



TRAIL ESCAPE

**BRISTOL-BATH
26 SEPTEMBER 2026
PARTICIPANT GUIDE**

WELCOME

We are delighted to welcome you to Trail Escape BRISTOL-BATH 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, and Your Photo Finish, and thank them for their support.

We would like to thank South Gloucestershire and Bath & North-East Somerset Councils, and Bristol & Bath Science Park 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 21 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 that is 500ML minimum, and which 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.

WE ALSO ADVISE YOU DOWNLOAD AND HAVE THE [GPX FILE](#) ON YOU. The routes will be checked the night before the event and again on event day before the start. Signage is in place with hundreds of signs but we often experience locals removing signs.

OVERALL - do not rely solely on GPX: follow our signs first and GPX if necessary.

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.

EVENT CONTROL NUMBER

Please save the Event Control number to your phone **07303 120741** in case you need assistance on the route. (This is not a customer service number.) **In case of an emergency, always call 999 first.**

WHEN TO ARRIVE

Please arrive at least **45 minutes ahead** of your start time. This will allow you plenty of time before your start.

CAR PARKING

Car parks open at 06:00. Your car must be removed on 26th September (it can't be parked overnight).

- **8:15 / 08:30 START WAVE PARKING** - IAAPS Limited
(Newlands Lane, Emersons Green, Bristol, BS16 7PT) [View on Google maps](#)
- **9:15 START WAVE PARKING** -
Dirac Crescent at B&B Science Park [View on Google maps](#)

Tickets will be issued to you digitally to show attendants on your phone.



GETTING TO THE START

LOCATION

[View on Google maps](#)

**Bristol & Bath Science Park, Dirac Cres,
Emersons Green, Bristol BS16 7FR**

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

SHUTTLE BUSES : BATH TO BRISTOL

- We are providing shuttle buses from Royal Avenue, which is opposite the Victoria Park bandstand at the finish in Bath, to the start sites.
- **Shuttles buses will leave at 06:00 / 06:15 / 06:30 / 07:30 / 07:45 / 08:00**
- We strongly advise those doing the 08:15 or 08:30 start are on the one of the first three buses.
- Those doing the 09:15 start should catch the 3rd, 4th or 5th bus.

YOUR SHUTTLE TICKETS

Your bus tickets / confirmation will be emailed to you ahead of the event.

Please print or have these on your phone for boarding the bus. Please do not try and board the buses without one, you will be turned away as there are limited seats available.

The buses will not take dogs unless they are assistance dogs.

PUBLIC TRANSPORT

BY TRAIN TO SCIENCE PARK:

The closest station to the Science Park is Bristol Parkway station, 4 miles from the Science Park. You could book a taxi from here to the venue. Plan your journey in advance.

BY BUS:

There are a number of bus options in addition to the Metrobus M3, an express service to and from the Centre of Bristol operated by First Bus, which runs at least every 20 minutes - timetables can be found [here](#).

EVENT PACKS / BIB NUMBERS

RACE PACKS MUST BE COLLECTED FROM THE INFO TENT AT THE START LOCATION IN BRISTOL & BATH SCIENCE PARK ON:

- Friday 25 September, 4pm - 7pm from Bristol & Bath Science Park (Info Tent)
- Saturday 26 September from the Info Tent at the start - 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 & timing chip
- Your baggage tag (attached to the bottom of your running number)
- Safety pins

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 / Nome

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

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

Emergency Contact Number: _____
Número de contact en cas d'urgence / Número de contacto de emergencia / Nothall 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 / Medicine / Medicamento

Allergies: _____
Allergies / Alergias / Allergien / Allergie / Allergien / Alergies

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AT THE START

BAG DROP

The bag drop will open at 07:15 at the start. Bags will be transported to the finish in Bath for you.

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. 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.

TRUE START COFFEE

There will be samples of iced coffee available from the True Start team at the start. Limited availability though, so don't delay if you want one!



AT THE START

START PROCESS AND PENS

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.

REMEMBER - THIS IS NOT A RACE!

START TIMES

- **MARATHON RUN & HIKE:**
08:15
- **25KM RUN & HIKE:**
WAVE 1 - 08:30
WAVE 2 - 09:15

If you booked the 25km BEFORE Wednesday 6th May 2026, your wave start time is 08:30, unless you have arranged with us otherwise.

If you entered the 25KM run or hike, ON OR AFTER Wednesday 6th May 2026: your wave start time is 09:15.



AID STATIONS

AID STATIONS

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

AID STATION / STOP 1

(Mile 3&5 of marathon only)

- HYDRATION ONLY

- Water & squash

AID STATION / STOP 2

(Mile 13 of marathon, mile 5/8km of the 25km)

HYDRATION TO INCLUDE:

- Water & electrolyte

- FOOD ITEMS :

- Dried fruit & nut packs
- KIND bars or flapjacks
- Crisps
- Tenzing drinks
- Fresh fruit
- Sandwiches* (*marathon hikers only*)

AID STATION 3 /STOP 3

(Mile 18 / 30km of marathon or Mile 9 / 14km of 25km)

HYDRATION TO INCLUDE:

- Water & electrolyte

FOOD ITEMS :

- Dried fruit & nut packs
- KIND bars or flapjacks
- Crisps
- Tenzing drinks
- Fresh fruit

AID STATION 4 / STOP 4

(Mile 23 / 39km of marathon or Mile 14 / 22km of 25km)

HYDRATION TO INCLUDE:

- Water & squash

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.

TOILETS

Aid Stations 2, 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.

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 3 or 4 who will not meet the cut-off time and will provide shuttles to the finish.

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.

**This is not a customer service number, general queries email support@traileescape.zendesk.com*

CYCLE PATHS

A section of the route shares a cycle path - please be vigilant in checking for bikes and run single file.

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.



SIGNAGE EXAMPLES



ON THE ROUTE

HEADPHONES

We strongly recommend you do not wear headphones while taking part, to ensure your safety and the safety of others so that you can hear what is going on around you at all times and concentrate on the signage you need to follow. Plus, it's beautiful out there - listen to the trees and the birds!

LIVESTOCK AND ANIMALS

Please be mindful of any livestock or horses that may be in neighbouring fields as you pass through.

Do not run at them or approach them - PLEASE PASS QUIETLY AND CAREFULLY.

CYCLE PATHS - CHECK FOR CYCLISTS

There is a section of the route early on into the 25km event and later into the marathon (**pictured**), which runs along an old railway line (Bristol and Bath Railway Path) past the former Warmley Station, which is also used by cyclists.

Please be vigilant in checking for bikes and run single file for your safety and that of any cyclists.



MARATHON ROUTE

The route will follow a traffic-free 'green corridor' to pick up well established and maintained trails. Participants will enjoy stunning views over Bristol as well as relatively 'gentle' first sections as they head into the picturesque and relatively flat South Gloucestershire countryside.

The tougher (but most rewarding) final section enters the Cotswolds AONB (Area of Outstanding Natural Beauty).

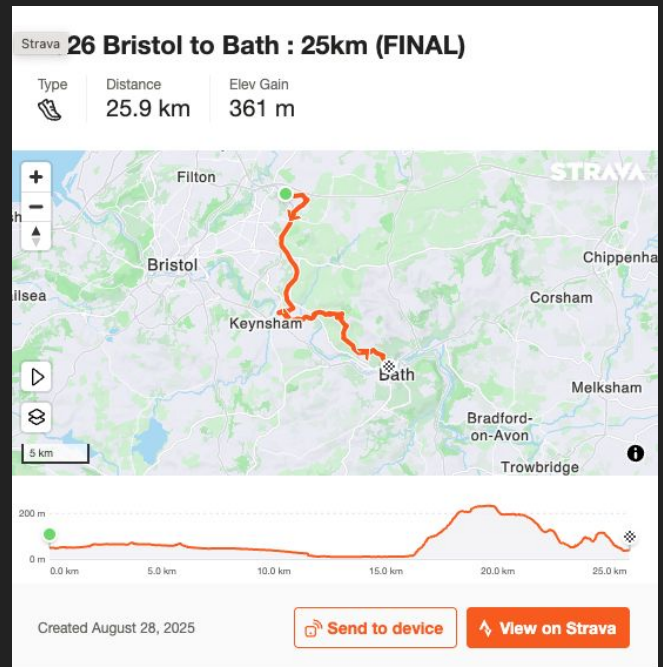


**STRAVA / GPX
ROUTE →**

25KM ROUTE

The 25KM route also takes in stunning views over Bristol and picturesque and relatively flat South Gloucestershire countryside.

The tougher (but most rewarding) final section enters the Cotswolds AONB (Area of Outstanding Natural Beauty).



STRAVA / GPX ROUTE



AT THE FINISH

FINISH AREA

The finish area is located by the bandstand in Royal Victoria Park, Bath. 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.

TOILETS

There will be toilets in place at the finish.



AT THE FINISH

SHUTTLE BUSES

If you booked a ticket, buses will take finishers back from Royal Avenue, opposite the Victoria Park bandstand in Bath, to the start site.

They will leave :

- 11:00
- 11:45
- 12:30
- 13:15
- 14:00
- 14:45
- 15:30
- 16:15
- 17:00
- 17:45
- 18:30

The journey time is approximately 45 minutes

YOUR SHUTTLE TICKETS

Your bus tickets / confirmation will be emailed to you ahead of the event.

Please print or have these on your phone for boarding the bus. Please do not try and board the buses without one, you will be turned away as there are limited seats available.

The buses will not take dogs unless they are assistance dogs.

PARKING AT THE FINISH

Please note we are not offering parking in Bath prior to the event or after. Public parking must be sought. Please check apps like JustPark.



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!

TRUE START COFFEE

As well as being at the start, True Start will be at the finish handing out their delicious coffee samples.

RESULTS

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

ENTER 2027

Entries are already open for 2027 at the Super Early Bird rate.

If you want to sign up, don't wait as spaces will be limited.



THANK YOU TO OUR AMAZING PARTNERS

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