



# Itinerary



**Trek26**  
**Cotswolds**

**REGATTA**   
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## Key Info

- **Level:** Moderate
- **Terrain:** Mostly country tracks including the Cotswold Way
- **Gradient:** This route covers the Cotswold Way so will be undulating but without any significant climbs
- **Highlights and Landmarks:** Area of Natural Beauty, Sudeley Castle, Cleeve Hill
- **Route:** Both the 13 and 26 mile routes will start and finish at Postlip Farm about 15 minutes outside of Cheltenham. The routes follow the same path before the 13 mile head to the finish and the 26 mile heads further south.

## Overview

Explore the famously picturesque Cotswolds, an area of richly rural landscapes, with the Cotswold Way winding across some of the most stunning views in England. With more than 3,000 miles of footpaths and bridleways, you'll explore ancient woodlands, wildflower meadows and historic Cotswold stone villages.

Our route will be a challenge whether you're taking on the 13 or 26 miles. You'll cover a variety of terrains across footpaths, bridleways, farmland and picturesque villages. You'll finish together at Postlip Farm (sitting just underneath the famous Cleeve Hill, the highest point of the Cotswolds) where you'll be rewarded with a real sense of achievement and 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 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!

You will start and finish at Postlip Farm which sits just underneath the famous Cleeve Hill, the highest point of the Cotswolds, and right on the Cotswold Way. The 26 and 13 mile routes both take a circular route

north, across parts of the famous Cotswold Way before looping down to Cleeve Hill itself to witness the incredible views across the hills. The 13 mile then heads to the finish whilst the 26 mile route journeys south, taking in the beautiful Sudeley Castle and the rolling landscape before returning to the finish.

## 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 check points 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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