

## **CPRE Sussex Hedgerow Hike**

### **Frequently Asked Questions**

#### **1. What is the Hedgerow Hike?**

The Hedgerow Hike is a sponsored walk and can be done by individuals, families and groups at any time during September 2021. It is not a single event; you have the flexibility to do any length of walk at any time during the month.

It has three aims:

- To raise funds for CPRE Sussex
- To celebrate hedgerows
- To promote wellbeing

#### **2. When is it taking place?**

Throughout September 2021, but you can start gathering sponsorship for your Hedgerow Hike from the 1 July.

#### **3. In what ways can I take part?**

You can ask your family and friends to sponsor you per mile or per walk, or per 1,000 steps – it's up to you. You may like to suggest a sponsorship level such as £1 per mile or £30 for an all-day week, or £50 for a daily walk each day in September. It is entirely up to you.

#### **4. How do I raise sponsorship money?**

There are several ways to do this, to make it as easy as possible for everyone:

- You can use a Sponsor Form
- You can donate via our website: [www.cpresussex.org.uk/make-a-donation/](http://www.cpresussex.org.uk/make-a-donation/)
- You can set up a Just Giving page

**5. Where do I get a Sponsor Form?**

You can [download a Sponsor Form](#) or we can email one or post one to you. Just contact our team at [info@cpresussex.org.uk](mailto:info@cpresussex.org.uk) or on 01895 890975.

**6. How do I set up a Just Giving page?**

Just follow these instructions on [how to set up your own Just Giving page](#).

**7. How far do I have to walk?**

You really can walk as little or as far as you like – for example, round your garden, your local park, your local streets, following a nature walk, taking part in an organised walk in the High Weald or South Downs, walking part or all of the South Downs Way.

**8. Can I use other means of travel?**

If you are unable to walk, please consider other ways you can enjoy the Sussex landscape and hedgerows, while raising money for CPRE Sussex.

**9. What will the money be spent on?**

Any money raised by the Hedgerow Hike will go towards our projects and work across Sussex to secure a beautiful countryside for people to enjoy and wildlife to thrive. You can find out more about our work at: [www.cpresussex.org.uk](http://www.cpresussex.org.uk)