



Itinerary



Trek26
South Devon
Coast

REGATTA
GREAT OUTDOORS
Lead Sponsor



Key Info

- **Level:** Very Tough
- **Terrain:** A mix of coastal path with rough terrain in places, public footpaths and country lanes
- **Gradient:** This route covers the rugged South West Coast Path, so will have a series of sharp ascents and descents, some involving steep climbs
- **Highlights and Landmarks:** Area of Outstanding Natural Beauty, Brixham Harbour, Dartmouth, Dart Estuary
- **Route:** Both the 13 and 26 mile routes will start and finish at Steam Fields just outside of Brixham. Both routes spend significant time following the coastal path, meaning you have incredible views out across the sea for a large part of your trek.

Overview

Explore the stunning views across the water as you take on the South West Coast Path. You'll trek through woods, along cliff tops and past incredible beaches whilst glimpsing the famous Berry Head Lighthouse, the National Nature Reserve and Napoleonic forts. 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, coastal paths and country tracks. You'll finish together at Steam Fields 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! Your day will take in a huge variety of terrain and sights.

Both routes will start and finish at Steam Fields, just outside of Brixham, which sits almost directly on the South West Coast path. Both routes spend significant time following the coastal path, meaning you have incredible views out across the sea for a large part of your trek as well as views of bustling Brixham Harbour, the River Dart estuary and Dartmouth.

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.



Trek26
**South Devon
Coast**

REGATTA 
GREAT OUTDOORS
Lead Sponsor