



TRAIL ESCAPE

**EDINBURGH
12 SEPTEMBER 2026
PARTICIPANT GUIDE**

WELCOME

We are delighted to welcome you to Trail Escape EDINBURGH 2026!

We can't wait for you to escape and explore the beautiful trails that surround this amazing city. It will be an unforgettable run or hike.

We are joined this year by partners, Tenzing, Runna, Walk Wheel Cycle Trust, Athletic Brewing, Your Photo Finish, Livewell, and thank them for their support.

We would like to thank Edinburgh City Council, Castlelaw Farm, Bonaly Country Park, and the Pentland Hills who have allowed us to use their trails and sites for our event.

Our thanks also goes out to our fantastic volunteers and marshals who will help bring the event to life and will ensure you have an enjoyable and safe experience.

Finally, from all of us at Trail Escape, thank you for joining us.



BEFORE THE EVENT

MEDICAL ADVICE

It is important to be fit and healthy before taking on a marathon or 25km. If you are ill or injured in the run up to the event, it is not advisable to take part and you should withdraw from the event. You can [defer entry](#) on the website.

If you have a family history of heart disease or sudden death or a high risk from high cholesterol or high blood pressure, and particularly if you have symptoms of heart disease (such as chest pain or discomfort on exertion, sudden shortness of breath or rapid palpitations), then you should see your GP before you take part. They can then arrange for you to have a proper cardiac assessment.

UPDATE YOUR MEDICAL DETAILS

If your medical details have changed since you signed up, **please ensure that these are updated via your [EASOL account](#) prior to Monday 7 September 2026**. In the event of a medical emergency on event day, these details will support our medical teams in treating any patient who becomes unwell during the event.

Please also complete the medical details on the back of your number.

Whilst we understand that withdrawing from the event is disappointing after so much training, it is not worth the risk to you and your health. Severe exertion and physical activity during or soon after an illness or injury can be dangerous.



BEFORE THE EVENT

PAINKILLERS

Anti-inflammatory gel or oral painkillers like paracetamol can be helpful if you experience muscular pain during or after the marathon or 25km run.

If you are running the 25km or marathon, please avoid taking oral anti-inflammatories such as ibuprofen or naproxen as these can have a negative impact on the kidneys and stomach, and therefore should be avoided within 48 hours before, during, and after the marathon or 25km run.

HYDRATION

Drink only to thirst while you are running the 25km or marathon. You need to replace some of the fluid you lose but you do not need to drink large amounts. Drinking too much during or after you finish can be dangerous as it can cause hyponatremia (water intoxication) which can lead to seizures, fits and even death. Rehydrate gradually in the 24 to 48 hours after you finish. Eat some salty food and stagger your drinks.

OVERHEATING

If you have ever collapsed due to heatstroke (rather than from exhaustion and recovered within minutes), we advise that you do not take part in the marathon run and should consult your GP prior to any runs longer than a few miles.

KIT REQUIRED

MANDATORY KIT

Personal drinking vessel: e.g. collapsible cup / water bottle / running bladder / hydration system

500ML minimum for the 25km and marathon hike AND 1 litre minimum for the marathon run. This must be full on arrival.

We are a cupless event and will not provide cups at Aid Stations.

Smartphone (fully charged): The participant must be reachable at any time before, during and after the race. This is also advisable for your own safety and ability to contact us.

RECOMMENDED KIT

Waterproof jacket: In case of bad weather we recommend a waterproof and breathable jacket with hood for bad weather.

Footwear: Trail running shoes or hiking/walking boots are recommended to ensure your safety, stability and comfort on a variety of terrains throughout the event.

Food / nutrition: we suggest carrying your preferred energy gels and a snack bar / banana. There will be items at Aid Stations but it's ideal to have a reserve.



BEFORE THE START

WATER - PLEASE BE PREPARED

We are a cupless event.

Please ensure you bring your own drinks bottle / running bladder, **full**, ready for your start. We will be checking you have a full drinking bottle / bladder before letting you in to the start pens.

There will be refill points along the route at Aid Stations.

WHEN TO ARRIVE

Please arrive at least **45 minutes ahead** of your start time. This will allow you plenty of time to use the toilets and use the bag drop if you require it.

CAR PARKING

There is limited, free car parking close to the start at Corn Exchange.

We are not able to provide bookable car parking spaces. Please plan ahead and make sure you know where you are parking or what transport you need.



GETTING TO THE START

LOCATION

[View on Google maps](#)

6 Ford's Rd, Edinburgh EH11 3HP

Our aim is to make Trail Escape as accessible as we can, starting from city based locations. The start/finish is in Saughton Park, which has great access to public transport.

ACCESS POINTS

- Gorgie Road gate, at the intersection of Gorgie Road and Balgreen Road
- Balgreen Road access, at the intersection of Balgreen road and Stevenson Drive, opposite Balgreen Primary School
- Stevenson Drive access, opposite Whitson Crescent

BY BUS

- Gorgie Road gate
- Saughton Park stop - 3, 25, 30, 33
- Saughton Rose Gardens stop - 30, 38, X27, X28
- Balgreen Road access and Ford's Road gate
- Balgreen Primary School stop - 1, 2, 22, 38
- Stevenson Drive access
- Whitson Crescent stop - 1, 2, 22

BY BIKE / ON FOOT

The Water of Leith Walkway and the John Muir Way between pass through the middle of the Park. Saughton Park is also well served by a number of on-road and off-road cycle paths.

Edinburgh Council Quiet Routes 8 and 9 connect with the Water of Leith Walkway next to Murrayfield Stadium. Sustrans National Routes 75 and 754 connect with the Water of Leith Walkway at Slateford.

Bicycle stands can be found at the Ford's Road gate and Winter Gardens gate.

BY TRAM

The Balgreen road access point is a 4 minute walk from the Edinburgh Trams Balgreen tram stop.

EVENT PACKS / BIB NUMBERS

RACE PACKS MUST BE COLLECTED FROM THE INFO TENT AT THE START LOCATION IN SAUGHTON PARK ON:

- Saturday 12 September, from 7am

Please ensure you have your booking reference number for you and any runners / hikers under your booking for collection.

YOUR EVENT PACK WILL CONTAIN:

- Your bib number
- Your baggage tag (attached to the bottom of your running number)
- Safety pins
- A GPS tracker (marathon only)

Please look after your bib number. On the reverse of your bib, you will find a medical information form.

Make sure you fill out the medical information form on the back of your bib - this could save your life in an emergency.

We will need to see your bib number on the day to ensure your time is accurately recorded. On event morning, **please pin this to the front of your top where marshals will be able to see it.** Pinning to your shorts or back, may mean we can't take your result at the finish.

Your baggage label will be attached to the bottom of your bib number. Please detach it carefully and attach it to the bag you wish to place in bag drop.



Name:
 Nom / Nombre / Name / Nome / Nazim / Nome

Address:
 Adresse / Dirección / Adresse / Indirizzo / Adres / Endereço

Emergency Contact Name:
 Nom à contacter en cas d'urgence / Número del contacto de emergencia / Nothell kontaktnome / Nominativo per contatto di emergenza / Contactpersoon in geval van nood / Nome do contato de emergência

Emergency Contact Number:
 Numéro de contact en cas d'urgence / Número de contacto de emergencia / Nothell kontaktnummer / Numero di emergenza / Contactnummer voor noodgevallen / Número de contato de emergência

Health Risk Factors:
 Problèmes de santé / Problemas de salud / Gesundheitsprobleme / Problemi di salute / Gezondheidsproblemen / Problemas de saúde

Current Medication:
 Médicament / Medicamento / Medikation / Farmaco / Medicatie / Medicamento

Allergies:
 Allergies / Alergias / Allergien / Allergie / Allergien / Allergien

sportstiks® T: +44 (0)1277 281920 | E: sales@sportstiks.com | W: sportstiks.com

AT THE START

BAG DROP

The bag drop will open at 07:15 at the start.

Please ensure you have attached your baggage tag to your bag before handing it over to the baggage team - this can be found on the bottom of your running bib and is perforated to allow you to easily detach it.

Please note that you will need to show your bib number to the baggage team after the event to collect your bag.

Please do not try to give our team anything more than one standard size rucksack or similar as they may not take it. VALUABLES ARE LEFT AT YOUR OWN RISK.

TOILETS

There will be toilets at the start, finish and at the aid stations in Bonaly Country Park, and on Water of Leith - aid stations 1, 3 and 4 on Marathon route and all three aid stations on 25km route.

PLEASE ensure you arrive in good time to use the toilets ahead of your event.

KEEPING WARM

If you choose to wear old clothes before the start to keep warm, please discard these items before the start line. Please do so by leaving them either side of the start pens.

Please do not use bin bags to keep warm - they cannot be recycled and are slippery and dangerous when wet.



AT THE START

START PROCESS AND PENS

We will have separate start times for runners and hikers. The start chute will be divided into different pens.

We will not be allocating you a start pen.

Please choose the appropriate pen based on your aims / fitness.

For example, if you are looking to run for a time and you are a confident, competent trail runner we suggest you start near the front. If this is your first trail event and you are looking to run/jog/walk, we suggest you start further back in the pens.

START TIMES

Please note that the run and hike have different start times.

- **MARATHON & 25KM RUN:**
08:00
- **MARATHON & 25KM HIKE:**
08:30



TRACKERS FOR MARATHON

AT THE START, MARATHON PARTICIPANTS MUST COLLECT A PERSONAL TRACKER

We are pleased to let you know that we will hand out personal tracking devices to marathon participants at the start of the event to wear throughout your challenge. Please ensure you set off with this device. (25km participants will not require one.)

Due to the nature of the route; the location, phone signal and elevation we want to ensure you are all as safe as can be, and that we can find you should you get lost or need to stop along the route for any reason.

You MUST hand these back at the finish - please ensure you do so or charges may be applied for loss or damage to them.



AID STATIONS

AID STATIONS

Aid Stations will provide a variety of hydration, snacks and fuel. Sandwiches* will be available to marathon hikers.

AID STATION 1

(Mile 7 / 11km of marathon and 25KM route)

- HYDRATION ONLY - WATER & SQUASH

AID STATION 2

(Mile 12 of marathon route ONLY)

- HYDRATION - WATER & ELECTROLYTE
- DRIED FRUIT PACKS
- CRISPS / SALTY SNACKS
- TENZING DRINKS
- FRESH FRUIT
- SANDWICHES* (*marathon hikers only*)

AID STATION 3

(Mile 17 / 27km of marathon route or Mile 10 / 16km of 25km route)

- HYDRATION - WATER & ELECTROLYTE
- DRIED FRUIT PACKS
- CRISPS / SALTY SNACKS
- TENZING DRINKS
- FRESH FRUIT

AID STATION 4

(Mile 22 / 37km of marathon route or Mile 13 / 20km of 25km route)

- HYDRATION ONLY - WATER & SQUASH
- TENZING DRINKS
- SWEETS

ENERGY GELS

Please note we will **not** be providing energy gels and you will need to bring your own if you wish to consume gels on the route. Please dispose of wrappers in bins or take them away with you.

IMPORTANT: CUPLESS EVENT

We will **not be providing cups** to drink from. Please ensure you bring your own drinks bottle / running bladder to refill and drink from.

Marathon runners / hikers must leave Aid Station 1 with a full water bottle ahead of the climb up to Allermuir Peak

TOILETS

Aid Stations 1, 3 and 4 will have toilets. There will be free period products available at the Aid Stations (not in the portaloos themselves due to lack of shelving / hooks). Please ask a member of the Aid Station team if you require these. They will be available in bags you can use to then dispose of in the bins.

** If you have any allergies and are a marathon hiker that plans on taking the sandwich option, please contact us: support@trailescape.zendesk.com*

ON THE ROUTE

COURSE CUT-OFF TIMES

As part of our agreement with the local council, **there is a course cut-off time of 10hrs**, which is less than 3 miles per hour. **However, we aim to support every participant to the finish line, whatever their pace is.** The routes will be clearly marked and marshalled to ensure participants don't get lost.

Should you fall behind this pace, our team will be stopping participants at Aid Station 4 who will not meet the cut-off time and will provide shuttles to the finish in Edinburgh.

DOGS

You can run or hike with one dog.

Control of your dog is required at all times. Please use a short lead or canicross harness not an extendable lead.

Owners are required to have liability insurance (or family insurance) for any damages that their dog may commit, or injuries that the dog may cause. **Please see our rules in the [FAQs](#) under 'General' for more info.**

WHEELED DEVICES

No wheeled vehicles/devices, including wheelchairs and buggies/ strollers. The terrain is not suitable or safe.

FIRST AID & DROPPING OUT

Should you require medical attention, there will be medics at each Aid Station. If you feel unable to complete the event, inform a member of the event team or medical team of your decision to drop out. **If you need assistance back to the finish line, please call 07303 120741. In case of an emergency, always call 999 first.**



ON THE ROUTE

DISTANCE MARKERS & WAYFINDING

The routes will be clearly signposted to ensure you do not get lost with approx 500 signs.

If you get lost, please stop and call **07303 120741*** or trace your steps back to the nearest marshal or Aid Station and ask for help.

**Please note this is not a customer service number, if you have general queries email support@trailescape.zendesk.com*

LIVE ROAD CROSSINGS - IMPORTANT

There will be traffic management operatives / marshals to support at all key road crossings. BUT please do not rely on them entirely to get you across the road.

PLEASE STOP, LOOK AND LISTEN AT ALL ROAD CROSSINGS AS YOU WOULD NORMALLY TO CHECK FOR CARS YOURSELF. DO NOT JUST RUN ACROSS.

If you do you may be disqualified from the event. Cars can still ignore advance caution signs, so please don't take the risk.

There will also be points where you will be running or walking along live country lanes. These will be marshalled and will also have directional signage to instruct both participants and drivers to help ensure your safety. Please make sure you follow these instructions and take care at all times.

LEAVE NO TRACE

Please ensure you dispose of waste responsibly. If you cannot find a bin, please take your wrappers or waste with you until you do.

**CAUTION!
LIVE ROAD
CROSSING
AHEAD**

MARATHON ROUTE

This event will start and finish in Saughton Park.

Follow a traffic-free route along tranquil green corridors out of the city to easily reach the stunning Pentland Hills.

The route is challenging but worth the effort for breathtaking views back towards the city, the route will return back into the city and the well earned finish line.

Please be aware there is over 1,200m climbing on this route, with at least one climb that has very steep sections - walking these climbs is strongly advocated.



STRAVA ROUTE →

25KM ROUTE

The 25KM route starts and finishes at the same location as the marathon at Saughton Park.

You will follow the same route as the marathon out of Edinburgh to the Pentland Hills, which has amazing views of Edinburgh.

After enjoying breathtaking views back towards the city, the route will take you back toward Saughton Park and rejoining the green corridor to return back into the city and the well earned finish line.



STRAVA ROUTE →

AT THE FINISH

FINISH AREA

The finish area is located back at Saughton Park. Once you cross the finish line please keep moving to create space for anyone finishing behind you.

FIRST AID

Should you feel unwell, please make yourself known to a member of the medical team immediately.

MEDALS AND T-SHIRTS

You will be able to collect a finisher medal and T-shirt if you choose to take one. T-shirts will be available in men's and women's sizes.

BAG COLLECTION

If you dropped a bag with us, this will be ready for you to collect from the same location.

Please show your bib number to the baggage team to collect your bag.

MEET & GREET

There is plenty of space to arrange to meet with friends and family.

RESULTS

Results will be available as runners / hikers finish on the Trail Escape website.



AT THE FINISH

TENZING & ATHLETIC BREWING

Enjoy an alcohol-free beer provided by our partner Athletic Brewing as well as natural energy drinks from Tenzing!

FREE MEDAL PHOTO FROM YOUR PHOTO FINISH

Stop by the finishers board for your medal photo taken by Your Photo Finish, which is available for FREE after the event! Galleries will be available no later than 48 HOURS after the event.

Sign up [here](#) to receive an email notifying you when the galleries go live, be notified when your event images are available plus 10 % discount on Your Event Photos. Two great reasons to sign up!

LIVEWELL RECOVERY HUB

The LIVE | RECOVER Recovery Hub will be at the finish line. A team of highly qualified sports therapists and physiotherapists will provide our finishers with a range of treatments to aid your recovery post 25km or marathon.

From massage and taping to compression boots (so much fun!) they will kickstart your recovery!

[Book in advance](#) with a **50% discount** or pay on the day.



THANK YOU TO OUR AMAZING PARTNERS

TENZING®

 **Walk Wheel
Cycle Trust**


**ATHLETIC
BREWING CO.**

 **Runna**

YOUR — PHOTO
FINISH

 **LIVWELL**

**2027 ENTRIES WILL OPEN
SOON AFTER THE 2026
EVENT.**

MORE INFO COMING SOON.