



Saturday 22nd June 2024



The Challenge - 32 miles in 12 hours!

The route will be a long part of the popular Norfolk Coastal Path from Cromer Pier to Great Yarmouth Pier.

Start: 7am sharp
Finish: 7pm approx.

Rest stops: All milage is approximate

Mundesley – 7.5 miles
Happisburgh – 15 miles
Waxham – 20 miles
California Cliffs – 28.5 miles

Please do not underestimate this challenge! 32 miles along multi-terrain (sand, shingle, path, dunes) is physically demanding therefore training will need to be completed, the sense of achievement will be amazing once you have crossed the finish line in Great Yarmouth!

Contact us: 01508 500895 / events@each.org.uk



Sponsorship – We ask that you aim to raise £250 in sponsorship. When you register for the walk, a fundraising page is set up for you and will be sent to you via email. This is a great tool to help with your fundraising. Share your page with friends, family and colleagues. There is also a sponsor form and a sweepstake game to help with your fundraising on the resources page.

Support – We will be with you every step of the way. The route will be fully marked for you to follow and you will be given a route guide which will give you information about the key areas and stops. If you have any questions about the walk or fundraising please do get in touch.

Rest Stops – There are four rest stops on route, three will have drinks and snacks and one will be a lunch stop with sandwiches, wraps and salads. We also recommend bringing your own personal water and food for additional energy, particularly if you have specific food or drinks that you prefer. We recommend spending no longer than 10 minutes at the rest stops with 30 minutes for lunch. The stops all have toilet facilities available.

Getting to the start – For an extra fee you can hop on board a coach on the morning of the event to take you from Great Yarmouth to Cromer, your car will then be at the finish once you complete the walk. If you have not purchased a travel ticket and would like a place on the coach, please contact us at events@each.org.uk.

You can also:

Car share – leaving a car at Great Yarmouth and Cromer

Drop off – ask family or friends to drop you off and collect you at the end



Training

We highly recommend you train for this event and wear the kit you plan to have on during the challenge. Walking 32 miles is a challenge and when you add in stretches of beach walking and sand dunes it makes it even tougher.

Please do not turn up having completed no training, you will not complete the walk.

Why not share your training walks with others and post your training plans onto the [Facebook Group](#). It's always good to walk as a group and it's a great opportunity to meet fellow walkers taking on the 32 mile challenge.

Suggested Training Walks:

- Cromer to Sheringham and back – 8 miles
- Marriott's Way, Norwich to Whitwell Station – 12.7 miles
- Wherryman's Way, Trowse to Loddon – 21.6 miles
- The Norfolk Coastal Path – Find out more at www.norfolk.gov.uk/out-and-about-in-norfolk/norfolk-trails



Thank you for your support and GOOD LUCK with your training and fundraising!

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