



Itinerary



Trek²⁶
London

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Overview

Experience the capital like never before, as you take on this epic trek around London. We'll experience everything from world famous tourist attractions to hidden corners of the city – taking in bustling streets, quiet green spaces and of course the iconic river Thames.

Our route will be a challenge whether you're taking on 13 or 26 miles. Although the terrain is relatively flat there are still some hills to conquer, and the added challenge of navigating through a buzzing city! Both routes pass some of London's most iconic landmarks including the London Eye, Westminster Abbey and Big Ben before heading back to the event hub for your well-deserved medal and glass of bubbly!

On the day

You'll meet all your fellow trekkers at the event hub in the morning where the first stop is registration. We know a challenge like this can be daunting, but you'll be trekking with people who have also experienced how tough dementia can be, just like you. We'll all be in it together. After registration there's just time for breakfast, a cuppa and your event day briefing. Then before you know it we'll all be joining in the big count down to the start!

Your day will take in a huge variety of sights including Buckingham Palace, the Houses of Parliament and St Paul's Cathedral. The 13 mile route will start and finish in Lambeth too, walking much of the same route but also discovering their own side of this city before re-joining the 26 mile trekkers to finish together.

Key Info

- **Level: Moderate**
- **Terrain:** City streets, green parks and tourist hot spots
- **Gradient:** Although relatively flat there will be some hills and some urban challenges including mostly tarmac underfoot and a generally busier environment
- **Highlights and Landmarks:** Classic London landmarks and hidden gems!
- **Route:** Both routes are circular starting and finishing together in Larkhall Park.

What's included?

As well as all the support from the team at the start and the celebrations at the finish, there will be plenty of opportunities out on the route at our checkpoints to rest, refuel and refresh before heading off to continue your challenge. You'll get your breakfast and lunch included, and there'll also be sweet treats and salty snacks at every checkpoint to keep your energy levels up and the opportunity to top up your water bottles too.

After your epic trek you'll be cheered over the finishing line and receive your well-earned medal and glass of bubbly! There'll be plenty of time to congratulate the friends you've made along the way and shout about your achievement with a selfie at the photo wall. As you cross the finish line, remember that you've brought us one step closer to a cure.

