**Pilgrimage Walking Weekend**

Across Saturday 28th and Sunday 29th of September 2024, join us as we walk around our communities and pray for them. In this pack you will find a map, directions and prayer ideas for all three walks around Dolphinholme, Quernmore and Over-Wyresdale.

**What is a pilgrimage walk?**

The idea of a pilgrimage, travelling to a special place, as a spiritual activity, can be found across the globe and is a feature in many different faiths. The focus is not only on the destination but the journey itself as a space for spiritual exploration and renewal. In our Pilgrimage Walking Weekend we hope to capture something of this as we walk around our communities. It also harkens back to a tradition which started in medieval times of ‘beating the bounds’. Annually, people would gather and walk together the parish boundary to preserve the local knowledge of where it was and to pray for the area.

**How can I get involved?**

Get walking! You are welcome to do one, two or all three of our routes. This pack contains a map and directions and you can also view a digital version of the map. Check the route before you start walking, checking that it is suitable for you and anyone walking with you.

We have some suggestions for places you could stop to pray along your walk and ways you could pray. There are lots of different ways of praying suggested here and they can be adapted if needed. You can stop and pray at other points too, here are just some ideas. You can walk by yourself, with your own group or by joining a larger group of people.

Stay safe on your walk - your safety is your responsibility. Make sure you bring water and maybe a snack and wear sensible clothes and footwear. Be aware of your surroundings, sticking to the public footpaths and being careful if you are walking on the road. Be careful when walking around livestock, keeping any dogs on a short lead. You can find more information about staying safe in the countryside at [www.nationaltrail.co.uk/en\_GB/countrysidecode/](https://www.nationaltrail.co.uk/en_GB/countrysidecode/).

**How do I get a medal?**

If you complete one of our pilgrimage walks, within the weekend, you will be awarded with a medal, if you complete all three walks, within the weekend, you will get a cup. These will be awarded at a short celebration service with refreshments at Lentworth Farm, LA29BE (What 3 Words: ///elbowing.upon.melts) at 4pm on the 29th September. It will be a great opportunity to celebrate together our achievements and hear how the weekend has gone. To prove that you have done a walk please take a photograph of yourself, or your group, on your walk.

If would like to find out more about the Pilgrimage Walking Weekend and all the other things which happen in and around the churches of Dolphinholme, Quernmore and Over-Wyresdale please visit <https://dqowbenefice.co.uk/blog/> where you will also find contact details for the churches.