

Shine Walk to Spurn lighthouse 10th June 2017- updated

Walking together to Spurn lighthouse to help raise funds for Shine children's home, Shine Village, Malawi

Start: Blue Bell Café Spurn c.30 miles east of Hull
<http://www.ywt.org.uk/bluebell-cafe>

9:30am for a 10:00am start.

Walk will last approx. 4 hours and includes a visit to the top of Spurn Lighthouse (conditions apply)

Spurn Lighthouse is a 3.5 mile walk crossing the sandy washover area. Spurn Point is a further mile for those who wish to extend the walk

Appropriate clothing and footwear to the terrain and weather conditions should be worn

What to bring*

water/drinks, food, snacks, sun hat, sunscreen, insect repellent, sunglasses, waterproof jacket, suitable footwear (trainers/boots), own essential medication and minor first aid items (e.g. plasters), mobile phone, waterproof bag/rucksac to carry everything in

**the weather can be variable even in June and strong winds, rain possible and the route has no shelter so walkers will be outside for several hours.*

<http://www.ywt.org.uk/reserves/spurn-nature-reserve>
<http://www.gps-routes.co.uk/routes/home.nsf/RoutesLinksWalks/spurn-point-walking-route#sthash.WWEU4COS.dpuf>

https://www.tripadvisor.co.uk/Attraction_Review-g7149411-d2467282-Reviews-Spurn_Point-Easington_East_Riding_of_Yorkshire_England.html

<http://www.gps-routes.co.uk/routes/home.nsf/RoutesLinksWalks/spurn-point-walking-route>

Under 16s must be accompanied by an adult.

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Additional Information*

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 nature reserve begins on the road past the Blue Bell Café.

Refreshments are available to purchase from the Blue Bell Café 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.

Footwear

This walk should be done in sensible/turdy shoes, however you can choose to walk parts in barefoot **at your own risk**.

Please take into consideration the guidelines from the Yorkshire Wildlife Trust. <http://walkingtheriding.eastriding.gov.uk/find-walks/southern-holderness-area/?entryid30=44402>

Be prepared! 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. That extra effort -- plus the fact that your bare foot moves through its full range of motion translates into more intense strength training for your arches, ankles and leg muscles.

Walking in sand -- with or without shoes: Because sand is an uneven surface, beach walking qualifies as a proprioceptive exercise. In other words, stepping across sand challenges and develops your ability to know where your feet are without looking at them. In this way, sand walking is similar to standard proprioceptive exercises, such as balancing one legged on a cushion with your eyes closed! It is recommended that trainers, boots and /or flip flops are carried to provide the best protection on the varying terrain and in varying weather conditions. The route is not suitable for wheelchairs/pushchairs

Visitor Safety:

Ticks and Brown tail moth caterpillars

In the scrub around the base of the lighthouse, and along into Chalk Bank, you may notice what look like tents stretched between branches, which are in fact the overwintering silk tents of the brown tail moth caterpillar. Whilst for many

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these caterpillars are harmless, 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.

Lyme disease risk: You may wish to wear insect repellent, wear long sleeves and trousers to protect yourself from tick bites which may result in an allergic reaction (rash, swelling, lethargy, headache) Please inform the team if you are allergic to bites before starting the walk.

There is a risk of Weil's disease from contaminated water. Always wash your hands before eating.

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. Open toe sandals without heel straps and flip-flops are not suitable.

Participants take part at their own risk.

It is the responsibility of participants to ensure that they are sufficiently fit and healthy to take part. Participants should seek advice from their GP or a health professional if they are unsure

Fundraising!

On-line sponsorship visit <https://www.justgiving.com/teams/shinewalk2017>

Sponsor forms also available – email info@shine-relief.org

Shine Relief Trust, Suite 228 Queens House, Paragon Street, Hull, HU1 3NQ
01482506333 | info@shine-relief.org

The information provided is for guidance only. Each person must prepare accordingly.

Details are correct at time of publication but may be subject to change at short notice
Shine Relief Trust Registered charity no. 1168458