



# Trek 26 Stonehenge

Itinerary

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## Key Info

- **Level:** Moderate
- **Terrain:** Steep valleys, rolling downs and woodland
- **Gradient:** An ongoing mixture of up and down hill but without any singular, long climbs
- **Highlights and Landmarks:** Salisbury Cathedral, Old Sarum, Stonehenge
- **Route:** 26 mile is circular and 13 mile starts at halfway point and finishes at the event hub with the 26 mile route

## Overview

This trek takes us on a journey through the highlights of Wiltshire, gateway to the West Country and home to the World Heritage site of Stonehenge. We'll be covering rolling downs and woodland before gazing at views that have barely changed in 5000 years.

Our route will be a challenge whether you're taking on the 13 or 26 miles. The terrain will be steep at times but you'll be rewarded with stunning views and a real sense of achievement when you return to the finish 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 Old Sarum the Iron Age Hill Fort, the tallest spire in

the UK at Salisbury Cathedral, roman roads, ancient burial mounds, Salisbury Plain, the river Avon and of course Stonehenge itself! Those taking part in the 13 mile trek will start from Patterdale School, and join the same route as those taking on the 26 miles so we all get back to the finish together.

## 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.



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