



# BEAT THE TRAILS

AT HADRIAN'S WALL  
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 5 July

## PARKING

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Free parking at The Old Showfield,  
open from 6am.

Postcode: NE49 0HY  
(W3W: cone.emulated.convey)

## EVENT VILLAGE



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.

## 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



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.

## 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.

22 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

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.

### Hadrian's Wall

Is a former defensive fortification of the Roman province of Britannia. Running from Wallsend on the River Tyne in, it was a stone wall with large ditches in front and behind, stretching across the whole width of the island. Soldiers were garrisoned along the line of the wall in large forts, smaller milecastles, and intervening turrets.

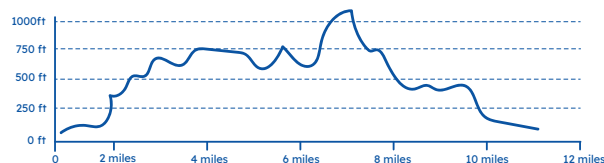
### Turret 41a and 42

A turret was a small watch tower, incorporated into the curtain wall of Hadrian's Wall. The turrets were normally spaced at intervals of one third of a Roman mile, equivalent to 495 metres, between Milecastles.

### Cawfield Quarry

The stunning home to one of the best preserved stretches of Hadrian's Wall began life at a working quarry. Now, the quarry is decommissioned. The large, deep pit where the quarry once stood is now filled and landscaped, offering a unique and beautiful reservoir and picnic spot.

## 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

## 22 MILES

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

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### Vindolanda

Formerly a key military post on the northern frontier of Britain, Vindolanda is the home of Britain's 'Top Treasure' - the Vindolanda Writing Tablets - and is one Europe's most important Roman archeological sites, with live excavations taking place every year.

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### Sycamore Gap

Was a 150 year-old tree once standing in a dramatic dip in the landscape created by glacial meltwater, it was one of the country's most photographed trees. The stump has thrown up seedlings and is still alive, but is expected to take more than 150 years to recover.

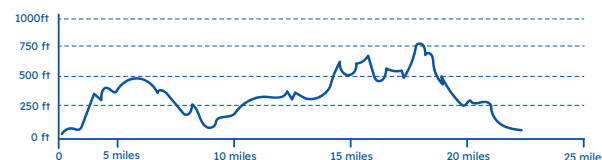
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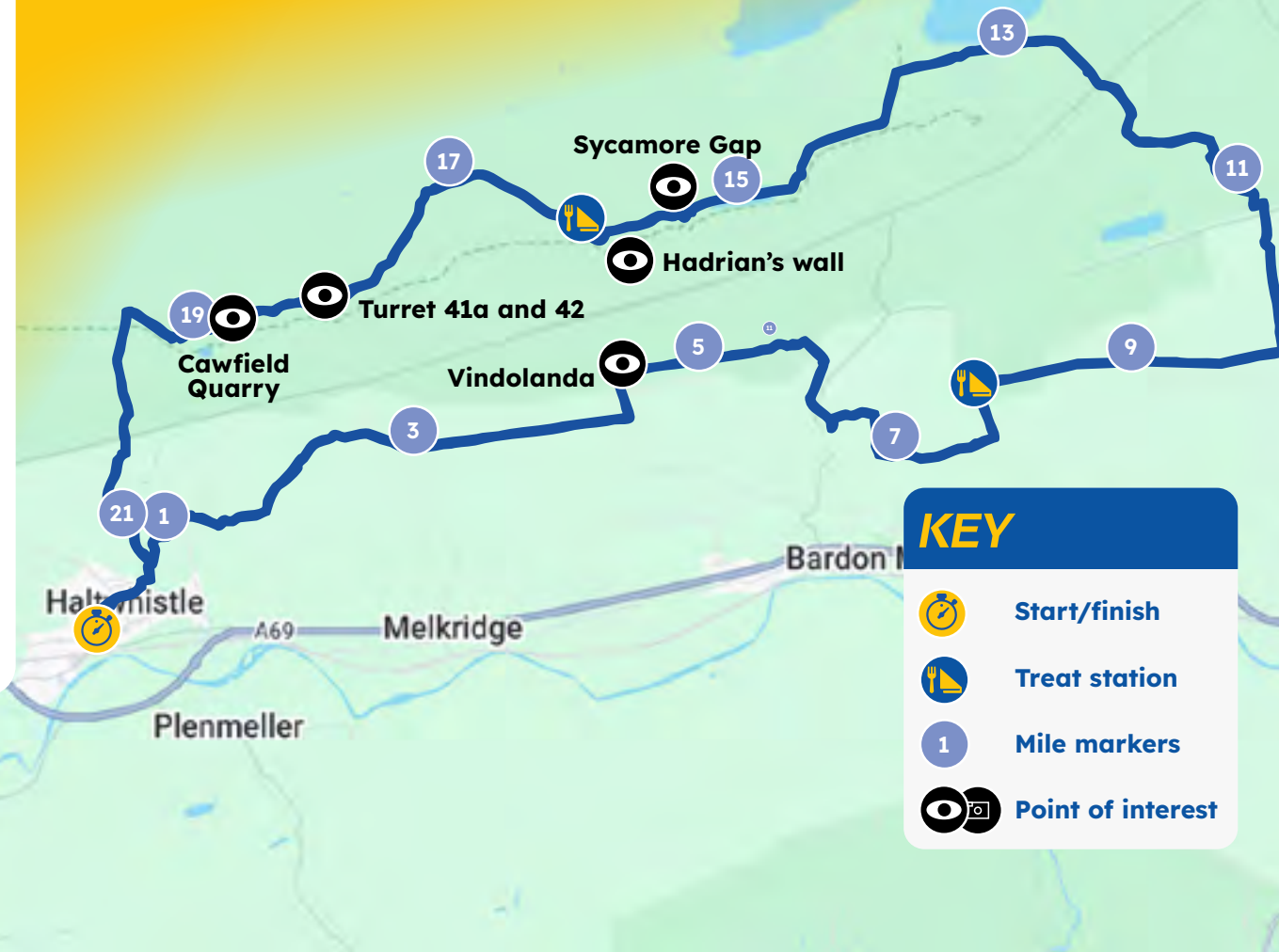
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# CROSSING THE FINISH LINE

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

**Postcode: NE49 0HY**  
**(W3W: cone.emulated.convey)**



# 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  
Charity reg no. 207994 (England & Wales), SC038731 (Scotland), M167.

