

PIER 2 PIER CHALLENGE

— SUFFOLK —



East Anglia's
Children's Hospices

16 miles

Saturday 12th September

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

Start: 8:45am sharp

Finish: 4:30pm 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!

What's Included

- Technical t-shirt
- Medal
- A fully supported route
- Snack and drinks at both rest stops
- Bacon Roll at rest stop one
- Fish & Chips and a celebration drink at the finish.



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 key areas and stops. If you have any questions about the walk or fundraising please do get in touch.

Rest stops

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.

Getting to the start

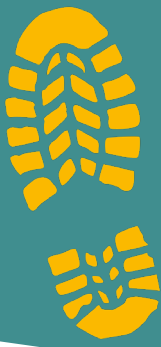
For an extra fee you can hop on board a coach on the morning of the event to take you from Southwold to Lowestoft, your car will then be at the finish once you complete the walk. Parking fees apply at Southwold Pier car park.

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.





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Training

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.**

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.

[Click to download our 10 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!

