



BEAT THE TRAILS

AT THE 13 TORS
ESSENTIAL INFORMATION



WELCOME

Thank you for signing up to Beat the Trails 2025.

This year, you and our other brilliant trekkers will raise over £670,000. That could help fund almost 3000 hours of expert nursing care in the comfort of someone's own home, or over 25,000 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 11 October and Sunday 12 October

PARKING

P

Free parking at Widecombe-in-the-Moor village, open from 7.45am. Postcode: TQ13 7TA. (W3W: lifestyle.stone.ground). Parking is limited so we encourage you to car share where possible.

EVENT HUB



Cross the road from the car park to the church hall. Our marshals will be there to direct you.

TOILET FACILITIES



There will be toilets available for use at the church hall and there is a toilet block in the village. There will also be toilets at the trail treat stop at mile 6.

MERCHANDISE



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

FOOD AND DRINK



Help yourself to some complimentary refreshments on offer. Make sure you have brought your packed lunch and two litres of water before you cross the start line.

PHOTOGRAPHER



Our event photographer will be there to capture all the action of the day.

START LINE



Trekkers will set off in groups between 8:15am and 9am. Anyone arriving after this time will not be able to take part.

ON THE TRAIL

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

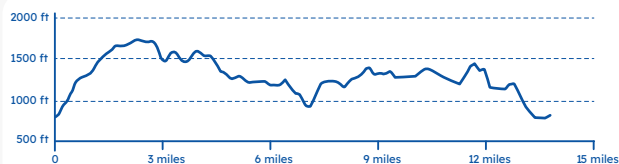
Trail support

We will begin by trekking in groups but you will be able to walk at your own pace. There will be guides along the route and at every Tor to check you in and help you navigate the trail.

Food and drink

Participants must carry a packed lunch and two litres of water. There will also be opportunities to top up on refreshments at our two trail stations at Hound Tor (mile six) and Saddle Tor (mile nine). Toilets will be available at Hound Tor.

ROUTE PROFILE



KEY



Start/finish



Treat station



Tor

CROSSING THE FINISH 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. You'll also get to enjoy a well-deserved complimentary cream tea.

Please note, you'll need to check back in at the event hub after the challenge, 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 for non-participants

Widecombe-in-the-Moor itself has limited facilities, so we request that **only participants** park there (see event village map for participant parking details). If you have friends or family coming along to support you, we recommend that they head for Hound Tor car park, six miles into the trail, and the location of the first trail treat station.

Hound Tor Car Park: TQ13 9XQ

Hound Tor Car Park what3words: ///shaver.crafts.chamberstumblers



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 UK trek 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.

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 before the date of your trail, 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).

£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 which you can collect on the day of the event. If you're fundraising offline, or reach £414 just before the day, bring proof of your fundraising to collect your tubular scarf.

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.

Supporter Relations team

0845 052 4184*

* Calls cost no more than 7p per minute plus your phone company's access charge.

email

events@mariecurie.org.uk

Quick links:

Beat the Trails hub

Training plan

Kit list

Fundraising materials

mariecurie.org.uk

   mariecurieuk



Photos: Philip Hardman/Marie Curie
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