

# TREK THE LIZARD MARATHON WITH TEMWA



**WHEN:** Saturday 16th September

**WHERE:** The Lizard Heritage Coast

**DISTANCE:** The length of a marathon (26 miles in total!)

**AGE RESTRICTIONS:** 14+

**REGISTRATION FEE:** £15

**MINIMUM SPONSORSHIP TARGET:** £250

## About the Event

Get your hiking gear on and get ready to join #TeamTemwa for this mammoth 26 miles marathon trek along Cornwall's picturesque lizard heritage coastline. This trek will see you take in the unique and interesting landscape situated within Cornwall's Area of Outstanding Natural Beauty. You'll head via the coastal path through the picturesque fishing village of Coverack before eventually reaching Lizard Point where you'll be able to stand right on the tip and look out across the sea from the most southerly point on the UK's mainland. From here you'll head north on the west coastal path before reaching your end point at Mullion Cove.

There are two shorter route options available with this trek. You can choose to meet the group part-way in Porthoustock, joining here means you will trek 19 miles of the route, or you may join the trek at Lizard Point meaning you will complete 5.5 miles of the route. For those needing to drive over the night before there is accommodation available (please read on for details.)

Every step you take on this trek you will be helping to ensure that rural communities in Northern Malawi have the tools they need to become thriving, inclusive and self-reliant communities that are equipped to deal with the harsh realities of the climate crisis, so why not get involved!

## How Your Support Can Help Transform Lives

£16 could provide a family with access to safe clean drinking water

£35 could contribute towards materials, including seeds and tools, for farmer groups

£59 could buy material support for Village reading groups for a year

£216 could provide funding for a child to attend secondary school for a year

## About Temwa

Temwa's mission is to develop self-sufficient communities by supporting projects in education, health, agriculture, and forestry in remote communities in Malawi. Each year, around 10,000 people directly benefit from our work across these 3 programme areas.

Since our inception, we have accomplished some incredible feats;

- 5,200 farmers have been trained in sustainable agriculture
- 35,900 people have been tested for HIV
- 1,500 students are now literate after attending our Reading Camps.
- 8,595 people now have access to clean water in their homes.
- 1,300 entrepreneurs have been supported to set up small enterprises
- 1.5 million trees have been planted to reduce deforestation



## Trek Itinerary

- You'll meet at the starting point at Treglossick Farm in St. Keverne (Treglossick farm, St Keverne, Helston TR12 6PS) Saturday morning at 9:30am to begin the trek.
- Starting from here you'll head south to the hamlet of Porthoustock on the east coast of the Lizard Peninsula.
- From here you'll carry on along the coastal path until you reach the beautiful fishing village of Coverack.
- After taking in the wonderful views you'll keep trekking the coast until you reach the town of Lizard when you'll be able to stand right on Lizard Point.
- For the final stretch, you'll continue northwards until you arrive at the harbour in Mullion Cove.
- **Please note: You will need to make your own transport arrangements transport both to the starting point and from the end point.**



## How To Get There and Where to Stay

- **Transport:** The easiest way to get to the start point at Treglossick Farm is by car as there are no direct public transport options. Getting to the farm via public transport from Bristol involves either taking the train to Redruth or Camborne and then getting local buses to St. Keverne where the farm is based. Alternatively you can get a bus to Truro and then local buses from there.
- **Accommodation:** For those planning to travel from outside of Cornwall and in need of accommodation there is various different options available to suit your budget. There will be a high end luxury accommodation option available at the Treglossick Farm (the starting point of the trek), mid-range bed and breakfast options in St. Keverne or a low-budget hostel option in Coverack. Please get in contact with Beth at [beth.gormley@temwa.org](mailto:beth.gormley@temwa.org) to get more information on all accommodation options.

**SIGN UP NOW!**

**Thanks for your interest in fundraising for Temwa**

## Meet your Trek Leader Dan

Dan is a science teacher from Cornwall whose passions are climbing and mountain walking. He loves exploring remote mountains and has been fortunate enough to organise many expeditions to areas such as the Tian Shan range in Kyrgyzstan, the Outer Hebrides in Scotland and the Anti-Atlas mountains in Morocco.

Dan has been running expeditions with schools for many years. He is fully first aid trained and qualified with the Mountain Training Association as a Mountain Leader and Rock Climbing Instructor.



## What you'll need for the Trek

As the weather can be so unpredictable it is best to be prepared. We strongly recommended having the following items:

- Appropriate footwear
- Waterproof jacket (weather dependent)
- Warm outdoor wear (weather dependent)
- Suitable Trekking trousers (not cotton or jeans)
- Sunscreen and sun hat
- Water – at least 2 litres

## Getting Started

1. Sign up to the event using the google form [here](#)
2. Pay the registration fee
3. Contact Beth at [beth.gormley@temwa.org](mailto:beth.gormley@temwa.org) for accommodation options (if needing).
4. Once registered, receive a Temwa Fundraising Pack
5. Set up your fundraising page (see fundraising pack for full details)
6. Spread the word & start preparing!
7. Complete your challenge!



**JustGiving**

**THANK YOU AND GOOD LUCK!**



**Web: [www.temwa.org](http://www.temwa.org)**  
**Email: [info@temwa.org](mailto:info@temwa.org)**

**Phone: +44 (0) 117 287 2892**  
**Charity No. 1185889**