk and Oakhaven cannot be held liable for any injury, loss or damage caused as a result of my participation. By reading this I confirm that I will abide by the rules and regulations set out by Oakhaven Hospice for participating safely in the event.