



BEAT THE TRAILS

AT THE CHILTERN
EVENT DAY GUIDE



WELCOME

Thank you for signing up to Beat the Trails 2027.

This year, you and our other brilliant trekkers will raise **over £1.4 million**. That could help fund almost **60,800 hours of expert nursing care** in the comfort of someone's own home, or over **53,000 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 26 June

PARKING



Free parking at Field Farm, B4009, OX49 5RR. Open from 6am.
What3Words: tropic.satin.educated

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.

PHOTOGRAPHER



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.
20 mile hike starts at 7am
10 mile hike starts at 9am.

SHORT ROUTE

10 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, you'll have a chance to rest, eat your lunch, top up your water, get some free snacks as well as a toilet stop.

Watlington Hill

One of Oxfordshire's finest viewpoints. Part of the National Trust and the Chilterns National Landscape, Watlington Hill offers sweeping views across the Oxfordshire countryside and is famous for its chalk grassland and red kite population. Keep your eyes on the skies as this is one of the best places in the UK to spot red kites soaring overhead.

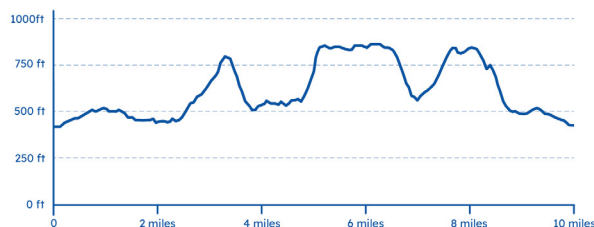
Aston Rowant National Nature Reserve

Ancient woodland and rare wildlife. The route passes close to Aston Rowant National Nature Reserve, a nationally important site known for its beech woodland, chalk grassland and diverse wildlife. The reserve is home to a variety of butterflies, wildflowers and birds.

Shirburn Castle

A hidden historic gem. Just west of the route lies Shirburn Castle, a moated Grade I listed country house dating back to the 14th century. Although the castle is privately owned and not generally open to the public, its parkland and historic setting provide a fascinating backdrop to the walk. Walker fact: The castle has stood in the Chilterns for over 650 years and remains one of the area's most impressive historic landmarks.

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

LONG ROUTE

20 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 and 15.5, you'll have a chance to rest, eat your lunch, top up your water, get some free snacks as well as a toilet stop.

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Russell's Water & the Chiltern Valleys

Classic Chiltern countryside. Walkers pass through the picturesque hamlet of Russell's Water, surrounded by rolling hills, woodland

and quiet country lanes. This area showcases the classic landscape that earned the Chilterns its National Landscape status. The chalk hills beneath your feet were formed millions of years ago and are home to unique wildflowers and wildlife.

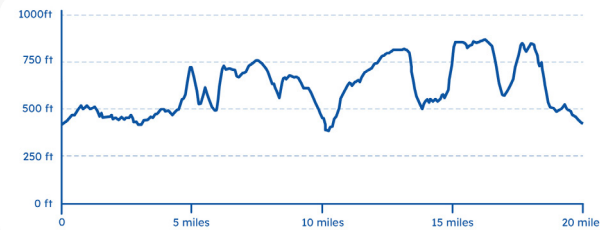
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CROSSING THE FINISHING LINE

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.



GENERAL INFORMATION

FITNESS

This is a challenging event and it's important that you're prepared physically for the trail. Leading up to the event, we encourage you to do regular weekly training. 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 try to get a full night's rest before the trail.

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 and let us know if you need to cancel your entry for the event.



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.

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.

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.



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

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

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.

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.

Contact our Supporters Relations team on
0800 716 146 or email **events@mariecurie.org.uk**

Find out more:

Beat the Trails hub

Training plan

Kit list

Fundraising materials



mariecurie.org.uk

   mariecurieuk



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

