

Disability charity Accuro is delighted to announce the Accuro 50 Challenge Walk, taking place between 22nd – 24th September 2023

Monday 31 July, 2023

The 50 mile walk stretches across the West Essex area, linking the region in which Accuro provides its services. Starting at Loughton Tube Station and finishing in the market town of Saffron Walden, the route takes in many different points of interest along the way through the beautiful Essex countryside. The linear trail principally follows parts of four long-distance paths – the Forest Way, the Flitch Way, Saffron Trail and Harcamlow Way.

The Accuro 50 Challenge Walk is a multi-day event with different distances available over one, two or three days. All distances will present a challenge giving walkers the freedom to choose how far they want to walk and within what timeframe. There are different options available covering both sponsorship and self-funding participation, as well as packages that include accommodation and transfers to and from the route over the course of the event. If walkers are local to The Accuro 50, they can return home after a day's walking and continue the following day.

The route was devised by Accuro's very own Fundraising Manager Sue Fishpool, who is a keen walker herself, and an official route guide was published last year by Trailman Publications, created by long distance walker and Essex author, Peter Aylmer.

Fundraising Manager, Sue, says.. "I am delighted to introduce the new Accuro 50 challenge walk event to West Essex this September. The event is unique in our area and has been a personal project of mine for several years. I hope to encourage walkers with all levels of experience to join in and discover what a beautiful county we live in whilst raising much needed funds for the local charity Accuro and helping to change lives for local people with a disability. It has been huge fun creating both the route and the event and we are looking forward to supporting our walkers along the way."

To find out more about The Accuro 50, available packages, or to complete a booking form, please visit: <https://www.accuro.org.uk/events-challenges/challenges/accuro-50/>

The Accuro 50 is supported by MW Fitness, who will provide training and nutritional advice.

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