**Sahssi30 Frequently Asked Question**

* **How do I register?**

All registrations are online https://www.sahssi.org.au/sahssi-30-walk and made super simple by the SAHSSI team. Please contact Jo by emailing sahssi30walk@gmail.com if you have any problems.

* **What do I bring?**

The August weather is a little unpredictable, so lycra and comfortable layers are your friend. If the sun shines brightly remember whatever you strip off needs to be carried. Sunscreen and water are important though no need to be a super-size water bottle as there are many places to fill up on the way. Bring snacks and food to keep you going for up to six hours depending on the distance you plan to walk. A simple first aid kit with band aids and headache tablets.

* **How fit do I need to be?**

The beauty of this fabulous walk is that it is something that anyone can participate in. It is not a race and how far you walk is entirely up to you. There is a stop off point at Plantation Point which is approximately 6.5kms from Huskisson. This is a good pick-up point or turnaround if you are opting for a shorter distance. If you would like to go the full distance another great morning tea is provided at Hyams Beach Reserve. Tis is where the decisions get made to stop and enjoy a cuppa before turning around or continue to the end of Hyams Beach and back to the park before being picked up or returning to Huskisson.

It is approximately 25 kms in total if you walk all the way to the end of Hyams Beach and back to Huskisson.

**How accessible is the track for wheels of any sort?**

From the start at White sands Park to the bush track at the end of Nelsons Beach is approximately 8kms. This is easily accessible and has been an option for prams, toddlers on bikes and wheelchairs and our four-legged friends. From here it gets a little rougher and may be more challenging if you don’t have all terrain wheels, if you do it is possible to continue just past Blenheim Beach where there is a rocky section that may be difficult.

Please get in touch if you want any more information as we would love to have you involved.

* **Where are the toilets?**

Check out the map for toilets and water stops but public toilets are plentiful with only several kms between each.

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

As far as you like.

This event has always been about the community getting involved raising funds and awareness for the refuge. Some people set themselves a personal challenge and that is the thing about a personal challenge……it is personal. 25 kms even along a relatively flat and easy track is a **HUGE** walk. Loads of people opt out at various points along the way. Our Heartcentre refreshment stop at Planation Point is approx. 6.5 km and may be a good pick-up point or turnaround if you are pressed for time.

Otherwise, the walk continues to Hyams Beach where you may walk past the CWA morning tea spot and on to the end of Hyams Beach and return to the morning tea if you want the longer version.

This is very much “choose your own adventure” so stopping at any point is entirely up to you.

* **Where can I get coffee?**

Depending on your level of coffee addiction you can grab a cup at any of the fabulous cafes in Huskisson who are open 7am on a Saturday. About 1kmish after the start you can veer slightly off track at Emma’s caravan in front of Husky Caravan Park and get a great coffee, head up the hill at 5kms at the Vincentia boat ramp to the shops or hang on to Hyams Beach café at the 10km mark. Tea and coffee will be provided at the CWA morning tea at Hyams Beach.

* **What if I hurt myself?**

Fingers crossed that this will not be you BUT we ask that you have a contact person that could pick you up if you got a blister, sprained an ankle, or felt a headache coming on that was too debilitating.

These are the most likely scenarios for an event like this so in addition to snacks we suggest a small first aid kit with some band aids or blister patches, headache tablets, sunscreen, and water. These will also be available at Hyams Beach if needed.

If you have an injury that is beyond this or a pre-existing health condition that creates a hiccup that is the time for your support person to come to the rescue or to contact 000.

However. As with all emergencies you will be able to contact Jo if all this goes pear shaped.

* **What if I get lost?**

Whatever distance you choose to walk it is very straightforward. Keep the ocean on your left on the way out. When at Hyams Beach follow Cyprus Street to the end to walk through the bush track and onto the beach. There will be volunteers at Hyams Beach to guide you.

* **Is it a race?**

No. No. No.

* **Where is the morning tea and who provides it?**

The beautiful people from Heartcentre are setting up refreshments at Plantation Point and our CWA morning tea/halfway stop will this year be at Hyams Beach picnic area.

* **How do I organise a pickup?**

Simple. Just talk with your friends that you are walking with and plan for a pickup at Hyams Beach if you are hoping to walk 10kms or more. Give yourself time to enjoy the treats and glow in the feeling of being a part of something special before leaving.

Some participants organise a car shuffle and leave one car at Hyams Beach for the return home.

If you are stuck, please contact me via email as there is usually a lift heading back to Huskisson who would be happy to help and we could give a shout out on Facebook prior to the walk.

* **Where does my donation go?**

Directly to the Nowra Women’s Refuge. The registration system has been set up to ensure that there is no middle person and no costs taken out. So, whatever you can afford you can be assured that it **ALL** is donated. When Sahssi30 began in 2017 this was such an important part of the event. This is true community, grassroots fundraising. No fancy stuff. Just an extraordinary community doing something simple to make things better for women and children.

* **How Long will it take?**

Great question! The average (what is average) walking pace is 5kms per hour.

Whatever your pace we are all in this together and the cuppa will be waiting for you at Hyams Beach whenever you get there.

