

## Shine Relief Trust Shine Walk 2019 Saturday 23<sup>rd</sup> March

Walking together to Spurn Point via the lighthouse helping to raise funds for Shine children's home, Shine Village, Malawi

This walk explores the splendid Spurn Point National Nature Reserve on the tip of the coast of the East Riding of Yorkshire. There's much to enjoy with pretty beaches, sand-dunes, marshland and the striking effects of the changing tides.

**Directions:** From Easington follow the B1445 to Kilnsea. From the village of Kilnsea, the Discovery centre is on the right on the road past the Blue Bell Café.

**Event Start:** Discovery Centre Kilnsea c.30 miles east of Hull (50 Mins)

9.30- 9.45 am Registration of walkers and dividing into 3 or 4 teams.

10:00am start. Follow the main leader Simon.

### What to bring

The route has no shelter so walkers will be outside for several hours and the weather can be variable with strong winds and rain possible.

Waterproof jacket, suitable footwear (trainers/boots), own essential medication and minor first aid items (e.g. plasters), mobile phone, waterproof bag/rucksack to carry everything in. Towels can be handy at the end!

**Refreshments** are available to purchase at the start/end of the walk. Hot and cold drinks, sandwiches, cakes and heartier meals. Snacks maybe for sale at the lighthouse in the middle of the walk, however we recommend you carry some just in case. Water bottles will be available to buy for £1 from our team.

### The lighthouse visit

The lighthouse is newly restored and we have been kindly granted free entry. Children are welcome, but they must be at least 1.1 metres in height and physically capable of ascending and descending the staircases by themselves unaided. Under no circumstances can children or babies be carried up or down the staircases, (this includes the use of baby carriers, papooses, etc.) The lighthouse is over a century old so and some stone floors and stairs may be worn and uneven in places, and the staircase leading to the lantern room is very steep. Sensible footwear must be worn if you wish to ascend the lighthouse tower.

### Be prepared!

#### Footwear

This walk should be done in sensible/turdy shoes Sand provides resistance, so walking on the beach is inherently more demanding than walking on concrete or other hard surfaces. With every step forward, your foot sinks into the sand and your foot and leg muscles work extra hard to push you up and propel you forward.

**Please take into consideration the guidelines from the Yorkshire Wildlife Trust.**

<http://walkingtheriding.eastriding.gov.uk/find-walks/southern-holderness-area/?entryid30=44402>

<http://www.ywt.org.uk/reserves/spurn-nature-reserve>

**Walk – what to expect**

Although experienced walkers may be able to walk this quite easily, the 7-8 miles in sandy conditions will be a challenge for new walkers.

The route is not suitable for wheelchairs/pushchairs

Under 18s must be accompanied by an adult.

Route - mostly concrete paths, some sand dunes across paths, sandy/stoney beach area.

We begin on small cliffs and follow a path out to the washover area.

**Length and timing.**

1hour 30 mins to the lighthouse.

Terrain in flat, undulating in parts due to sandy paths. The weather conditions may affect walking speed:

Open area with sometimes high wind speeds will slow your group at times. Take time for a huddle and regroup

**Malawi style Challenges**

We will have baskets of fruit, bundles of sticks and water containers should you wish to try an extra challenge carried on your head ( which is quite difficult and should only done for short distances ) or carried underarm.

**Lunchtime halt**

At the lighthouse to consume our own picnic lunch. Guide will be present to receive us

Note other visitors may be sharing this small space so please help keep together so as not to overcrowd the space and follow the guides instructions.

Spending approx. 20-35 mins eating and visiting the top. Total break 45-55 minutes

The walk to Spurn point is a further 2 miles there and back. This is the toilet stop.

**Return**

Those not wishing to make the above extra 2 mile walk can return with another group or wait at the lighthouse for your leader You must make sure your leaders knows what's happening.

**Lyme disease risk:** we recommend the use of insect repellent to protects from tick bites or wear long sleeves and trousers. Please inform the team if you are allergic to bites before starting the walk.

Check yourself after the walk and remove ticks with tweezers and vaseline if needed.

**Brown tail caterpillars** are harmless to many, but they can cause itchy allergic skin reactions or respiratory issues for those with asthma or hay fever – so please don't touch the caterpillars or the tents.

Always wash your hands before eating – use sanitizer if sinks are not available.