

HIKE4 HOMES

HIKE 30 MILES IN SUPPORT OF ZETETICK HOUSING CHARITY

Frequently Asked Questions



Event and Challenge Questions

Which resources can I download?

- view all of our fundraising and event resources including; kit lists, training support, guides to plan your own routes, fundraising support visit <https://zhc.org.uk/hike4homes/>

What time can I arrive?

- Provide the answer to the question. Keep it Please arrive on Eastbourne seafront for 6.45am. The trek will start at 7am. We will send a location code in due course.

Will there be parking facilities?

- Yes, there is parking along Eastbourne seafront, Birling Gap and Phoenix Cause Way car park in Lewes.

Are there any lockers or bag drop facilities?

- No, please only bring what you will need throughout your challenge. your own equipment with you on the trek. You will have to carry all.

How long is the route?

- You can choose between 6, 7 or 30 miles

What are lead and end walkers?

- To ensure your safety on the trek we have Lead and End Walkers in place. The Lead Walker will mark the front of the group, ensuring the correct route is followed, and that there are no hazards along the route.
- End Walkers are the very last trekker on route, ensuring no trekker is left behind. The End Walker will never overtake trekkers and will keep all trekkers on time.

How long will the walk take?

- The walk is not a race, and you are encouraged to walk at your own pace. We anticipate that the 6 – 7-mile routes will take 2-3 hours to complete while the 30-mile route will take between 10-12 hours to complete. These estimates are based on a continuous, brisk walking pace. All walkers must be back in Lewes by 8.00pm.

Will there be toilets en route?

- We will ensure there are some toilets along the route at different check points.

Are there refreshments available en route?

- Our support vehicle will have some refreshments, however, please do bring other snacks to keep you topped up.

What do I need to wear?

- This is over a marathon, so it is imperative that you wear comfortable, supportive walking boots that have been worn in, appropriate socks and comfortable clothes, with plenty of layers to help you maintain a good body temperature (we are hoping for good weather). Unfortunately, we are dependent on the English weather, so don't forget you may need wet weather gear!

Will I get a t-shirt?

- There is not an event specific T Shirt however, if you would like a Zetetic t-shirt to wear on the day, please let us know and we can arrange that for you. Please contact us on:
- 01237 071581 | fundraising@zhc.org.uk

Can I bring pets?

- You are more than welcome to bring your dog, but we cannot accept any other pets. You will be responsible for your own pet and must ensure they are able of walking the distance you decide.

Do I need to walk with my phone?

- Your phone is essential, so we can contact you in an emergency – you will not be allowed to
- take part without it, so make sure it is fully charged and with credit. It is advisable to also bring a battery pack to re-charge your phone.
- You will need to download the GPS route file onto your phone, this will be sent to you the week before the walk.
- Please also download What3Words. What3Words is an app that has been created to help in
- specific navigation and precise locations. Every 3-metre square of the world has been given a unique combination of three words. Download What3Words to your mobile phone to be able to use this function on the day.

Can I cancel my place on the challenge?

- You can cancel your place on the event, but your registration fee is non-refundable and any
- sponsorship raised shall be treated as a donation. Refunds may be given to the sponsors, but they must contact Zetetick directly to initiate the refund process.

Is there anywhere my family and friends can watch?

- With the GPS tracking system you will be able to share the route with your family so they can watch you complete your challenge. You could even ask them to cheer you on from the rest stops and they are welcome to come along to the start and finish venue to see you off and celebrate your return.

Can I volunteer?

- If you don't want to walk you can still get involved through volunteering to support the event on the day. There are a number of roles to pick from, and you're welcome to select more than one role if you would like to! Please get in touch to find out more.

What happens if it is raining?

- If it is raining the event will continue. Please make sure you bring suitable clothing.

What happens if I hurt myself on the walk?

- We hope that doesn't happen, but if it does don't worry, we have first aid on hand throughout the route. If you do injure yourself, please stop where you are, and the end walker will catch up with you and will be able to call for help.
-

What happens if I hurt myself on the walk?

- We hope that doesn't happen, but if it does don't worry, we have first aid on hand throughout the route. If you do injure yourself, please stop where you are, and the end walker will catch up with you and will be able to call for help.
- We will give you essential contact numbers which include a number for Event Control. If you can please call this number or ask another walker to do so for you. Stating your What3Words location- we will also be able to identify you on our GPS tracking system to send help.

Are the routes wheelchair accessible?

- Due to the terrain and demanding nature of the event we are unable to accept wheelchairs on the route.

I need to trek with a carer, what do I do?

- If you need to trek with a carer then please do let us know when you sign up – your carer will trek for free.

Zetetic Housing is a Registered Charity, Registered in England and Wales.

Registered Charity No. 118922

Got more questions?

☎ 01273 071581
✉ fundraising@zhc.org.uk
🌐 www.zhc.org.uk/hike4homes

We'd love to hear it!

