

FAQs



East Anglia's
Children's Hospices

What is Pier 2 Pier Suffolk?

Pier 2 Pier Suffolk is a 16 mile walk along the Suffolk Coastal Path between Claremont Pier, Lowestoft and Southwold Pier. The aim is to complete the walk within 8 hours. Please do not underestimate this challenge! 16 miles along multi-terrain (sand, shingle, paths, roads) is physically demanding, but the sense of achievement will be amazing when you're enjoying your hot food at the end!

Who can take part?

All participants must be aged 16 and over on the day of the event. (Participants under the age of 18 must be accompanied by an adult taking part).

What support do I get?

We will be with you every step of the way. The route will be fully marked for you and you will be provided with handy route guides which will keep you updated with information about the areas you're passing through, as well as nearest local facilities.

There will be two rest stops along the route with drinks and refreshments, as well as water refills. At the finish line you will be welcomed with hot food and high fives!

Will there be water/refreshments provided?

There will be water and snacks available at the two rest stops plus a bacon roll at the first stop. We are able to cater for dietary requirements but if there is any specific food or drink you require you will need to bring this on the day. Once you finish the route you will receive fish and chips and a celebration drink. We advise stopping at the rest stops for no longer than 10 minutes to keep your legs mobile and for lunch a maximum of 30 minutes.

Will there be toilets on route?

Toilets are provided at the start, rest stops and finish line. There are also a number of public toilets available for use along the route.

What should I wear?

We cannot stress the importance of good kit and equipment. We suggest the following:

- Walking boots– these need to be comfortable and not new on the day!
- Socks – a good pair plus spares!
- Lightweight jacket – windproof/waterproof
- Rucksack for essentials (water, nutrition, spare clothing, wet weather and hot weather gear)
- Reusable water bottle.
- Base layers – great to prevent chaffing!!! (Vaseline just in case they don't prevent it)
- Sun cream and hat
- Compeed – worth having with you just in case you get a blister
- Any medical supplies you need.

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How do I get to the event?

For an extra fee you can hop on board a coach on the morning of the event to take you from Southwold to Lowestoft, your car will then be at the finish once you complete the walk. Parking fees apply at Southwold Pier car park.

You can also:

Car share – leaving a car in Lowestoft and Southwold.

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

Do I need to train?

We highly recommend you train for this challenge, 16 miles is a long way and should not be underestimated. Remember to wear the same kit you plan to walk in during the challenge. The mixed terrain also makes it even more challenging. Please do not turn up having completed no training.

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Do I have to raise sponsorship money?

We ask that you try and raise a minimum of £150 in sponsorship. Your entry fee helps covers the running costs of the event. EACH depends on your fundraising to help ensure the best possible quality of life, making every moment count for children and families. We can support you to hit the fundraising target and provide a personal fundraising page, sponsor form and sweepstakes game.

Can I bring my dog?

Dogs are allow on the walk if they are used to walking long distances and are on a lead. We ask that you leave your dog at home if the temperature on the day is over 20 degrees Celsius.

Still have a question?

Feel free to send us an email with any other questions you may have: events@each.org.uk