



Trek 24 – General FAQ's

Your Trek 24 Experience

How do I get to the start line – is travel included?

For our Norfolk and Suffolk routes, you will need to register on the day at the finish line venue where you will be able to also leave your car free of charge. A coach will be provided to take you to your start line. For 24 mile participants, the coach journey will take about 1 hour. For 24km participants, the coach journey will take around 30-40 minutes.

Can I arrange alternative transport to the start line?

If you would prefer to arrange your own transport to the start line, please let us know so we'll know not to save you a seat on the coaches provided.

What is the minimum age for taking part?

The minimum age for taking part is 17 years old on the day of the event.

What food is provided at Trek 24?

Lunch including a sandwich, crisps, an item of fruit and a snack bar will be provided to eat whilst on route. A hot meal will also be provided at the finish line.

We would also suggest that you may wish to bring your own additional snacks if you are likely to feel hungry during the day.

Will there be water /refreshments provided at Trek 24?

All participants MUST bring their own reusable water bottle. There will be opportunities to refill it at various points along the route. You may wish to wear a hydration/camel pack however, this is not essential.

Will there be toilets on route?

Toilets will be provided at the start line, the finish line and at rest stops. There may also be additional public toilets open and available to use along the route.

Can I bring my dog?

Unfortunately, we are unable to accommodate dogs at this event due to the routes passing through land where there may be livestock present.

If you have a guide dog and would like to take part in Trek 24, please get in touch with our events team on info@eaaa.org.uk.

What happens if I am too slow?

If you become tired or injured and feel that you may be unable to complete the course in time, our course marshals may be able to provide a 'boost' along the route to ensure you are able to complete the event.

We highly encourage following a training plan for this event to ensure you are physically prepared for the challenge.

When will we receive our t-shirts?

T-shirts will be sent in late June/early July for you to wear on the day of the event if you wish.

Is there a suggested kit list?

A kit list of suggested things to bring/clothes to wear is being developed – please check back here over the coming weeks.

Fundraising

Why do I need to fundraise a minimum of £200/250?

Your registration fee alone is not enough to cover your full event costs including your refreshments, toilet provision, medical support, coach travel and insurance. East Anglian Air Ambulance depends on the participants of Trek 24 reaching their minimum fundraising target in order to raise the vital funds needed to keep our helicopters flying.

How do I fundraise £200/250?

We recommend that you get started by setting up an online fundraising page. You may wish to use JustGiving or Virgin Money Giving.

Keep an eye on your inbox for more fundraising and training tips once you have signed up!

What happens if I don't reach £200/250?

With the support from our dedicated events team who will share all the tips and tricks of fundraising, we're sure you will reach your target. If you are struggling to think of ways to ask for donations, please get in touch with us by emailing info@eaaa.org.uk.

You may wish to give your own fundraising total a boost by making a top-up donation to your own fundraising page.

Can I fundraise for another charity?

Trek 24 is organised by East Anglian Air Ambulance and is run by the Charity's own staff and volunteers. Therefore we ask that any participant taking part in this event raises sponsorship exclusively for East Anglian Air Ambulance.