Dementia Forward's Tan Hill Challenge Walk

Frequently Asked Questions

How long is the walk?

The route is approximately 15 miles. Walking times will vary depending on pace, weather conditions and rest stops, but participants should allow between 6 and 8 hours.

Are dogs allowed on the walk?

Yes. Dogs are allowed on the walk, but they must be kept on a short lead at all times. Owners are responsible for keeping their dog under control and cleaning up after them. Dogs are also permitted in the Tan Hill Inn Barn Area where breakfast will be served.

Where can I park?

Please avoid the Tan Hill Inn customer car park. Parking is available along Long Causeway where space permits. Please park considerately.

Are children allowed on the walk?

Yes. Children are welcome to take part, however anyone under 18 years of age must be accompanied by a participating parent or carer who accepts full responsibility for them throughout the event. Parents and carers are responsible for deciding whether the walk is suitable for their child.

Will there be toilets on the route?

Toilets are available at the Tan Hill Inn, where the walk starts and finishes. There are also toilets available along route at Rukins Park Lodge Campsite Car Park in Keld.

What if the weather is bad?

Please come prepared for all weather conditions and dress appropriately. In the event of severe weather conditions, such as thunderstorms, extreme temperatures, or exceptionally heavy rainfall, the route will be assessed for safety. If conditions are considered unsafe and an alternative route is not possible, the event may need to be cancelled or postponed.

Will there be a water station?

Participants are encouraged to bring plenty of water for the walk. There will be a water station on route at Keld Reading Room.

Where does the walk start?

Registration opens at 8.30am in the Barn Area, located to the left side of the Tan Hill Inn. We will conduct a morning briefing and begin the walk from here.

How can I raise money for Dementia Forward?

We encourage participants to raise a minimum of £50 which will go towards supporting Dementia Forward's services in the local area. There are several ways you can collect and submit sponsorship:

- **Online Fundraising Page** via Give As You Live – setting up an online page is the easiest way to share the challenge you are taking on with your friends, family and colleagues. Set up your page here:
    - https://donate.giveasyoulive.com/charity/dementiaforward
- **Sponsorship Form** – if you would prefer to collect cash donations from friends and family, they can fill in their details and donation amounts. Donations from UK taxpayers may be eligible for Gift Aid.

  Please return completed forms to George Armitage House, Church Lane, Burton Leonard, HG33SD.

    - https://www.dementiaforward.org.uk/wp-content/uploads/2025/10/Sponsorship-form-2025.pdf
- We can also accept donations via BACS transfer or Cheque. Please get in touch and we will provide the relevant payment details.