## FAQs - Frequently asked questions

## When does the race start and is there a time limit?

The hiking tours start on 22 September at Diepenbrock Castle at the following times:

### 08:30 - 25 km hike (D-NL)

09:30 - <u>15</u> 🗹 km hike

### 11:00 a.m. - <u>8 km family h</u> 🖄 ike

The start times are subject to change depending on the number of participants. If there are large numbers of participants, the starting groups may be equalised. We will inform you in good time.

There is no time limit on any of the routes. We run for the joy of running and without a competitive character.

The end of the event will be heralded at Schloss Diepenbrock at 17:00. If you need longer, no problem: we wait for every participant at the finish and liaise with our final runners so that no hiker can disappear under the radar :-).

All routes will be announced in advance.

## How much is the entry fee and what do I get for it?

- 25km hike entry fee 16€
- 15km hike entry fee 12€
- 8km hike entry fee 8€

- Children's ticket - entry fee €5 | The children's ticket is valid for children up to the age of 12 and can be used for all hiking routes.

The entry fee includes refreshment stations, the hiking pass, an orientation map and a small token of appreciation at the finish.

Four refreshment stations will be set up on the 25km route. There will be three on the 15km route and one on the 8km route. At all aid stations, hikers can refill their water bottles and receive various snacks, e.g. fruit and wine gums from our "sweet" partner Red Band.

You can get tickets <u>HERE</u> ∠.

#### Seite 3/7

## • When and how do I get my hiking pass?

You can pick up your hiking pass from the city marketing office the week before the hiking day. This means that you are already checked in for the hiking day and can start directly on Sunday without having to queue at the registration office in advance.

### The opening hours of the registration office will be announced here in good time.

If you don't manage to pick up your hiking pass in advance and get checked in - no problem! A registration office will of course also be set up for you on site on 22 September at Schloss Diepenbrock in the Remise.

## Is there a hike for families?

The 8 km hike is ideal for families with children. Children receive a treasure map when they register and can go on a treasure hunt with the Bocholt beech goblin Bokeltje along the way. A small treasure awaits the young explorers at the finish.

## Which paths do I take?

All routes and paths lead through the flat terrain of the beautiful and idyllic Westmünsterland and, on the 25 km route, also partly in the Dutch Achterhoek. The routes are characterised by natural hiking trails and paths. There are few tarmac paths and the majority of the routes are in natural surroundings with little in the way of infrastructure.

## - Can I get lost?

All three hiking routes are marked with different coloured arrow signs at all forks. You will also receive an overview map as a printout at the registration office and of course you can download the routes to your mobile phone or tablet via komoot in advance so that you always have your navigation device with you during your hike. This should prevent you from getting lost!

P.S. Hiking maps are actually still available :-)

Please contact the Tourist-Info | Nordstraße 14, Bocholt | Phone: 02871/ 50 44 |

E-mail: info(at)tourist-info-bocholt(dot)de

# Catering - what should I take with me, what can I expect on the way?

The basic rule for hiking is of course - the less luggage the better! Nevertheless, hiking with us is a self-catering event and you are responsible for your own basic provisions.

You should therefore plan your catering so that you have enough drinks and, if necessary, a small snack with you. Of course, there will also be free refreshment stations along the way where you can top up your water bottle. There will be four stations on the 25km route, three stations on the 15km route and one aid station on the 8km route.

There will also be a variety of free snacks on offer at all stations, e.g. fruit, bars, wine gums etc., so that you can always satisfy your hunger in between.

On the 25km route, participants can also look forward to a warm meal.

## How should I equip myself?

Well-worn shoes with matching hiking or running socks are the be-all and end-all when hiking. When choosing shoes, you can vary between hiking, running, trekking or trail running shoes, the main thing is that they are comfortable, suitable and well-worn!

The rucksack should also be well chosen and have well-padded straps that fit snugly on the shoulders.

Depending on the weather conditions, choose clothing in a "onion-look" if possible and

Seite 5/7

think about sun and/or rain protection. You should also always have your water container (bottles or hydration bladder) with you.

## Where can I go to the toilet?

There are of course toilets in the start/finish area and at all refreshment stations. We hope that people will refrain from peeing in the wild wherever possible.

## What can I expect in the start/finish area?

In front of the beautiful backdrop of Diepenbrock Castle, we will set up a small but cosy hiking village for you.

Here you will find the registration office, refreshment facilities and a cool beer at the end of the walk. Of course, you can also stop off on the cosy terrace of <u>Café Schloss</u> <u>Diepenbrock</u> after your hike and treat yourself to a tasty snack.

Our partners also have interesting and entertaining offers in store for you. More information will follow...

## - Where can I park?

You will find both free bicycle and car parking spaces close to Diepenbrock Castle. Simply follow the signs on site.

For the sake of the environment and to save space, we recommend that Bocholters come by bike if possible or at least keep the number of cars travelling to the event as low as possible. So if you and your neighbour are both taking part, it would be great if you could share a car for the journey - **it's also sustainable! :-)** 

### What happens if I injure myself, can no longer walk or need help?

There is an accident assistance centre in the start/finish area and there is also a mobile unit along the route.

First aid equipment is available at all refreshment stations for minor injuries. You can also contact helpers here if you are unable to complete the course. We recommend running in smaller groups. In addition, there will be one or two bike patrols on the way to keep an eye on things.

In acute emergency situations, please call 112 immediately! This number is also valid for the Dutch part of the 25 km route.

## Safety on the road - are the routes cordoned off?

In principle, you are responsible for your own road safety and that of other road users. This means that the routes are not specially cordoned off at road crossings, for example. You should therefore hike in the same way as you normally would when hiking or in normal road traffic. For example, on shared cycle paths and footpaths, you should always walk on the right and behind each other if possible, so that cyclists can overtake you on the left.

Very dangerous or difficult to see places are additionally secured by marshals.

## • Can my dog join me on the hike?

Yes, your dog is welcome to accompany you on the hike on a lead.

## General rules of behaviour

We ask you to leave your hiking environment as you found it. Please put your rubbish in your rucksack or in the rubbish bins at the refreshment stations. Please clean up

any dog mess and try to refrain from peeing as much as possible (even though we know that this is sometimes impossible with small children...:-)).

If everyone behaves as they expect the other participants to behave, it should be a relaxed and great hiking day for all participants! :-)