



# BEAT THE TRAILS

AT THE GOWER COAST  
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 6 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



Once you're parked up, head into the event village. Our marshals will be there to direct you.

## TOILET FACILITIES



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

## 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.

## MERCHANDISE



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

## 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.

24 Mile Hike starts at 7am.

12 Mile Hike starts at 9am.

# SHORT ROUTE

## 12 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.

### Worms Head and Fall Bay

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

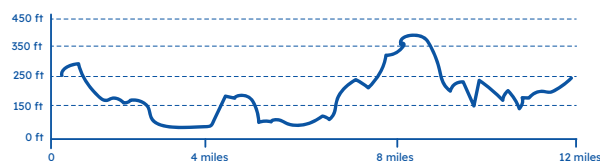
### Llangennith, fresh water spring

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



Worms Head & Fall bay

Shipway

Rhosili Bay

Middleton

Pilton

Pilton Green

Kennexstone Cam  
& Touring

### KEY



Start/finish



Treat station



Mile markers



Point of interest

# LONG ROUTE

## 24 MILES

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

### Trail support

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### 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.

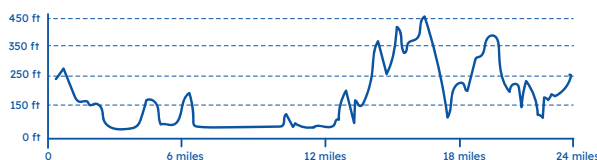
### Whiteford Lighthouse

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.

## ROUTE PROFILE



## KEY

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



# 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. Please note, you'll need to check back in at the event village 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**

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: cowering.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 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](https://mariecurie.org.uk)

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Photos: Philip Hardman/Marie Curie  
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