



MARATHON WALK LONDON

UK • TREK • TOUGH

ABOUT THE CHALLENGE

Join us for this year's marathon walk around London, taking in some of the capital's iconic sights and less-visited corners. Our route passes locations used in 26 films, from classics including Chariots of Fire and The Italian Job to Bond and Harry Potter films, Bridget Jones's Diary, Love Actually, the Da Vinci Code ... and a huge variety of other hits of the silver screen. With some spots instantly-recognizable and others more obscure, we guarantee you will be hitting the pause button as you watch these films again – but you have to reach the end first!

See the Challenge Information tab to download our Frequently Asked Questions.

MARATHON WALK LONDON • 1 DAY

We meet early at our event hub near Borough Market (later for half-distance walkers) and, after a rousing warm-up and briefing, set off!

Heading along the Thames, we cross Tower Bridge and walk west towards the City, passing Cornhill and the Bank of

England. We walk north towards King's Cross and, after a lovely stretch through Regent's Park, our routes split, with half-marathon trekkers looping south via Leicester Square.

The full route passes Marylebone and Paddington Stations as we walk towards Portobello Road, and skirts Hyde Park to pass the Natural History Museum. After a stint in leafy Chelsea, we head back to Buckingham Palace and criss-cross the Thames, with the next few miles packed with sights including the London Eye, Houses of Parliament and Trafalgar Square.

Along the Strand and both routes re-join, passing Temple Gardens, Millennium Bridge, Shakespeare's Globe Theatre and St Paul's Cathedral before returning back via Borough Market to our atmospheric hub and the well-earned Finish Line.

Information en-route about the 26 film and 2 TV locations (fully representing 26.2 miles!) will hopefully help to keep your mind off the miles. There will be plenty of time for celebratory photos, relaxation and refreshments before heading back home - where you'll have an excuse to sit and watch a few of those films to celebrate!

WHAT'S INCLUDED

- Experienced Discover Adventure leaders and support staff throughout to manage the event safely and enjoyably
- Marshalling stops with water and snacks
- Packed lunch
- Maps and route information

WHAT'S EXCLUDED

- Travel insurance (optional)
- Personal items such as drinks, snacks and souvenirs
- Transport to and from the event
- Entry to any optional sites of activities
- Any applicable surcharges as per Terms and Conditions

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders and support crew. Our leaders are selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. You are in very safe hands with a Discover Adventure leader. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary, as well as vehicle support.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group, but at Discover Adventure we pride ourselves on our high leader: participant ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Open Challenge FAQs

Download your [Marathon Walk London FAQs](#) here. We hope that these answer all your questions but if there is anything else we can help you with please do give us a call!

PREPARING FOR THE CHALLENGE

Clothing

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. Training is all part of the preparation: inadequate training will impact on your enjoyment of the trip, and your chances of completing it. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace.

GRADE | TOUGH (3)

Trip grades range from Challenging (1) to Extreme (5).

TOUGH trips can involve tough terrain, a very rigorous day and weather. They are endurance events and demand good

stamina, fitness and a determined attitude.



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 4 Jun 2018, and the challenge is subject to change.