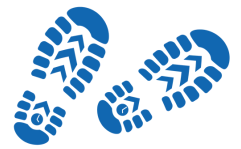


HaH FAQs



How far is the walk?

The walk is 12.6 miles from start to finish.

Do I have to do all of the walk or can I do some of it?

You can choose to do the whole walk or the seafront part of the walk. Please indicate on your entry form which you will do.

Do I need to know how to use a map and compass?

You won't need a compass but it would be handy to bring along the map. Also mobile phone GPS works the whole way!

Can I bring my child/children along?

Yes, the more the merrier. Children are welcome on the walk but must be accompanied at all times by a responsible adult. We request that the lead person in the group is over 18. Depending on their age/ability they can do the whole walk or a section of the seafront. Buggies can only be used for the seafront leg of the hike.

I have a disability but would like to do the walk, can I still do it?

Yes absolutely! Depending on your ability you can do the whole walk or a section of the seafront. The walk across the downs is off road and hilly but the seafront stretch is flat and on concrete, ideal if you use a stroller or a wheelchair.

Will there be a medical team on the walk?

We will have trained first aiders with the group at all times.

Will there be water points?

We will have a water point at Rottingdean Cafe and at the end.

Are there toilets on the walk?

There are public toilets at Lewes Station carpark, Rottingdean Cafe and along the seafront. There are no toilets between Lewes and Rottingdean.

Will we have to walk in a group?

No you don't. If you are intending to do the whole walk we would ask that you start with us but you are welcome to walk at your own pace. We will have team walkers who will stay with the main group and the tail walkers.

If you are planning to do the seafront stretch you can meet up with the other walkers and join them or go on your own. There will be a support team at Saltdean.

What happens if I cannot do all of the walk?

If you need to stop for any reason we would ask that you call on the day mobile and let the team know so we don't send out a search party!

Can I bring my dog?

Yes you can but we request that dogs are kept on a lead at all times. Please be aware that it may be very hot during the walk and it will be your responsibility to bring water for your dog.

For any other questions, please do not hesitate to contact lorna@thects.org.uk