

## Frequently Asked Questions – Jurassic Coast Trek 2022

**1. When does the Jurassic Coast Trek take place?**

The event will take place on Sunday 26<sup>th</sup> June 2022.

**2. Where do the treks start and finish?**

The 26 mile trek is a circular route, starting and finishing in Studland. The 13 mile trek starts in Worth Matravers and finishes in Studland.

26 mile start location: Studland Village Hall

13 mile start location: Worth Matravers MyTIME Outdoor Centre

**3. Where is the finish line in Studland?**

Both routes finish in the magnificent grounds of Harry Warren House, with views over Old Harry Rocks and Studland's famous sandy beaches.

The address is Harry Warren House, Watery Lane, Studland, Swanage BH19 3AN.

**4. What are the routes?**

The **26 mile trek** heads along the Purbeck Way with incredible views of Swanage and Arne Nature reserve towards Corfe Castle, heading back onto the coast at Chapmans Pool for some challenging climbs but rewarding views on the South West Coast Path. The **13 mile trek** will join at picturesque Worth Matravers and pick up one of the most scenic sections of the South West Coast Path.

Please note, we do not release an official map until the day as the route is subject to changes due to landslips, erosion and closures. Please refer to the route description on the South West Coast Path website which will have updates on the condition of the route.

**5. What time should I arrive?**

Registration for the **26 mile trek** opens at 7.30am and closes at 8.30am. The **13 mile trek** opens at 11 am and closes at noon.

**6. Where can I park?**

You can park at Manor Farm Tea Rooms, South Beach or Middle Beach car park in Studland. You can book a shuttle bus to the start of the 13 mile trek for £5.00 per person. Please ask any friends or family who are meeting you at the end of the trek to use these car parks too. **Please note there is no parking available at Harry Warren House in Studland.**

**7. When and where do I catch the shuttle bus from?**

You will receive an information pack closer to the event with details of the shuttlebus timings and pick-up locations.

**8. How do I get back to my car after I finish?**

If you park at one of the car parks in Studland, you will be able to walk to your car from the finish line.

**9. I didn't book the shuttle bus when I registered, can I still book now?**

To guarantee your place on the bus you must book in advance, by no later than 1<sup>st</sup> June 2022. Please call Isobel Langrish on 01202 644220.

**10. Are the routes fully sign-posted?**

The route will be fully marked with arrows and there are regular checkpoints. Please note elements of the route may be subject to change.

**11. Can I meet my friends on the 13/26 mile trek?**

Yes, but it will be your responsibility to arrange a meeting point. Our recommendation would be to meet at Worth Matravers.

**12. Will I get a map of the route?**

You will be provided with a hard copy map on the day. Please note, we do not release an official map in advance as the route is subject to changes due to landslips, erosion and closures.

**13. Can I bring my dog?**

You are welcome to bring your dog, as long as you are confident that they can walk the distance, you are mindful of other people and they are kept on a lead where necessary. If you are taking part in the 13 mile trek, you may need to make your own way to the start of the trek as we cannot guarantee the coach company will allow dogs.

**14. How fit do I need to be?**

Hiking the South West Coast Path is no walk in the park – but that's why it's so popular! A challenging test of fitness and stamina, the sense of achievement from completing one of our treks is truly fantastic. Even if you walk regularly, please do not underestimate the challenge involved. We strongly advise you to train and make sure you include plenty of hills!

**15. Can I walk at my own pace?**

This event is about raising vital funds and awareness for Julia's House – it's not a race! We just want you to have a safe and thoroughly enjoyable day.

**16. Are there any cut off times for this event?**

Yes, the official finish time for the trek is 8.30pm. If you consider yourself a slower walker, please make sure you arrive at registration as early as possible to give yourself maximum time out on the route.

**17. How long should 13 miles take?**

The 13 mile trek should take approximately 3 – 4.5 hours.

**18. How long should 26 miles take?**

The 26 mile trek should take approximately 6.5 – 9 hours.

**19. What is the terrain like?**

The route is predominately grassy or stony trails with some walking along or near roads as you approach towns or where coastal diversions are in place. There are some steep ascents and descents and very few flat sections. The treks are challenging and you must ensure you have trained in preparation for this.

**20. Do I need any specialist equipment?**

For the longer routes you are strongly advised to wear waterproof, breathable walking boots with good ankle support and a strong sole (e.g. Vibram). Your walking boots should be well broken in and comfortable. If you need to buy new boots please make sure you buy them well in advance so you can break them in properly. Try on lots of pairs before you buy to ensure the best possible fit. You may also wish to bring walking poles but they are not essential.

**21. What is the minimum age for the Jurassic Coast Trek participants?**

You must be at least 16 years old to take part in the 13 or 26 mile trek.

Anyone under the age of 18 must have a waiver signed by a parent or guardian. Please email [isobel.langrish@juliashouse.org](mailto:isobel.langrish@juliashouse.org) if you require a waiver.

**22. I need to withdraw due to injury, work, family commitments etc. Can I have a refund?**

**Refund policy:** Unfortunately entry fees cannot be refunded. Our refund policy is outlined in the terms and conditions on our website and on the entry form you will have signed when entering the trek. Your entry fee is a contribution towards the administration costs of putting on the Jurassic Coast Trek. Please email [isobel.langrish@juliashouse.org](mailto:isobel.langrish@juliashouse.org) if you wish to withdraw from the trek.

**Transfer Policy:** You can transfer your entry to another participant up until Friday 10th June 2022. Please email [isobel.langrish@juliashouse.org](mailto:isobel.langrish@juliashouse.org) if you wish to do this.

**23. Can I change the distance I am registered for?**

Yes, please email [isobel.langrish@juliashouse.org](mailto:isobel.langrish@juliashouse.org) if you wish to change routes.

**24. When will I get my information pack?**

An information pack containing everything you need to know will be emailed to you at least four weeks before the trek. Please make sure you check your junk mail.

**25. Will there be any refreshment stops on the route?**

There will be checkpoints on the 13 and 26 mile routes offering energy snacks and water so you can re-fill your water bottles. We also recommend bringing a packed lunch with you. Locations of the checkpoints will be included in the information pack which you will receive about a month before the trek.

**26. Are toilets available on the route?**

There are toilets at the start of the walk and at some of the checkpoints. In between these points you will need to find an appropriate area off the trail. Please bring a small amount of toilet paper with you and ensure you remove all litter afterwards. Nappy sacks are great for carrying toilet paper and other refuse.

**27. Do I have to fundraise?**

Julia's House relies on donations and fundraising events like the Jurassic Coast Trek for over 90 per cent of the money we need to raise each year. We hope everyone will try to raise as much as they can. Your registration fee helps to cover towards the costs of organising the event but it's the money you raise that helps us to pay for the care and comfort of a local child and their family.

**28. What's the best way to raise sponsorship money?**

The best place to start is by setting up a [JustGiving fundraising page](#). It's easy to do and to manage. Your friends and family can sponsor you from anywhere at any time and you don't need to spend time collecting money. You can use it as well as a regular sponsorship form, giving friends and family two ways to support you.

Most people find fundraising is far easier than they first imagined. We will support you every step of the way to ensure you reach and even exceed your target. Here are some suggestions:

- Ask your friends, family and colleagues to sponsor you through JustGiving
- Hold cakes sales at work
- Car boot sale, eBay auction or Facebook Marketplace
- Host a dinner party and charge your friends to come
- Hold a quiz night at your local pub or on Zoom
- Ask your work or local school to hold a non-uniform day
- Ask your local supermarket if you can bag-pack or hold a couple of collections throughout the year

Remember to make full use of the fundraising pack with ideas on how to reach your target (sent to you when you signed up) and also remember that you can call on the support of the Events Team at Julia's House at any time.

**29. How do I pay in my sponsorship money?**

If you are collecting sponsorship money, there are a few ways you can send it to us:

- Come and visit us. We're based in the Barclays building in Poole (Mon-Fri, 9am-5pm).
- You can hand it in to your local Julia's House shop.
- You can donate through our website: <https://juliashouse.org/donate/>. Just make sure you add your reason for donation as 'The Jurassic Coast Trek 2022'. You can send a cheque, payable to 'Julia's House' in the post to: Julia's House, Ground Floor, Allenvie House, Hanham Road, Wimborne, BH21 1AS.
- . Just make sure you include a note with your name and the reason for your sponsorship.

If you have a sponsorship form, please send it back to us so we can claim back the Gift Aid.

**30. Can I bring my sponsorship money with me on the day?**

Please don't bring sponsorship money with you to the trek. It is a very busy day and we have nowhere safe to keep donations. Instead, please use one of the paying-in options listed above. Thank you.

**31. What do I do with money raised through JustGiving?**

Any sponsorship collected online via JustGiving is automatically transferred to us. You don't need to do anything.

**32. Where can my friends and family meet me afterwards?**

Friends and family are welcome to join us at Harry Warren House where they can cheer you across the finish line! We welcome people to come along and celebrate your achievement.

**33. Is there anywhere to get food and drink at the start and finish line?**

There will be tea, coffee and croissants available to buy at the start but please make sure you have a substantial breakfast before arriving to fuel your walk.

We will be serving up a delicious hog roast, glass of prosecco or soft drink for all our walkers as a thank you at the end of the trek. There will also be refreshments available to buy should your family and friends wish to join you for a bite to eat.

**34. Do you have a training plan?**

We have a training plan and lots of great tips to help you prepare for your trek. Please email [isobel.langrish@juliashouse.org](mailto:isobel.langrish@juliashouse.org) for a copy.

**35. What happens if I fall ill or get injured on the event?**

Every walker will receive an emergency number to contact should they need any help and there will be roaming medics and trek-masters along the route. You'll also find medical and support staff at each of the checkpoints.

**36. Do you offer a special rate for corporate group bookings?**

Yes, please email [isoble.langrish@juliashouse.org](mailto:isoble.langrish@juliashouse.org) to find out more.

**37. Who organises the Jurassic Coast Trek?**

Our event has been organised by experienced trek and event organisers The Different Travel Company on behalf of Julia's House.