



Saturday 11th May 2024



The 16 Mile Challenge

The route will be a part of the popular Suffolk Coastal Path and then heading inland along fields and country lanes from Lowestoft to Southwold.

Start: 8am sharp

Finish: 3pm approx.

Rest stops: All milage is approximate

Kessingland – 5.2 miles

St Lawrence's Church, South Cove – 10.8 miles

Please do not underestimate this challenge! 16 miles along multi-terrain (sand, shingle, paths, roads) 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 Southwold!

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



Sponsorship – We ask that you aim to raise £150 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 two rest stops on route, both will have drinks and snacks available, such as flapjacks, crisps, chocolate bars, cans of drink and water refills. 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 10-15 minutes at the rest stops. The stops all have toilet facilities available.

Getting to the start - We are providing a coach to take you from Southwold to Lowestoft, so your car will be at the finish for you. 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 Lowestoft and Southwold.

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. You can find a handy training plan on the resources page. Please do not turn up having completed no training.

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 16 mile challenge.

Suggested Training Walks:

- [Melford Hall Countryside walk](#) - 6 miles
- [Alton Water](#) – 8 miles
- Marriott's Way in Norfolk
- Coastal walks – Find out more at [Walking on The Suffolk Coast](#)

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



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