



Challenge Walk MS: Cape Cod FAQ

When and where is Challenge Walk MS?

Three days: September 6th – 8th, 2024, on Cape Cod. Walkers start in the village of Hyannis and work their way towards Yarmouth via Hyannis. Day 2 takes the walkers throughout Falmouth starting and finishing at North Falmouth High School. On Day 3 we head towards Hyannis for a pre-finish barbecue, and a chance to say good-bye to friends met along the way. We walk the final 1/4 mile together. The terrain is varied, but the National MS Society supports walkers every step of the way!

AT CAMP HAYWARD

Participants and crew stay in cabins at Camp Hayward in Sandwich. Cabins accommodate 10-12 people. For those that do not want to stay at Camp Hayward, you can book a local hotel and take the shuttle that we provide. Please look at the website for hotel accommodations that our shuttle will travel to.

TO BRING:

Bring your own linens (twin beds) or a sleeping bag plus a pillow and a bath towel.

Showers: There are hot showers in shower and bathroom buildings throughout Camp Hayward. These are coed. **No showers or bathrooms are in the individual cabins.**

Electricity: There is electricity in each cabin

Meals: The following meals are provided at Camp Hayward

Breakfast - Saturday, Sunday 5:30 - 7:30 AM

Dinner - Friday, Saturday, 5 - 7:00 PM

Lunch is provided on the route (all three days)

LUGGAGE - You drop off your luggage at the Start and it will be delivered to Camp Hayward for you. On Sunday, you put your luggage on the truck, and it will be delivered to the Finish!

CHANGE OF CLOTHES BAG - Every day the Change of Clothes bag will be brought to the lunch stop for your convenience. Put in extra socks, shorts, sneakers, poncho, whatever you think you may want an extra of on the route! Please write your name and walker number on the outside.

ACTIVITY SCHEDULE

FRIDAY

7:00 AM Check-In Opens – Hyannis

8:00 AM. Opening Ceremonies/ Walk begins!

4:30 PM HARD STOP – all walkers must be off the route

12:30 – 4:30 PM Busing from Parker River Beach to Camp Hayward

3:30 - 7:00 PM Massage Therapy available

3:30 - 7:30 PM Snacks, beer, and wine at Camp Hayward

5:00 - 7:00 PM Dinner

7:00 - 8:30 PM Evening Program

10:00 PM QUIET HOURS BEGIN

SATURDAY

5:30 - 7:30 AM Breakfast at Camp Hayward

7:00 – 7:30 AM Busing to North Falmouth Elementary School for Day 2 start

4:30 PM HARD STOP – all walkers must be off the route

12:30 – 4:30 PM Busing from North Falmouth Elementary School to Camp Hayward

3:30 - 7:00 PM Massage Therapy available

3:30 - 7:30 PM Snacks, beer, and wine at Camp Hayward

5:00 - 7:00 PM Dinner

7:00 - 8:30 PM Evening Program

10:00 PM QUIET HOURS BEGIN

SUNDAY

5:30 - 7:30 AM Breakfast at Camp Hayward

7:00 – 7:30 AM Busing to Hyannis West Elementary for Day 3 start

11:00 AM - 12:45 PM Pre – Finish BBQ

12:45 PM Pre-Finish Line-Up

1:15 PM Final Walk to Finish Line

TOGETHER WE WILL CROSS THE FINISH LINE!

1:30 PM Closing Ceremonies

PARKING

All cars MUST be parked at Kalmus Beach on Friday morning prior to the start. You will be bussed to Hyannis Village Green for the start of the event.

Your car will be towed if you park at Hyannis Village Green.

BUS SCHEDULE:

Note: There are no hotel shuttles on Friday morning to Kalmus Beach or to the start.

Participants must drive their vehicles to Kalmus Beach parking or arrive to Hyannis Village Green on their own.

FRIDAY

- 6:00am – 7:30am Kalmus Beach parking to Hyannis Village Green (Start Line)
- 12:30pm - 4:30pm Day 1 Finish (Parker River Beach parking lot) to Camp Hayward

SATURDAY

- 7:00am - 7:30am Camp Hayward to Day 2 Start (North Falmouth Elementary School)
- 12:30pm - 4:30pm Day 2 Finish (North Falmouth Elementary School) to Camp Hayward

SUNDAY

- 7:00am - 7:30am Camp Hayward to Day 3 Start (Barnstable High School)
- 11:30pm-12:45pm Pre-Finish BBQ (Barnstable High School)
 - o Transportation Center (Parade down Main Street)
 - o To Kalmus Beach parking (event concludes)

There will be NO bus from Camp Hayward to Hyannis Village Green on Friday morning

There will be NO bus from Hyannis Village Green to Camp Hayward on Sunday afternoon

HOTEL SHUTTLE SCHEDULE:

MORNING

Shuttles will be arriving between 6:00 – 6:30 AM. Please be outside your hotel at 6:00 AM.

AFTERNOON/EVENING

Shuttles leave at 2 PM, 5 PM and 8:45 PM from Camp Hayward

A 6:30 PM shuttle will be picking up participants from the hotels for the nightly program

THURSDAY NIGHT WELCOME PARTY

We will be hosting an early check in on Thursday, September 6th from 5:00pm to 7:00pm at the Cape Codder Resort & Spa.

- Pick up your Walker/Crew credentials
- Meet other participants

No food and drink will be provided during the Thursday Night welcome party.

CHALLENGE WALK MS APP

Download our Challenge Walk MS app TODAY! Once you download the app you can:

- Use our check capture feature to upload donations
- Track your mileage throughout the weekend

We do ask that ALL donations either be mailed into our office or captured in the app.

**We look forward to seeing you at
Challenge Walk MS!**