

Frequently asked questions?

What is a fire walk?

Basically walking barefoot unharmed over hot burning embers and coals.

Is it a trick?

No. The fire is very real. The embers will be glowing red hot – we can often measure the temperature at around 1200 degrees Fahrenheit. You will walk with bare feet, and they will not have been treated in any way.



Is it safe?

Yes. There is always an inherent risk in any activity involving fire. We pride ourselves on our 100% safety and success record! No-one has ever been injured or required medical attention from any of our events.

Will it hurt?

No. We only deliver pain free events. The sensations described by some are walking on a spongy substance, others as walking on hot sand. Some people do not 'perceive' to feel any heat at all. Each walker enjoys a unique experience!

What happens in the pre walk training seminar?

The training will help you analyse your psychology, your physiology and teach you various ways to take positive control of situations. It is most definitely thought provoking but also it is not unusual to experience bouts of belly laughter as this is an awesome evening of fun.

Will I be hypnotised?

No. There is no hypnotism involved. You will be fully awake at all times – indeed you will be more alert than usual.

Is it best to run?

No. Walking is the safest way to complete the fire walk

What types of surfaces can be used for a Fire Walk?

Our fire team have prepared Fire Walks on all types of surfaces from cobbled stones, tarmac and concrete car parks to professional grass playing fields.

More frequently asked questions?

Can I drink beforehand or during the training?

To ensure safety for all it is advisable that no walker can be under the influence of drink or drugs. Anyone that we believe to be in an unfit state will be refused the opportunity of participating and their fees will be deemed non-refundable.

Is there a minimum age limit?

Yes. It is advised that all participants are at least 18 years old. However; we can accommodate younger walkers provided that a parental/ guardian consent form has been duly signed. **Advisory warning:** Due to the nature of this event some of the language used in the pre walk training seminar is classed as adult material, it is deliberately designed to help expand comfort zones and mentally prepare walkers for an evening of unadulterated fun and safe fire walking 😊

Is there an upper age limit?

No. The oldest walker we have trained was 88 years young so far!

Is the training compulsory?

Yes. All walkers must complete and finish all the training.

Do I have to walk?

No. The pre walk training is compulsory but fire walking is optional; however, conquer this, then tackle other areas of your life that need positive change.

How long is a Planit Firewalking fire lane?

It will be 15 to 20 feet approximately in length.

Will the Fire Walk be cancelled if it rains?

No. The event is not rain dependant. Our experienced team will ensure that the fire is lit and burns correctly.

“What we need to learn to do. We learn by doing” Aristotle

For any questions not answered here please email info@planitfirewalking.co.uk