



BEAT THE TRAILS

AT THE MOURNES
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 14 June

PARKING

P Free parking at Kilbroney Park, BT34 3AA, open from 7am, (W3W: melts.apes.parkland)

EVENT VILLAGE



Aim to arrive 1 hour to 45 minutes before your start time.

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.
18 Mile Hike starts at 8am.
9 Mile Hike starts at 10am.

SHORT ROUTE

9 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.

Holy Cross Abbey

The Foundation Decree of the monastery states: "The aim of the Community of Holy Cross Monastery is to live the monastic life, according to the charism of our Benedictine Congregation of Saint Mary of Monte Oliveto.

Rostrevor Forest

Rostrevor Forest covers an area of 1,700 hectares and is home to a variety of wildlife including jays, sparrow

hawks, wood pigeons, red and grey squirrels, foxes and badgers.

Kodak Corner

Known for its stunning natural beauty, this spot is perfect for both amateur and professional photographers looking to capture the essence of the Irish landscape.

The Cloghmore Stone

The Cloghmore Stone is a 40 tonne granite boulder which was deposited here at the end of the last ice age, about 10,000 years ago. The views over Carlingford from this point are spectacular.

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.



LONG ROUTE

18 MILES

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

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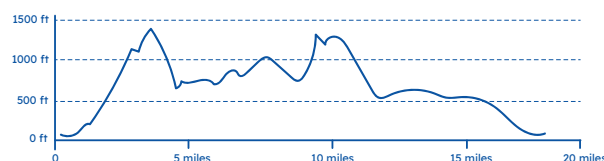
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KEY



Start/finish



Treat station



Mile markers



Points 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.

Kilbroney Park, BT34 3AA



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 village 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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