

South Downs Family Trek

FREQUENTLY ASKED QUESTIONS

- **Is there an entrance fee?**

We want to make this event as accessible as possible, so there is no entrance fee.

- **Is there a minimum fundraising expectation?**

We just ask that you aim to raise £150 per group.

- **What time will the walk set off?**

Everyone should meet at 11am on the playing field at St John's Meads Church of England Primary School, Rowsley Road, BN20 7XS. We'll start the trek at 11.30am.

- **What age range are the treks suitable for?**

The 5k trek will take around three hours, while the 10k route will take approximately five hours. Children should be at least seven years old to participate.

- **What should I wear?**

We recommend dressing in comfortable clothes with layers and a waterproof jacket. You should wear comfortable walking shoes or boots with ankle support and soles that grip well on rock, grass and mud.

- **What should I bring?**

Bring water, snacks, suncream, sunglasses and anything else you'd typically take out with you. You can also pack a picnic to enjoy at the end of your walk. It's best to use a rucksack to carry everything.

- **Are these treks wheelchair accessible?**

Unfortunately, these treks take place on terrain unsuitable for wheelchairs.

- **Can I bring my dog?**

If your dog is well-behaved, you're welcome to bring them on the trek, but please be aware that dogs aren't allowed on the school's playing field (where the route starts and finishes).

- **This is a guided trek. Can my children attend without me?**

Anyone aged under 18 will need to be accompanied by an adult.

- **What time is the food and drink available to buy? Is it cash only?**

Food and drink will be available to purchase on the playing fields from 11am-6pm. You can pay using a card or cash.