



evie

THE EVIE DOVE  
FOUNDATION

# Fundraising Walk

## FAQ/Information Sheet

### When & where is the Evie Dove Foundation Fundraising Walk?

When: 10:00am start on Saturday 9th September 2023

Where: Unit 1 Riverside Craft Centre, West Hythe, CT21 4NB

### How much does it cost to sign up?

We have two events:

**The Big Coastal Walk** - a 17 mile walk - £10 per adult.

**The Little Canal Walk** - a 3 mile walk - £5 per child, accompanying adults go free.

### What do I get for my entrance fee?

Firstly, you get to join us on the walk, hopefully you will have a fab day!

All adults will also receive an Evie Dove Foundation t-shirt which we would love you to wear with pride on your training walks and on the day (and keep as a souvenir afterwards).

If you would like to have your t-shirt posted out to you there is an additional charge of £2, or alternatively you can collect it from Holiday Extras, Newingreen, Ashford Road, CT21 4JF.

Children will get a medal and some pick n' mix to keep spirits high!

### Is this a sponsored walk?

Yes! All we ask is that you each aim to raise £50 in sponsorship.

## What are the exact timings?

### The Big Coastal Walk

**09:00** Arrive at Unit 1 any time from 9am, coffee and bacon rolls will be available to buy

**09:45** Safety Briefing & Warm up

**10:00-10:30** Start Walking! (we will send you off in waves depending on numbers). We estimate that the walk will take around 6-7 hours to finish (depending on how long you spend in the champagne bar!).

The last 2 miles will meet up with the Little Canal Walk, if you want to bring your party together for the final section!

On your return to Unit 1, we hope you will join us, the band will be playing, and pizza and drinks will be available at an extra charge.

### The Little Canal Walk

**14:15** Arrive at Unit 1 any time from 14:15

**14:45** Safety Briefing and Warm up

**15:00** Start Walking!

The walk will take around 1.5 hours to complete.

## Will there be rest stops along the way?

There are plenty of opportunities to stops along the route where you can grab a snack, drink and have a toilet break.

- 3 miles - Sailing Club
- 5.8 miles - Evie Dove Foundation water and snack stop at Sandgate Beach
- 8 miles - Harbour Arm
- 10.6 miles - Evie Dove Foundation water and snack stop at Sandgate Beach
- 13 miles - Waitrose

## How do I travel to and from the event?

The start and finish of both walks is at Unit 1, Riverside Craft Centre, West Hythe, CT21 4NB

Please note that due to limited parking spaces we recommend that you organise for someone to drop you off and pick you up.

Alternatively, car parking will be available at Holiday Extras, Newingreen, Ashford Road, Hythe, CT21 4JF. A shuttle bus will be running before and after the event for a small charge of £1 per person each way (all proceeds will go to the Evie Dove Foundation).

## **Footwear**

17 miles is a long way and it is important that you are comfortable and safe. Please wear sturdy footwear, we recommend flat hiking boots, walking shoes, or running trainers. The important thing is they need to be well worn in and supportive.

We also recommend bringing at least one spare pair of socks, trust us, your feet will appreciate a change of socks halfway through!

## **Clothing**

Keep an eye on the weather forecast and make sure you are prepared in case of rain. When you are walking you are likely to heat up, so thin layers, plus a waterproof jacket are ideal.

We would advise against jeans or anything that will be heavy and slow drying if it does rain. Avoid anything that may cause chafing.

## **Can I bring my dog?**

Absolutely, Unit 1 is a dog friendly pub. We recommend the Little Canal Walk as the most suitable option for dog walkers, and plan to have some Evie Dove Foundation dog bandanas for sale too!

## **What happens if I can't finish the walk?**

If you are unable to complete the walk due to fitness or medical reasons we will do our best to shuttle you back to the finish line.

Please make sure also that you provide us with an emergency contact.

## **What is the policy on filming and photography?**

By taking part in the event, all participants confirm they are happy for any photographs or videos taken during the event to be used by the Evie Dove Foundation to publicise the event, and/or for other fundraising purposes including but not limited to advertising, publications, marketing material, and any other documents that may be made available to the public.