

Frequently Asked Questions



What is a firewalk?

Firewalking is the act of walking barefoot over a bed of hot coals. The length of the lane is around 20ft and the coals will be burning at a core temperature of between 400 - 600 degrees Fahrenheit.

During the event the participants will undergo training of around one hour before the walk. The fire reaches temperatures of over 1236 degrees Fahrenheit before burning down to red-hot embers, in which it is raked level and prepared for the walk. Participants go to the fire, remove their footwear and one by one are invited to take the adrenalin fuelled walk across the coals.

Where is the event?

Our Firewalk is located in Guildford, Surrey. More location details will be shared soon.

What is the date and time of the firewalk?

The event is taking place on the 17th November 2023 between 17:30 - 20:30.

17:45- Registration for walkers begins

18:15- All participants arrived

18:30- 1 hour motivational seminar and intense training brief where participants learn how to walk on fire.

19:30- Exhilarating firewalking session

20:30- After tackling the challenge you are presented with a certificate to prove you walked on fire!

Will it hurt?

The sensation is described like walking on hot sand or egg shells. Each walker has his or her own experience. We have not known walkers to experience pain and if given the opportunity many will choose to walk across more than once.

Is it dangerous?

Extreme activities and sports all involve an element of risk and firewalking is no exception to this. Unlike these activities, no mortalities have ever occurred firewalking. Injuries can occur if the participants fail to adhere to the exact instructions given to them during the seminar. Time4Change follows strict health and safety guidelines within their standard operating procedures.

Are there restrictions in regards to age or to people with a disability/ health condition?

The minimum age to participate in the firewalk challenge is 16.

If you can walk individually at a moderate pace then you should manage the Firewalk perfectly well. If you have any doubts, please consult your GP before attending

Is there any food/ drink available?

There will be a few food and drink vendors at the event so you are able to purchase light meals and refreshments. Please note walkers are not permitted to partake in the Firewalk under the influence of alcohol or drugs.

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How much is each ticket?

The registration fee per walker is £25. This includes access to the event alongside a completion certificate and congratulations on completing the Firewalk! In addition to the registration fee we ask all our walkers to also raise a minimum of £100 for their chosen charity, but don't worry the team will be able to support you with this!

What are the three charities that this event supports?

We are raising awareness and funds for three Surrey disability charities: Challengers, Cherry Trees & Halow Project.

How are my donations shared between the three charities?

You can choose for your donations to support one of our three charities. To find out more about how each individual charity and how your support can make a difference please see their websites below.

Cherry Trees: <https://www.cherrytrees.org.uk/>

Halow Project: <https://www.halowproject.org.uk/>

Challengers: <https://disability-challengers.org/>

Can you have supporters come along to watch and do they also need to buy a ticket?

We would love for as many of your friends, family and colleagues to come along to watch you battle the fire! They do not need to purchase a ticket but if you could let us know how many supporters you have attending on the registration form that would be great. Supporters are more than welcome to arrive a little later to avoid long waiting periods whilst you prepare for the big show!

What do I need to wear?

There is no special clothing required, casual comfortable clothes suitable for outdoor November conditions are best. Footwear needs to be easy to remove so dig out the summer flip flops! Nail varnish and toe rings are fine. Please ensure your feet are clean and free from massage and pedicure oils.

How should I prepare?

There is no physical preparation to undertake, just bring the courage and confidence to tackle this unique challenge. You should abstain from the consumption of alcohol or drugs prior to the event. Any person who is in the opinion of the trainer unfit to participate will NOT be permitted to take part.

Are dogs permitted?

Dogs are not permitted, unless they are assistance dogs.

What if I change my mind?

You may withdraw at any time if you wish. Time4Change ensure that at least two members are constantly monitoring the lane as each walker crosses in keeping with strict health and safety guidelines.

What if the weather is bad?

Due to the outdoor nature of this event, health and safety guidelines may not be met if there are unforeseen poor weather conditions. We will keep you up to date with as much notice via the contact preferences you provided us with on registration.

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