

Way in a Day

Save the date

Date - 14th of September,

Start time – Between 10am and 11am, depending on the route.

Things to know

- Logistics for each route, including transport from the end of the route, will be provided by the walk leader, who will be in touch once your route has been confirmed.
- Confirmation of the difficulty of each route will be provided before sign up.
- Each leg will have a qualified First Aider.
- The event will be publicised in the local press and we will be posting on Social Media during the day. If you are able to help raise the profile through your own channels, it would be most appreciated.
- The event is open to Members, Staff and Volunteers. The event is **not currently open to the public**, though we hope in future years it will
- Where possible, details of how to reach the event by public transport will be provided.

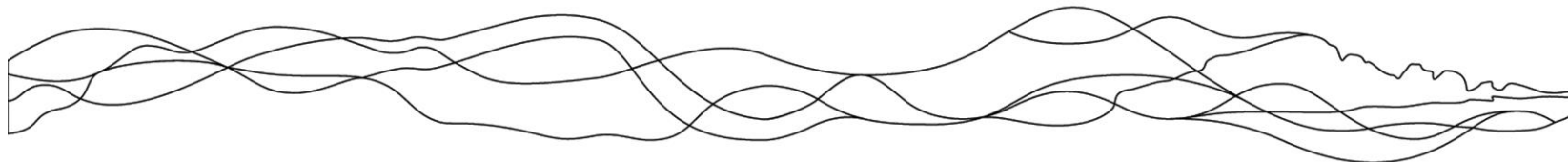
Things to bring

Further details will be provided closer to the time but it is important to consider the below

- **Suitable clothing, equipment and footwear** - You will be responsible for bringing the appropriate footwear and clothing for your chosen route.
- **Water and Food** – Lunch and Water will not be provided and you will therefore need to bring enough sustenance for your journey.

Leg Breakdown

Legs	Mode of Travel	Start Point	Finish Point	Distance	Leader
1	Walk	Winchester	Cheesefoot Head Car Park	5 miles	Charlotte Wray
2	Cycle	Cheesefoot Head Car Park	Queen Elizabeth Country Park Visitor Centre	20 miles	Colin Carre
3	Walk	Queen Elizabeth Country Park Visitor Centre	Cocking Car Park	13 miles	Andy Player
4	Horse Ride	Cocking Car Park	Littleton Farm	5 miles	Roni and Katy
5	Cycle	Littleton Farm	Washington Village Car Park	13 miles	Nick Heasman
6	Walk	Washington Village Car Park	Jack and Jill Windmills	14 miles	Phillippa Morrison-price
7	Walk / Disabled Access	Jack and Jill Windmills	Ditchling Beacon	2 miles	Mark Hayward
8	Walk	Ditchling Beacon	A27 Crossing (Housedean Farm)	5 miles	Alison Pitts
9	Walk	A27 crossing (Housedean Farm)	Southeast YHA	7 miles	Jan Knowlson
10	Running	Southeast YHA	Alfriston White Bridge (Willows Car Park)	7 miles	Tom Parry



11	Cycling	Alfriston (Willows Car Park)	Eastbourne	10 miles	Ruth Childs
12	Walk	Alfriston (Willows Car Park)	Exceat	3 miles	Jasmin Owen
13	Walk	Exceat	Eastbourne	7.5 miles	Max Sheldon

