



# PIER 2 PIER CHALLENGE

NORFOLK



East Anglia's  
Children's Hospices

# 32 miles in 12 hours

Saturday 6<sup>th</sup> June 2026

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!

### What's Included

- Technical t-shirt
- Medal
- A fully supported route
- Snack and drinks at rest stops
- Celebration drink at the finish.



## 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 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](mailto: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](http://www.norfolk.gov.uk/out-and-about-in-norfolk/norfolk-trails)



[Click to download our 12 Week training plan.](#)



## Kit List

We cannot stress the importance of good kit and equipment.

### We suggest:

- Walking boots – these need to be comfortable and not new on the day. Make sure you have completed training walks in the same boots.
- Walking socks – a good pair plus spares!
- Small rucksack.
- Breathable t-shirt—your Pier 2 Pier t-shirt is ideal. We will post this to you one month before the event.
- Additional warm layer.
- Lightweight hiking trousers, leggings or shorts.
- Lightweight jacket – windproof/waterproof.
- Sun and rain protection, depending on forecast.
- Reusable water bottle or camelback with at least 2 litres – we provide refill stations at each rest stop.
- Trekking poles – optional
- Fully charged mobile phone. Consider using a battery pack to ensure your phone stays charged.
- Warm top and clothes for when you finish.
- First aid kit - Any medication you take, Compeed (4-6), Vaseline (for chafing), pain killers.
- Extra snacks - There will be water and snacks available at all four rest stops plus lunch at the third rest stop, however we also recommend bring-ing your own personal refreshments for additional energy.

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

