

 THE  
NIGHTINGALE

# NIGHT HIKE

Walk 5k, 10k or 15k against cancer



## Walker Guide

Everything you need to know

# You're A Night Hiker!

## Thank you for signing up to Night Hike 2026!

Whether you're walking for yourself, for a loved one in remission or in memory of someone, over 1,000 of us will gather on Friday 15<sup>th</sup> May with the same core belief motivating us to cross that finish line... **No one should face cancer alone.**

By taking part in the Night Hike you're helping hundreds of people get the vital and free support they need at a crucial time in their life.

This guide contains all the information you need for the Night Hike on Friday 15<sup>th</sup> May, including the Night Hike Route, Walking Guides and tips on how to reach your sponsorship goal. If you have any questions that aren't covered in this booklet our Night Hike Team will be happy to help!

Contact them at [ryan@nightingalesupport.org.uk](mailto:ryan@nightingalesupport.org.uk) or on 020 8366 4333.

## A Look Back At Night Hike 2025

**1,222**  
WALKERS



**£117,558**  
RAISED



**118**  
VOLUNTEERS



# What's Next?

Though May seems far away, the Night Hike will be here before you know it and we want you to be ready for it.

Here's our top 5 things to do before Friday 15th May so that you're prepared for north London's biggest Night Hike.

# 1

## BEGIN YOUR FUNDRAISING

Set your goal, create your JustGiving page and start sharing. The sooner you start the sooner you'll reach your goal.



# 2

## CHECK YOUR EMAILS

We'll be sending regular updates with important info, fun announcements and fundraising tips.



# 3

## GO FOR PRACTICE WALKS

Practicing means more fun and less injuries. Visit the next page for a Walking Guide created by a special supporter.



# 4

## GET YOUR RED WASH ON

Two things are guaranteed at our Night Hike: **Fun & Red.** Get your reds in the wash ready to paint Enfield Town red.



# 5

## JOIN OUR FACEBOOK EVENT

Go behind the scenes, meet other Night Hikers and share your journey to the big in our [Night Hike Facebook Group](#).



# Your Training Guide

To help you reach the Finish Line, Lucy Wyndham-Read has created a **Night Hike 3 Week Training Guide** for all walkers.

With over 30 years as a fitness expert Lucy keeps her 2.5 million YouTube followers both physically and mentally fit with her accessible videos ranging from stretching to walking to meditation.

In this guide, Lucy shares a combination of walking workouts, bodyweight stretches and full-body stretching routines that you can do from the comfort of your own home.

## This guide will:

- Enhance your fitness
- Improve your overall well-being
- Strengthen your bone health
- Boost your metabolic health
- Increase your energy levels
- Tone your body all over

All you need is access to the internet and a laptop or phone



[Click here to download your Night Hike 3 Week Training Guide](#)

# Your JustGiving Page

Setting up a Just Giving page is quick to do and is an easy way to have all of your sponsorship in one place.

Plus it gives you shareable links and QR Codes to use on social media, email and text to reach as many people as possible.

## How to create your JustGiving page:

- Click here to visit the Night Hike JustGiving Page
- Click '*Start Fundraising*' and login to your account
- If you don't have an account, you can create one
- Enter your sponsorship target
- Personalise your page (or keep our template)
- Now click '*Publish*' and start fundraising!

Click or scan here for a  
Just Giving Video Tutorial



If you're more offline than online, print out our [Sponsorship Form](#) to keep track of your sponsors and sponsorship. You can return your form and donations to The Nightingale Centre after you've completed the walk.



## Watch the Sponsorship Barometer climb

All of your sponsorship will feed into our overall Night Hike JustGiving page. Every time you receive sponsorship our barometer will climb towards our Night Hike 2026 target.

# Talk the Talk

You've signed up to walk the walk, you've set up your JustGiving page and now it's time to talk the talk about sponsorship to everyone you know.

**Remember, pennies turn into pounds. Pounds turn into changed lives.**

Here's 3 ways to get the word out about your sponsorship.

## GET SOCIAL

1

Use our [Social Media Graphics](#) to share your story and sponsorship page. Tag us on [@nightingalecsc](#) wherever you post so we can share the Night Hike love.



## POST ABOUT IT

2

Download our [Sponsorship Poster](#) to display in at work, clubs, shops, anywhere really! If you've got a team photo, we can create and send you a bespoke Night Hike Poster.



## CONTACT YOUR CONTACTS

3

The more people you share your sponsorship with, the quicker you'll reach your goal. Use and adapt our [Template](#) to spread the word via email, WhatsApp, text or messenger.



## Tick for the Gift

Our Night Hike 2025 Gift Aid total was **£22,750**, so ticking that Gift Aid box really makes a difference!



# Unlock Your Gifts

We understand that getting sponsorship isn't easy so we want to say a huge thank you for the time, energy and commitment you're giving to support The Nightingale.

As you reach the three different sponsorship milestones, you'll unlock small tokens of appreciation to recognise your hard work and dedication along the way.

These gifts are simply a small thank you and a celebration of your achievement.



Levels are for individual sponsorship raised. For example, if you're walking in a team of 4, the first level will unlock at £200 as every person has then been sponsored £50.

## Reached Your Sponsorship Goals?

Show all of your sponsors how much you've raised with your very own Night Hike Cheque!

If you want a Night Hike Cheque, let us know before Friday 24<sup>th</sup> April so that it's ready for you to collect with your good bag.



# Night Hike Map

Our Night Hike Map shows you our three different route options (5K, 10K & 15K), toilet stops, marshal points, water stations and kilometer markers.

We suggest you have a look at the map before the event so that you can make an informed choice on which route to take. Some routes will have hills, tight pavements and uneven footpaths.

Get in touch if you have any questions about the route or accessibility.

[Click here to download your Night Hike Map](#)



Remember this isn't a marathon, we don't want you collapsing at the finish line because you've pushed yourself too hard.

Go at your own pace and the route that suits your walking level.

**Whichever route you chose doesn't change how proud we are that you've taken part!**



# Night Hike FAQs

## Where does the Night Hike take place?

The Night Hike starts and finishes outside the Enfield Civic Centre, EN1 3XA.

## What time does the walk start?

Our Night Hike Welcome Reception starts at 6pm with staggered starts for each route beginning at 7pm.

## What time does the walk end?

Due to regulations we must be packed up at Enfield Civic Centre by 11:59pm.

## Will anyone be on the route in case of an emergency?

We have Marshals all along the route, Enfield Cycle Club patrolling the route and St John's Ambulance at the Enfield Civic Centre.

## What should I wear?

We advise that you wear clothing you're comfortable walking in. For some that's trainers and sports trousers for others it's fancy dress (*like Carmen and XX*).

## Will there be toilets on route?

Yes. several local establishments are happy to be used as rest stops along the route. You can find them on your map.

## Can my dog join me on the walk?

We love it when four-legged friends join the Night Hike. As long as they're well behaved and are on a leash they're welcome to join.

## When can I collect my goody bag?

We encourage walkers to collect their bag in the week leading up to the Night Hike from The Nightingale Centre, 187a Baker Street, EN1 3JT. More information about times and dates will be sent via email in April.

**[For more Night Hike FAQs click here](#)**



# Thank you!

Everyone has a different reason for walking the Night Hike.

Whether you're walking for yourself, for a loved one in remission or in memory of someone, over 1,000 of us will gather on Friday 15<sup>th</sup> May with the same core belief motivating us to cross that finish line:

**No one should face cancer alone and wealth should not be a barrier to getting vital cancer support.**

Without your sponsorship we wouldn't be able to support over **700** clients every year with free emotional and physical support.

Without your sponsorship we wouldn't be able to deliver over **12,000** support sessions.

**Without your sponsorship we wouldn't be here.**

**In the words of Sue, our wonderful Centre Facilitator...**

You'll see Sue at the 10K and 15K route split, make sure you stop and say 'Hi'!



**We'll see you on  
Friday 15<sup>th</sup> May**