



BEAT THE TRAILS

AT THE GOWER COAST
EVENT DAY GUIDE



WELCOME

Thank you for signing up to Beat the Trails 2026.

This year, you and our other brilliant trekkers will raise over £940,000. That could help fund almost 41,000 hours of expert nursing care in the comfort of someone's own home, or over 36,000 hours of telephone bereavement support.

So, every step you take will help people at the end of life, and those close to them, whatever the illness.



EVENT VILLAGE MAP

Saturday 5 September

PARKING

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Free parking at Worm's Head Event Car Park, open from 6am.
Postcode: SA3 1PR.
(W3W: cowering.backtrack.players).
Parking is limited so we encourage you to car share where possible.
National Trust members, please display your badge.

EVENT VILLAGE



Aim to arrive 1 hour to 45 minutes before your start time to enjoy a complementary pastry and hot drink before your trail.

TOILET FACILITIES



There will be toilets provided at the event village and along the route at the trail treat stops.

MERCHANDISE



Browse our Beat the Trails merchandise before or after you've beaten your trail.

FOOD AND DRINK



Enjoy a complementary pastry and hot drink before your trail. Make sure you have brought your packed lunch and two litres of water before you cross the start line

PHOTO WALL



A chance to snap some photos with some props to get you ready for your trail.

START LINE



Head to the start line ready for your trail to begin.
21 Mile Hike starts at 7am.
11 Mile Hike starts at 9am.

SHORT ROUTE

11 MILES

[Click here to view the map in more detail](#)

Trail support

Once you cross the start line and head out on your trail, we have a team of support marshals to help keep you on course.

Treat Station

At mile 6 a chance to rest, eat your lunch, top up your water, get some free snacks as well as a toilet stop.

Worms Head and Fall Bay

As you set off on your trek, keep a look out for Atlantic grey seals, dolphins and harbour porpoises!

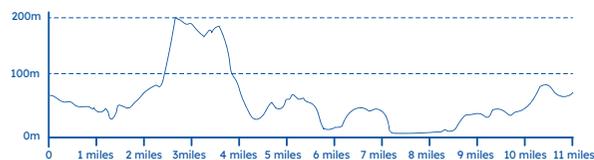
Llangennith, fresh water spring

The mouth of a natural spring, protected by a small stone shelter. Known as St. Cenydd's Well. Located in the tiny village of Llangennith.

Rhosili Bay

The sandy beach at Rhosili Bay stretches for three miles, and at low tide you can see the 1887 wreck of the Helvetia.

ROUTE PROFILE



The routes are subject to permission and changes. In the unlikely event of any changes, we'll be sure to let all participants know of any updates to the route.



KEY

- Start/finish
- Treat station
- Mile markers
- Point of interest

Worms Head & Fall bay

LONG ROUTE

21 MILES

[Click here to view the map in more detail](#)

Trail support

Once you cross the start line and head out on your trail, we have a team of support marshals to help keep you on course.

Treat Station

At mile 7.5 & 16 a chance to rest, eat your lunch, top up your water, get some free snacks as well as a toilet stop.

Worms Head and Fall Bay

As you set off on your trek, keep a look out for Atlantic grey seals, dolphins and harbour porpoises!

Llangennith, fresh water spring

The mouth of a natural spring, protected by a small stone shelter. Known as St. Cenydd's Well. Located in the tiny village of Llangennith.

Weobley Castle

A high-society home with its very own watchtower. The watchtower, military-style crenellated wall tops and a south-west tower raised to battlement height show that these were dangerous times. Luxury and defence had to go hand in hand.

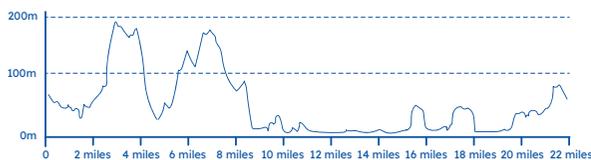
Whiteford Lighthouse

An unusual cast-iron lighthouse built in 1865, this is the only wave-swept cast-iron tower of this size in Britain.

Rhossili Bay

The sandy beach at Rhosili Bay stretches for three miles, and at low tide you can see the 1887 wreck of the Helvetia.

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CROSSING THE FINISHING LINE

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There's no greater feeling than crossing the finish line. You've beaten the trail! You'll be awarded your finisher's medal and offered a glass of fizz to celebrate your success. Please note, you'll need to cross the finish line, whether you have completed the trail or retired early, so that we can account for all trail participants.

INFORMATION FOR SUPPORTERS, FAMILY AND FRIENDS

The trail

We're limited in the number of participants we can take on our Beat the Trail events, and we're responsible for first aid provision for everyone registered with us. So we strongly discourage non-registered walkers from accompanying registered participants.

We recognise the right to roam access across the UK, and that non-registered walkers are free to enjoy the environment in which we set our events. However, our commitment to safe and sustainable events means we cannot look after, or be responsible for, any person who attends an official Marie Curie event without registering.

Parking

Participants can park for free at the dedicated event parking area. Supporters arriving without a participant will need to pay for parking. National Trust members can park for free, while non-members will be charged £8 per car.

Postcode: SA3 1PR

(W3W: [covering.backtrack.players](https://www.covering.backtrack.players))



GENERAL INFORMATION

FITNESS

This is a challenging event and it's important that you're prepared physically for the trail. We encourage you to do regular weekly exercise. Visit our **Beat the Trails hub** to view our training plans to help you get trail-fit. Alternatively, feel free to create your own plan.

You should not attempt this trail if you have heart disease, high blood pressure, chest problems or other health issues. This trail is also unsuitable if you're pregnant.

For those relatively new to mountain trekking, it's worth organising a practice trail to assess if you have any specific difficulties, such as:

- Aching calves and weak thighs when trailing up hill.
- Backache, possibly caused by a backpack.

Any specific muscle issues that may show themselves can be addressed by gradually increasing your level of physical activity, either through regular practice hikes or, as a quicker method, targeted and planned weight training.

In training you should wear the gear that you plan to wear during the challenge itself. Provided all equipment is fitted correctly, there should be no rubbing or painful areas.

This is a demanding trail, so we recommend that you eat lots of foods rich in carbohydrates, such as rice, pasta and potatoes, in the days running up to the event. You should also get a full night's rest before the event.

In registering for this event, you have declared you're physically prepared for the trail. If you're in any doubt about your health or fitness following registration, you should contact your GP for advice.



GENERAL INFORMATION

KIT

It is your responsibility to ensure you have the correct clothing and kit to complete your trail. This includes clothing suitable for the weather conditions of the day (such as sun hat and waterproofs) and sun cream.

[View kit list](#)

PERSONAL SAFETY

Please follow the Countryside Code available here, remembering to close gates behind you. Please take care when crossing roads, ensuring that you cross at a point where you can be easily seen.

DOGS

We ask participants not to bring their dogs on the trail. This is due to the presence of livestock and out of consideration for local landowners.

LITTER

You must not leave rubbish anywhere along the trail. Please carry a rubbish bag with you in your rucksack and take your rubbish home with you after the event, or dispose of it in our event hub or at our water stations.



FUNDRAISING

£207 MILESTONE

By taking on a trail you're pledging to raise at least £207 in sponsorship. That could help fund nine hours of expert overnight nursing care in the comfort of someone's own home.

If we receive your £207 one month before the event date and you opted in to receiving one when you registered, we'll send you an exclusive Beat the Trails high-tech t-shirt to wear on the day. If you bring proof of your fundraising to the event you can collect yours on the day (stock will be limited).

TEAM FUNDRAISING

Fundraising as a team? The £207 is per person, not per team, so multiple £207 by the number of people in your fundraising team to work out your target.

£414 MILESTONE

Of course there's no need to stop at £207! The more money you raise, the more you'll be supporting people at the end of life and those close to them. If you raise a fantastic £414 before the date of your trail, which could help fund two nights of expert nursing care, you'll receive a Beat the Trails tubular scarf and Marie Curie bobble hat.

If you're fundraising offline, or reach £414 just before the day, bring proof of your fundraising to collect your scarf and hat.

SENDING IN FUNDS

If you're fundraising with JustGiving, your sponsorship will automatically be transferred to us. If you're fundraising offline (using sponsorship forms and collecting money from your sponsors), you can pay in your sponsorship by telephone (**0800 716 146**) or by post to **Supporter Relations Team, Marie Curie, PO Box 2389714, Links Place, Edinburgh EH6 9AB.**



ANY QUESTIONS?

If you have any questions about your trail, we're here to help.

Supporter Relations team
0800 716 146

email
events@mariecurie.org.uk

Quick links:

[Beat the Trails hub](#)

[Training plan](#)

[Kit list](#)

[Fundraising materials](#)



mariecurie.org.uk

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Registered with
**FUNDRAISING
REGULATOR**

Photos: Philip Hardman/Marie Curie
Charity reg no. 207994 (England & Wales), SC038731 (Scotland), M167.

