



25th - 26th June 2022

ROB'S BIG WALK 2022

Rob's Big Walk returns for 2022, organised by Ellisons Solicitors on behalf of The Rob George Foundation. Ellisons Solicitors took part in the first walk in 2019, and again in 2021, when Covid allowed the walk to take place again. We're excited for another event to bring together friends and family of Rob, as well as the local community and businesses.



ROB'S BIG WALK 2022

Why?

The Rob George Foundation exists in memory of Rob, who died aged 21 in 2013, after a battle bravely fought against Leukaemia. Our main aims are to provide practical and/or financial support to young people with life threatening or terminal illnesses, and to provide financial support to young people who demonstrate exceptional commitment and/or ability in the worlds of sport or performing arts but may be held back by their financial situation from pursuing their goals.

We invite you to join Rob's Big Walk, as an opportunity to get out and explore the beautiful Essex countryside on your doorstep. You will be amazed by its variety and splendour. Whether you choose to rise with the mid-summer sun or at a more leisurely time, this is your opportunity to mark the summer and achieve something special in the company of family, friends, and colleagues! We hope for everyone involved to have fun and feel a sense of achievement, all whilst being involved in fundraising for an important cause.

When?

Rob's Big Walk takes place on Saturday 25th and Sunday 26th June 2022, with walking taking place in daylight hours only. All walkers will be free to either keep up with the pace (approx. 3 miles/hr) or walk at their own speed – the pacesetters are only there to make sure our Olympic Torch makes it to the next team's start point on schedule!

Who is it for?

Everyone! We're calling all local Businesses, Groups of friends, individuals, and Clubs to get involved.

[Email marketing@ellisonssolicitors.com](mailto:emailmarketing@ellisonssolicitors.com) to take part



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Key Points

- We have divided the 81-mile Essex way into 10 manageable walking sections.
- There will be a check-in at each start/end point with directions for walkers, emergency supplies and medals for participants!
- Gather a team or group for extra morale
- Decide who is going to walk which sections. (You can walk as many as you like and stop or start where you like – but the challenge is to cover the whole walk if you can.)
- The event is carefully timetabled – so arrive at your allotted start point
- Prepare to receive your team's baton and follow our pace setters to the next check point (You are, of course, free to walk at whatever speed you are comfortable, but the 3 miles/hr will get you to Harwich in daylight hours and in time for fish and chips!)
- Don't forget to collect your medal at the end before you go home to put your feet up!

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THE ESSEX WAY

The Essex Way is a way-marked 81-mile long walk, starting in Epping in the southwest, crossing the Dedham Vale and Constable country, finishing at the port of Harwich on the Stour estuary.

It passes through ancient woodlands, open farmland, tree-lined river valleys and leafy green lanes, unveiling historic towns and villages along the way.

You won't get lost if you follow the poppies!



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ROUTE AND TIMINGS

You can choose which section or sections you wish to walk, do as many as you like, simply name your starting point.

Saturday 25th June 2022

Stage 1: 5.00am - Epping – Chipping Ongar (7.5 miles)

Stage 2: 7.15am - Chipping Ongar – Good Easter (9.5 miles)

Stage 3: 10.45am - Good Easter – Little Leighs (9.5 miles)

Stage 4: 2.00pm - Little Leighs – Cressing (10.1 miles)

Stage 5: 6.00pm - Cressing – Great Tey (9.4 miles)

Approx finish 9.30pm

Sunday 26th June 2022

Stage 6: 5.00am - Great Tey – West Bergholt (5.7 miles)

Stage 7: 7.00am - West Bergholt – Dedham (11.2 miles)

Stage 8: 11.00am - Dedham – Bradfield (8 miles)

Stage 9: 1.30pm - Bradfield – Ramsay (5.3 miles)

Stage 10: 3.30pm - Ramsay – Harwich Lighthouse (5.5 miles)

Approx finish 5:30pm

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