

# stonepillow

Preventing homelessness  
Restoring lives



## WALKER FAQs

**Event:** Cathedral to Coast Trek

**Date:** Saturday 2nd May

**Start Location:** Chichester Cathedral, West Street, Chichester, West Sussex PO19 1PX

**Finish Location:** Bognor Sailing Club, Shoreham Road, Bognor Regis, West Sussex, PO21 5NJ

### What time does the event start?

Registration opens at **9am** at Chichester Cathedral.

The walk begins at **10am**. We recommend arriving in good time to register and get ready.

### Where can I park?

#### Near Chichester Cathedral (Start)

The Cathedral is located in the city centre. Nearby public car parks include:

- Northgate Car Park
- St Cyriacs Car Park
- Cattle Market Car Park

Please allow extra time for parking, especially on a Saturday morning.

#### Near Bognor Sailing Club (Finish)

Nearby parking options include:

- The Esplanade Car Park
- Hothampton Car Park

Please check local signage for parking charges and restrictions.

You may wish to plan travel in advance if leaving a vehicle at the finish.

### Is transport provided?

No, transport is not provided; however, there are regular buses from Bognor to Chichester. The 600-bus service runs every 20 minutes and takes about 30 minutes to get to Chichester. For more info visit - [600 Bus Route & Timetable: Bognor Regis - Chichester | Stagecoach](#)

### Can I register on the day?

Yes, you can register on the day. Please arrive at 9am to allow enough time to complete registration before the 10am start.

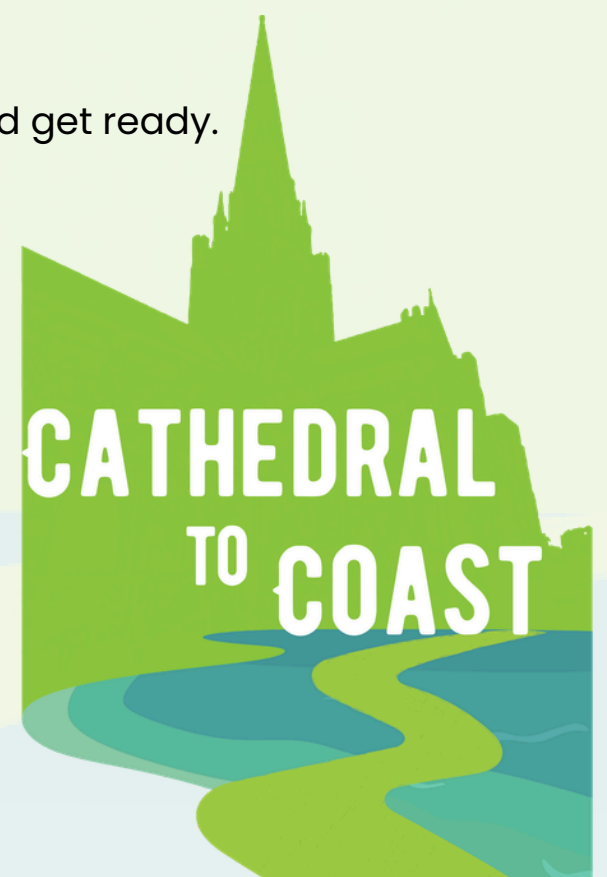
### How long is the walk?

The route is approximately 8 miles and will take around 3 hours 20 minutes to complete at a steady walking pace.

### Should I train before the walk?

Yes, we recommend doing some light training in the weeks leading up to the event.

A few shorter practice walks will help build stamina and make the day more enjoyable. Even walking 3-5 miles at a steady pace beforehand can make a big difference.



## What support is provided on the route?

- Clearly marked route signage
- Trained marshals positioned along the route
- Printed route map
- Digital route map available upon registration
- Experienced lead walkers who know the route
- A designated walker point along the route for a short rest and check-in
- A support vehicle on call for any emergencies
- Please download the app What3Words, this will help pin point your exact location in an emergency.

You will not be walking alone – support is available throughout the event.

## Do I need to tell you about medical conditions?

Yes. If you have any medical conditions, allergies, injuries or health concerns, please let the team know in advance or inform us at registration on the day. This helps us ensure the right support is in place if needed.

## Are there toilets along the route?

Toilet facilities are available at the start and finish locations.

There are limited toilets along the route, so we recommend using the facilities at registration before setting off.

## Are dogs allowed?

Yes, dogs are welcome. Dogs attend at the owner's own responsibility and must be kept on a lead at all times throughout the event.

## Where does the walk finish?

The trek finishes at Bognor Sailing Club, where you will receive:

- A medal
- Light refreshments
- A chance to rest and celebrate your achievement

## What should I bring?

- Comfortable walking shoes
- Weather-appropriate clothing
- A refillable water bottle
- Any personal medication you may need
- Blister plasters (just in case)
- Your own packed lunch (walkers must bring their own lunch).

Light refreshments will be available at the finish, but please ensure you bring enough food and drink for the walk itself.

## Do children need to fundraise?

Children are very welcome to take part and are not required to fundraise. We encourage adult participants to aim for £100 where possible, but any fundraising support is appreciated.

## How much do I need to raise?

We are encouraging adult walkers to raise £100 per person. Your fundraising will help Stonepflaw provide accommodation, support and practical help to people experiencing homelessness across the local area.



### How do I fundraise?

We recommend setting up a fundraising page via **Give as you Live Donate** and sharing it with friends, family and colleagues.

### Simple ideas:

- Share why you're taking part
- Post updates from training walks
- Set a small weekly target

### Who can I contact if I have questions?

If you have any questions before the event, please contact the fundraising team.

**Email:** [fundraising@stonepillow.org.uk](mailto:fundraising@stonepillow.org.uk)

**Tel:** 01243 537934

# THANK YOU FOR BEING PART OF CATHEDRAL TO COAST.

## WE'RE LOOKING FORWARD TO WELCOMING YOU ON SATURDAY 2ND MAY.



CATHEDRAL  
TO COAST

**stonepillow**  
Preventing homelessness  
Restoring lives

Registered charity no.1000830



Registered with  
**FUNDRAISING  
REGULATOR**