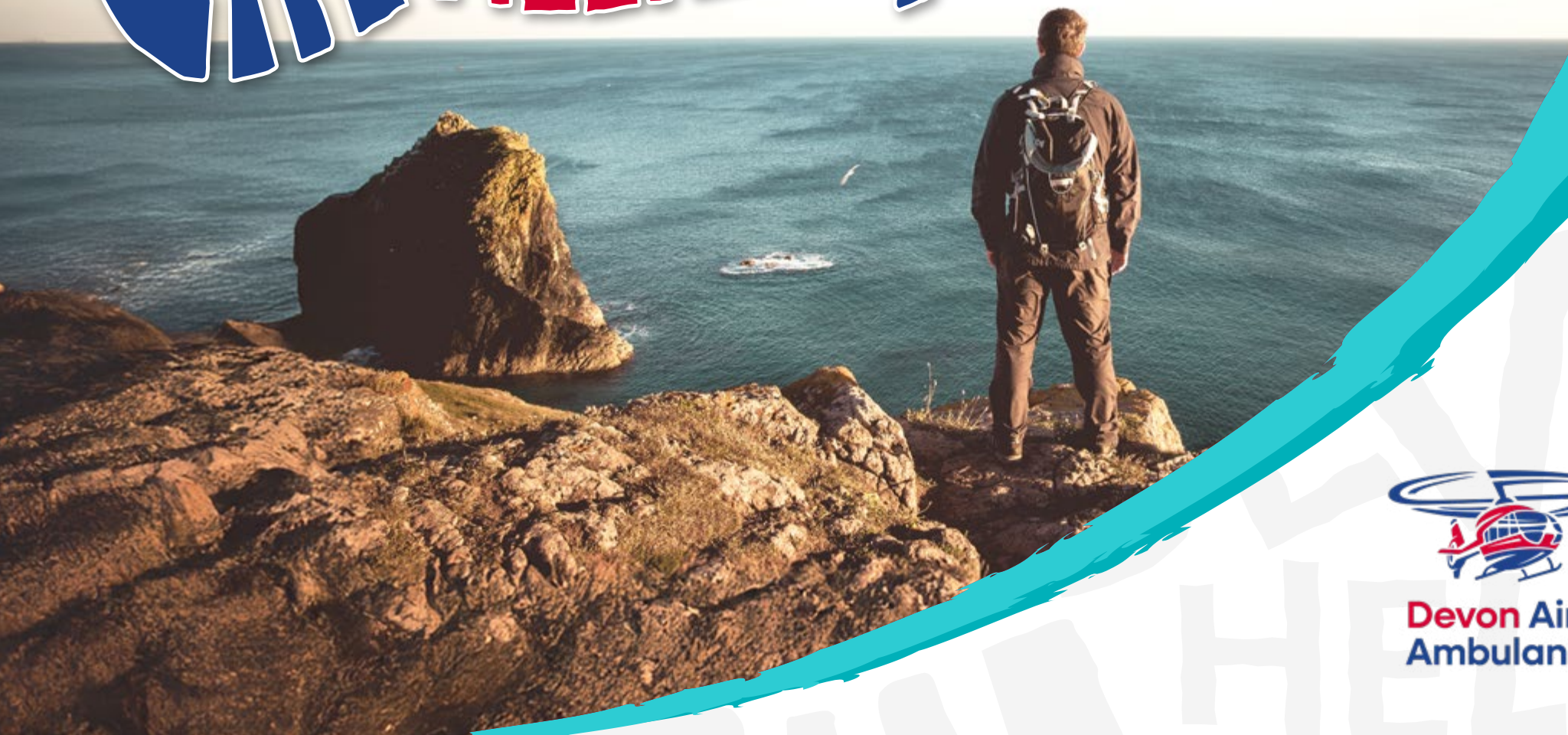


# DEVON HELIHIKE 2026



Devon Air  
Ambulance

# THANK YOU

## & congratulations

By taking on this huge challenge, your efforts will make an enormous difference to the people of Devon, impacting lives now and in the future.

Split into three distances (6, 14 and 26 miles), the Devon Heli-Hike follows the South Devon Coast Path and encourages fundraisers to take on a new challenge while supporting our lifesaving work.

By signing up to fundraise for your place on this challenge, you are helping our crews to save lives across Devon and beyond.

The £200 fundraising target set for everyone is not just a token amount. This money will help with the purchase of new equipment, such as Paediatric airway SCRAM bags – the kit required to resuscitate, oxygenate and ventilate a child (circa £200).

By exceeding the £200 target, your efforts will fund more advanced equipment like suction units or syringe drivers, all of which are used by our paramedics to aid patients in their most vulnerable moments every single day.

Your fundraising makes a huge impact and reminds us that as a local charity and with the support of our Devon community we are...

**Saving lives. Together**





**“Hiking and  
happiness go  
hand in hand  
or foot in boot.”**



**Devon Air  
Ambulance**



**– Diane Spicer**

# EVENT HUB

Mount Folly Farm plays host to the Devon Heli Hike Event Hub, where participants and spectators can enjoy breathtaking views and delicious refreshments while cheering on our Heli Hikers.

## Opening time

The Event Hub will be open from 06:30am, giving you a chance to get registered and warmed up. Hiking start times can be found on the next page.

## Parking

Park at Mount Folly Farm for £5 and leave your car securely for the whole day. Pay by cash or online payment is available upon entry. Keep an eye out for our marshals who will be on-site to guide you.

The parking area is within a campsite, so please be respectful to the nearby campers and keep noise to a minimum in the morning. All Devon Heli Hike routes are circular, starting and finishing at the same location!

## Event village catering

Mount Folly Farm has an ice cream and milkshake parlour which sells their own delicious dairy. Pizzas available for purchase for trekkers and spectators in the Event Hub after you finish thanks to Bigbury Pizzas!



**Mount Folly Farm**  
Kingsbridge, TQ7 4AR  
What3Words: ///comical.mush.ready



# HIKE INFO

Mount Folly Farm plays host to the Devon Heli Hike Event Hub, where participants and spectators can enjoy breathtaking views and delicious refreshments while cheering on our Heli Hikers.

## Terrain

- Underfoot the route consists of grass, gravel paths, rocky paths and road. There are places with uneven ground, please watch your footing.
- There are a few steep cliffs along the South West Coast Path
- There are stairs, steps and stiles to navigate
- There will be a water crossing via Bantham Water taxi towards the very end of the 26 Mile Route.

Difficulty rating: **Tough**

## Time to train

These are tough routes, so training is required. Refer to our kit list to ensure you are prepared for the day, with supportive walking boots, poles, and a rucksack you are comfortable walking in when it is weighted with all of your kit.

## Rest stops

Snacks, water, hot drinks and toilet facilities are available at rest stops.

If participants don't make it to a rest stop 15 mins before closing they will be escorted further along the hike or back to the startline.

**Please note:** rest stops are not open to spectators due to space and parking limitations. Instead, we invite spectators to come and cheer you on at our finish line and Event Hub.

## Start times

6 Mile Route – 09:30  
14 Mile Route – 09:30  
26 Mile Route – 07:00



# HIKE INFO

## Follow the Countryside Code

- Follow the yellow arrows attached to trees or fences.
- Marshals will be on your route at any difficult points.
- Running is not permitted.
- Take note of the 'opening times' for rest stops within your guide. This is to ensure you are walking fast enough to reach the finish before dark.
- If you arrive at a rest stop before it opens you will be asked to wait for the opening time before continuing on your way.
- If you arrive at a rest stop after it closes you will discuss with the Event Team whether you wish to drop out, or whether you are happy to be bumped along the route!
- If you wish to drop out of the trek at any point, please first make your way to your next rest stop. At the stop, you will be able to make arrangements to return to your car. Please make sure you advise the Event Team before dropping out.

### RESPECT

Leave gates closed  
Be nice to other walkers  
Keep to marked paths  
Be considerate to residents

### PROTECT

Take your litter home  
Care for nature  
Do not pick flowers

### ENJOY

Enjoy your visit  
Check weather conditions and  
be prepared

- There are areas of road walking along the route, please listen to marshal instructions and be aware of your surroundings.
- There may be areas of cattle on the route, please make sure you give livestock space and listen to any marshal instructions carefully.
- Dogs are not permitted due to safety concerns and parts trekking on privately owned land.

# KIT ESSENTIALS

Suitable kit is essential to protect you from the elements, keep you comfortable and feeling confident about the journey ahead. Here you can find a list of absolute essentials, as well as a few other items that might help you on your way.



**Walking Boots**  
comfortable and durable



**Walking Socks**  
nice and thick



**Lightweight Layer**  
that keeps you warm



**Waterproof**  
jacket and trousers



**Rucksack**  
that you have practised with



**Snacks**  
for an extra boost



**Reusable Cup**  
for hot drinks at  
Rest Stops



**Hat**  
to protect your head



**Sunglasses**  
to protect your eyes



**Suncream**  
to protect your skin



**1L Water Bottle**  
make sure it's full!



**First-aid Kit**  
just in case



**Phone**  
to keep in contact

**OPTIONAL**  
Walking poles  
Walking trousers

Top Tip



**Devon weather can  
change in an instant.  
Be prepared!**







Distance  
**6 miles**

Elevation gain  
**1,173ft**

Start time  
**09:30 am**

Duration  
**2-3.5hrs (est)**

Route type:  
**Tough**

# 6 Mile Route

Starting and finishing at Mount Folly Farm, with stunning sea views that take in Burgh Island, Bantham and the Avon Estuary.

**Mile 1 to 2:** The first couple of miles will take you north along the South West Coast Path, past Bigbury on Sea and Challborough before winding up to Toby's Point.

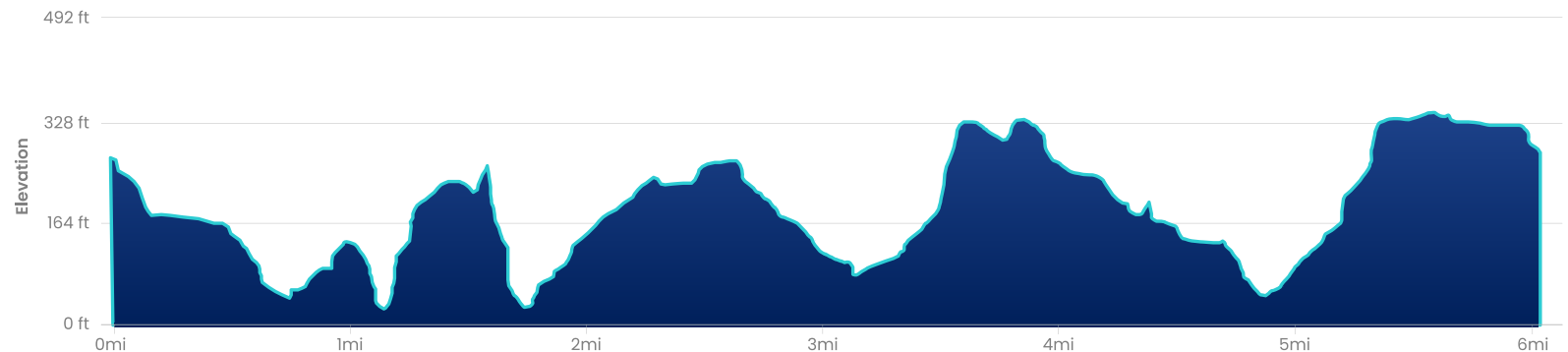
**Note to hikers:** *Expect a big climb out of Challborough!*

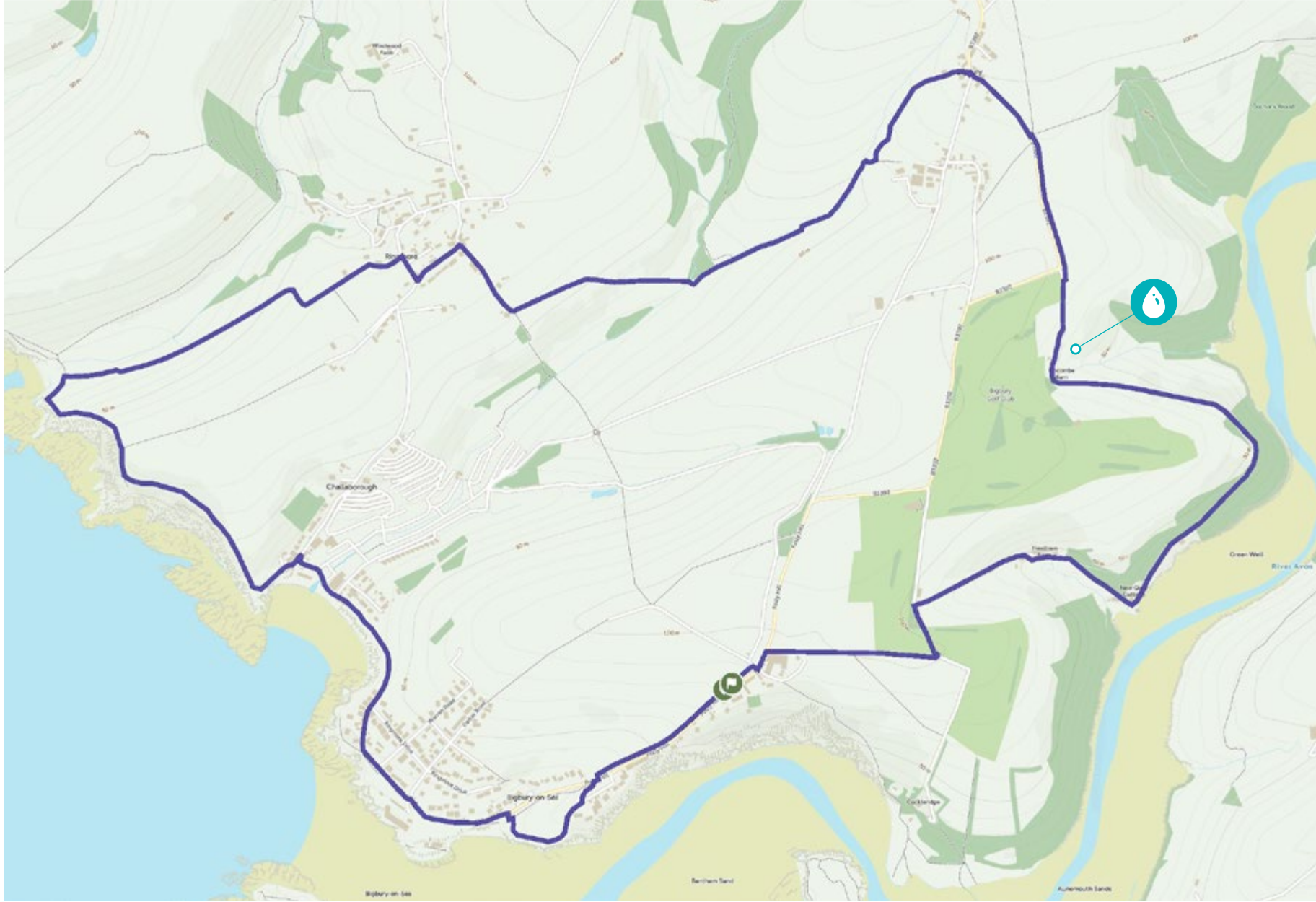
**Mile 2 to 4:** After conquering Toby's point, the route heads inland to the village of Ringmore and Bigbury, taking in beautiful views of the rolling fields and hills that surround the area.

**Water Station:** Refill your water bottle while trekking through Bigbury Village to stay hydrated.

**Mile 4 to 6:** The final leg of your journey will take you along the Avon Estuary, making use of well trodden valley paths while passing quaint houses. Keep an eye out for Trout and Salmon swimming upriver to spawn, as well as Otters taking the opportunity to go fishing!

The last big climb will take you up to Bigbury Golf Club and onto our Mount Folly finish where you can rejoin your supporters and other hikers at the Event Hub for refreshments!





Water Station:  
Bigbury Village

# 6 Mile Route

\*for illustrative purposes only. Not for reference





Distance  
**14 miles**

Elevation gain  
**2,528ft**

Start time  
**09:30 am**

Duration  
**5-7.5hrs (est)**

Route type:  
**Tough**

# 14 Mile Route

Starting and finishing at Mount Folly Farm, with stunning sea views that take in Burgh Island, Bantham and the Avon Estuary.

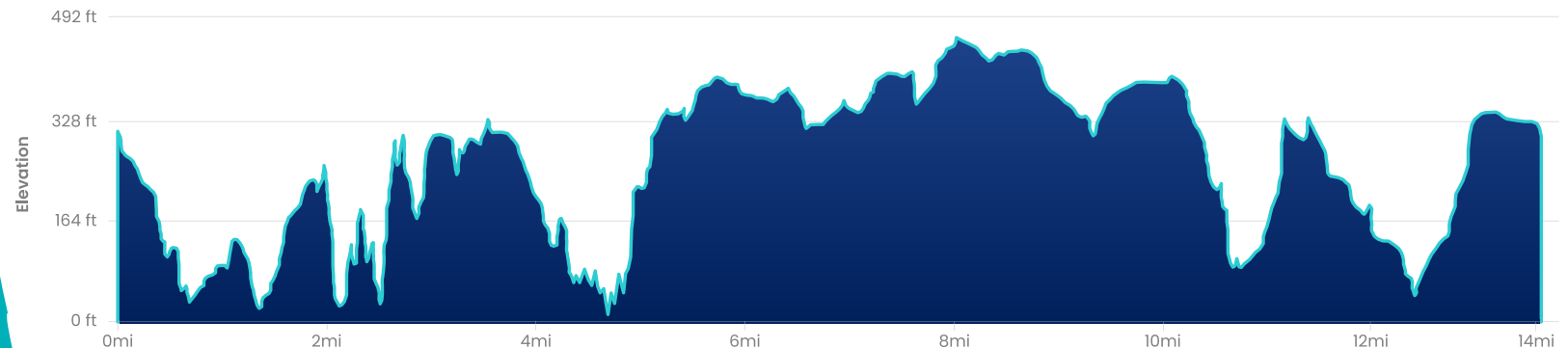
**Mile 1 to 5:** The first few miles will take you north along the South West Coast Path, past Bigbury on Sea, Challborough, Ayrmer Cove and Wonwell Beach. The South West Coast Path is the UK's longest National Trail, so expect a few big climbs and tough descents along the way!

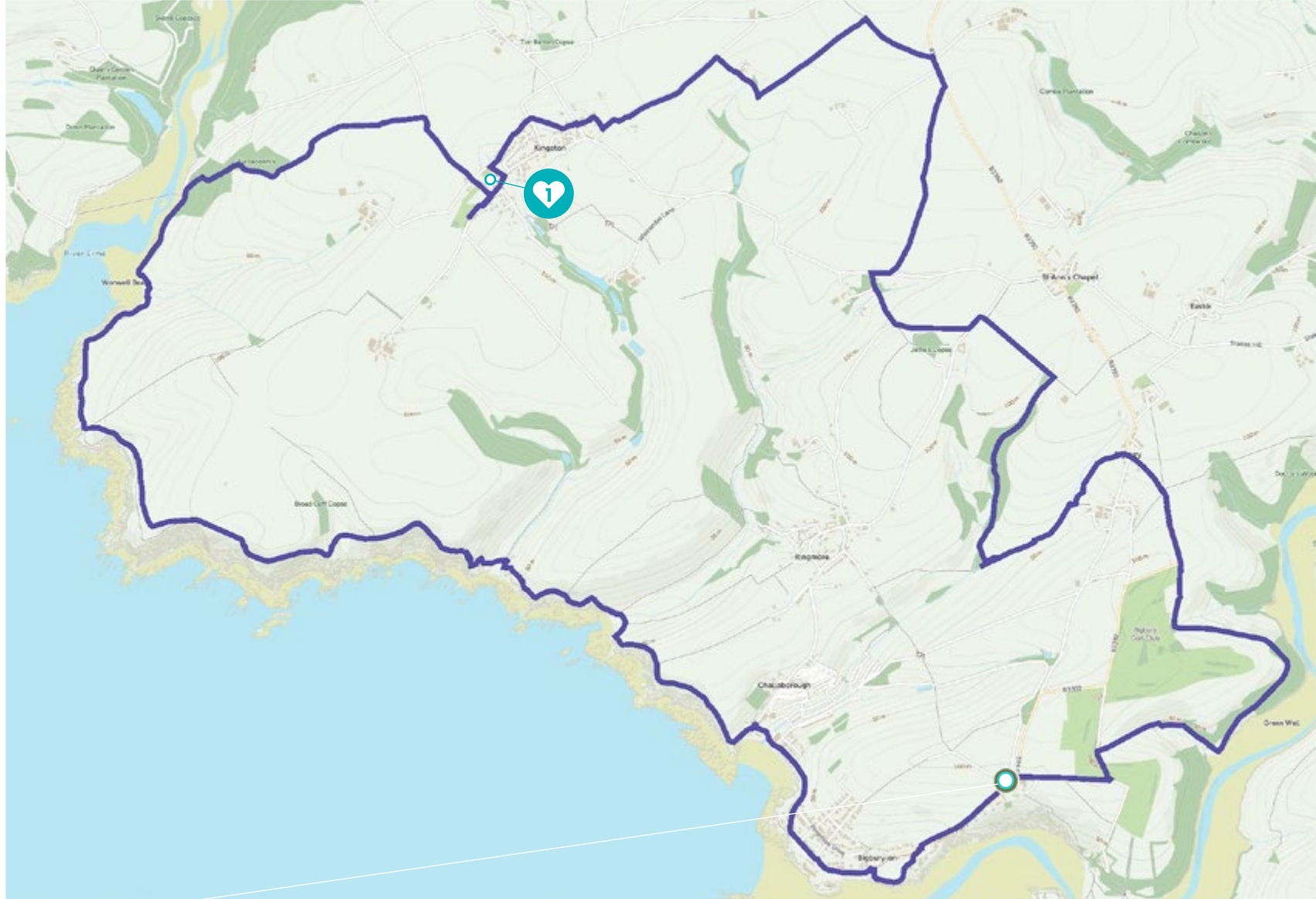
**Mile 5 to 7:** The route then winds inland, taking you through stunning woodlands and across rolling countryside towards Kingston where you will find your Lunch Rest Stop.

**Lunch Rest Stop:** Lunch, snacks, water, hot drinks and toilet facilities are available at rest stops. Please note that rest stops are not open to spectators due to space and parking limitations. Instead, we invite spectators to come and cheer you on at our finish line and Event Hub.

**Mile 7 to 10:** After leaving Kingston your route climbs through fields, villages and woodland towards Bigbury Village before joining the Avon Estuary. Keep an eye out for Trout and Salmon swimming upriver to spawn, as well as Otters taking the opportunity to go fishing!

**Mile 10 to 14:** Following the Estuary Trail you will make your way along rural tracks and valley paths, passing quaint houses before the last big climb up to Bigbury Golf Club. Then, it's onto our Mount Folly finish where you can rejoin your supporters and other hikers at the Event Hub for refreshments!





Follow route clockwise  
from start/finish

**REST STOPS/CHECKPOINTS**  
AVAILABLE - FROM > TO

 Kingston Recreation Ground - TQ7 4QD - 08:00 > 10:30

# 14 Mile Route

\*for illustrative purposes only. Not for reference





Distance  
**26 miles**

Elevation gain  
**4,337ft**

Start time  
**07:00** am

Duration  
**9-14hrs** (est)

Route type:  
**Tough**

# 26 Mile Route

Starting and finishing at Mount Folly Farm, with stunning sea views that take in Burgh Island, Bantham and the Avon Estuary.

**Mile 1 to 3:** The first few miles will take you north along the South West Coast Path, past Bigbury on Sea, Challborough, Ayrmer Cove and Wonwell Beach. The South West Coast Path is the UK's longest National Trail, so expect a few big climbs and tough descents along the way!

**Mile 3 to 6:** The route then winds inland, taking you through stunning woodlands and across rolling countryside towards Kingston where you will find your first Rest Stop.

**Mile 6 to 10:** After leaving Kingston your route climbs through fields, villages and woodland towards Bigbury Village before joining the Avon Estuary. Keep an eye out for Trout and Salmon swimming upriver to spawn, as well as Otters taking the opportunity to go fishing!

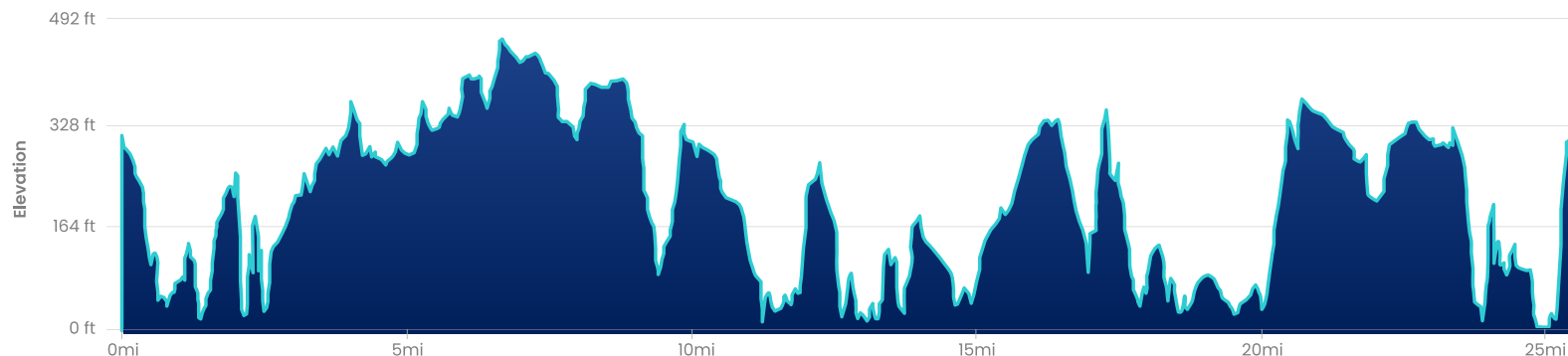
**Mile 10 to 13:** The route then runs through fields with views over the Estuary and dips down to the waters edge! The Estuary route will lead you to your second Rest Stop where you will have your lunch.

**Lunch Rest Stop:** Lunch, snacks, water, hot drinks and toilet facilities are available at rest stops. Please note that rest stops are not open to spectators due to space and parking limitations. Instead, we invite spectators to come and cheer you on at our finish line and Event Hub.

**Mile 13 to 18:** The route then heads north across diverse terrain to Loddiswell Village before reaching the Valley View Café for your third and final rest stop.

**Mile 18 to 23:** After leaving the rest stop you will descend, following winding roads back to the Avon Estuary with views over the valley before heading towards Bantham.

**Mile 23 to 26:** Once in Bantham, a *water taxi* will carry you back along the estuary to Bigbury for the last big climb to Bigbury Golf Club. Then, it's onto our Mount Folly finish where you can rejoin your supporters and other hikers at the Event Hub for refreshments!



Follow route clockwise  
from start/finish

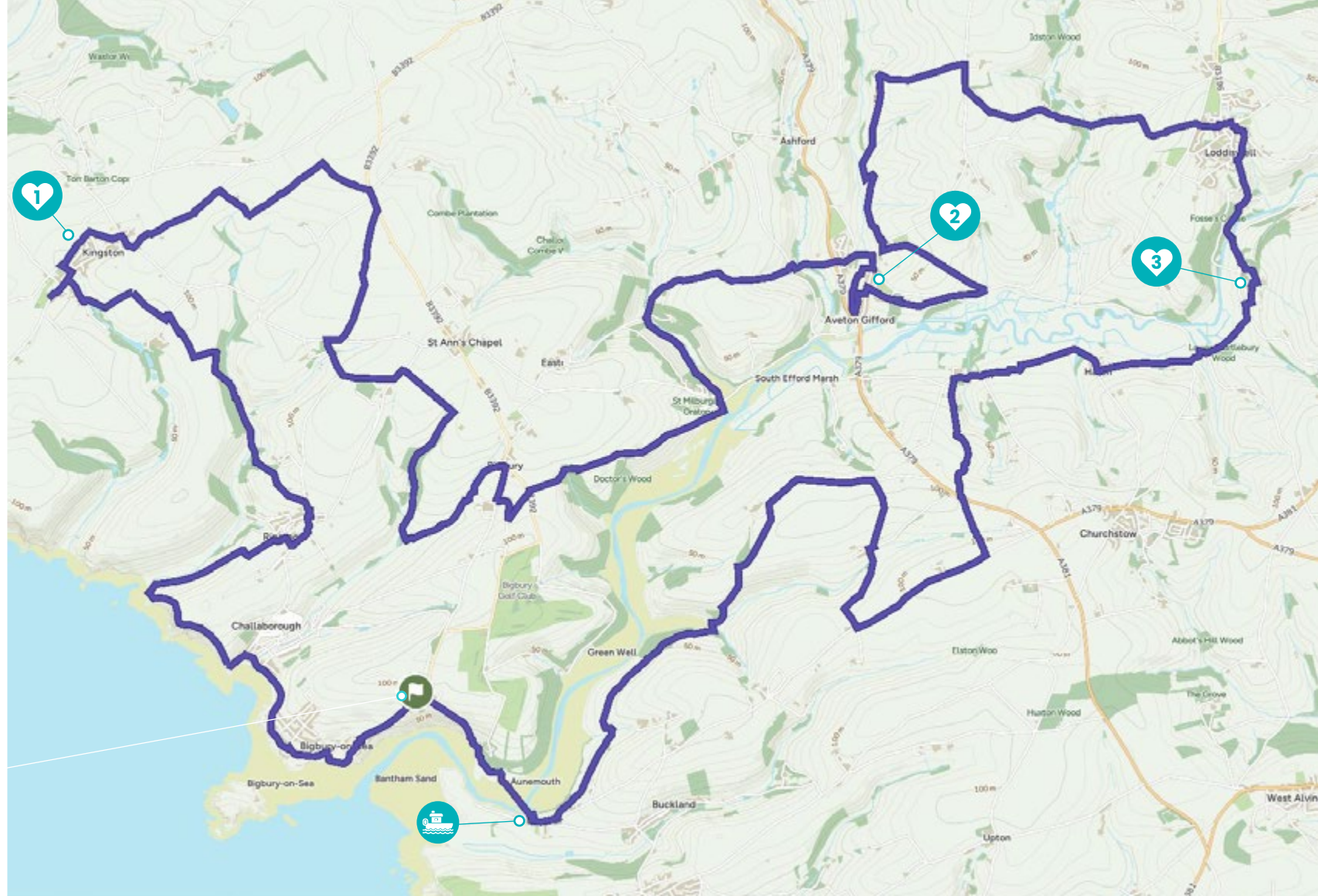


Bantham  
Water Taxi

## REST STOPS/CHECKPOINTS

AVAILABLE - FROM > TO

- 1 Kingston Recreation Ground - TQ7 4QD - 08:00 > 10:30
- 2 Aveton Gifford Green - TQ7 4JL - 10:00 > 14:30
- 3 Valley View Cafe - TQ7 4DA - 11:30 > 17:30



# 26 Mile Route

*\*for illustrative purposes only. Not for reference*



**“On a hike,  
you’re less a job  
title and more a  
human being.”**

# TRAINING PLAN

McCaulay's



This 12 week training plan for both routes will have you in the best shape possible for taking on the Devon Heli Hike Challenge. We've also included an additional 4 week plan for those brave enough to take on the 26 mile route. **You got this!**

## WEEKS 1 - 6

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Easy Walk 20 min	Cross-Training or other form of exercise to keep up fitness	Rest or Stretching	Easy Off-Road Walk 30 min	Stretching	Easy Walk 30 min	Easy Off-Road Walk 1 hour
2	Easy Walk 25 min			Walk 30 min <i>include 4 x 5 mins of brisk pace</i>		Easy Walk 30 min	Easy Off-Road Walk 1.5 hour
3	Easy Walk 30 min	Cross-Training or other form of exercise to keep up fitness	Rest or Stretching	Walk 40 min <i>intervals of 5 mins: 4 fast, 4 relaxed pace</i>	Stretching	Easy Walk 45 min	Easy Off-Road Walk 2 hour
4	Easy Walk 30 min			Hilly Off-Road Walk 40 min <i>with weighted backpack or vest</i>		Easy Walk 45 min	Easy Off-Road Walk 2.5 hour
5	Easy Walk 30 min	Cross-Training or other form of exercise to keep up fitness	Rest or Stretching	Walk 45 min <i>with weighted backpack or vest</i>	Stretching	Easy Walk 45 min	Hilly Off-Road Walk 2 hour
6	Easy Walk 30 min			Off-Road Walk 45 min <i>15 min relaxed + 30 min brisk with weighted backpack or vest</i>		Easy Walk 45 min	Hilly Off-Road Walk 2.5 hour



## WEEKS 7 – 12

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Easy Walk 30 min	Cross-Training or other form of exercise to keep up fitness	Rest or Stretching	Hilly Off-Road Walk 45 min <i>with weighted backpack or vest</i>	Stretching	Easy Walk 45 min	Hilly Off-Road Walk 3 hour
8	Easy Walk 30 min			Off-Road Walk 45 min <i>25 min relaxed + 20 min brisk with weighted backpack or vest</i>		Easy Walk 45 min	Hilly Off-Road Walk 3.5 hour
9	Easy Walk 30 min	Cross-Training or other form of exercise to keep up fitness	Rest or Stretching	Off-Road Walk 40 min <i>20 min relaxed + 20 min brisk with weighted backpack or vest</i>	Stretching	Easy Walk 45 min	Easy Off-Road Walk 4 hour
10	Easy Walk 30 min			Off-Road Walk 30 min <i>20 min brisk walking + 10 min relaxed</i>		Easy Walk 45 min	14 Mile Heli Hike: 11 mile walk 26 Mile Heli Hike: 17 mile walk
11	Easy Walk 30 min	Cross-Training or other form of exercise to keep up fitness	Rest or Stretching	Off-Road Walk 30 min <i>with weighted backpack or vest</i>	Stretching	Easy Walk 45 min	Easy Walk 2 hour
12	Easy Walk 30 min	Easy Walk 30 min	Rest	Easy Walk 30 min	Stretching	Easy Walk 45 min	Hilly Off-Road Walk 3.5 hour

### CROSS-TRAINING IDEAS

- Bodyweight or gym based,  
focused on lower body
- Cycling
- Swimming
- Rowing

**26 MILE ROUTE HIKERS**  
see next page for an  
additional four week plan!



**WEEKS 13 – 16**  
**FOR 26 MILE ROUTE ONLY**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Easy Walk 30 min	Cross-Training	Rest or Stretching	Walk 30 min 15 min relaxed + 15 min brisk with weighted backpack or vest	Stretching	Easy Walk 45 min	Hilly Off-Road Walk 20 mile
14	Easy Walk 30 min	Cross-Training	Rest or Stretching	Off-Road Walk 45 min 30 min brisk + 15 min relaxed with weighted backpack or vest	Stretching	Easy Walk 45 min	Hilly Off-Road Walk 3 hour
15	Easy Walk 30 min	Cross-Training	Rest or Stretching	Hilly Off-Road Walk 40 min with weighted backpack or vest	Stretching	Easy Walk 45 min	Hilly Off-Road Walk 1 hour
16	Easy Walk 30 min	Easy Walk 30 min	Rest	Easy Off-Road Walk 30 min	Stretching	Easy Walk 30 min	Rest

These training programmes will help participants ensure that they are in peak shape before taking on the Devon Heli-Hike challenge.

Thanks to B3&FIT and McCaulay's Gym for donating their time and expertise to writing this programme for us. You can try out McCaulay's and sign up to train with them here: [www.mccaulays.com](http://www.mccaulays.com)

**McCaulay's**



**PLEASE NOTE:** Devon Air Ambulance is not certified to give training advice. This programme has been written by a professional Personal Trainer with all abilities in mind. We recommend seeking medical advice should you be concerned about your abilities to take on Devon Heli Hike. It is vital that you train before the hike, and are suitably fit on the day.

Top Tip



Devon Air  
Ambulance

If you're purchasing new gear, familiarise yourself with it before the hike.





# FREQUENTLY ASKED QUESTIONS

## **Can I bring my dog?**

To ensure the safety and enjoyment of all participants, and to manage traffic flow on the narrow coastal pathways, we have made this event dog-free. This decision helps create a more secure, comfortable environment for everyone involved.

## **Are there age restrictions?**

We welcome children on our 6 mile route. Due to its difficulty we recommend 13 and over, but it is at your discretion. Our 14 and 26 mile routes are strictly over-16s only. Any participant under 18 (on any route) must sign up via their responsible adult's contact details, and must walk with their responsible adult at all times.

## **Will there be medics there?**

Should anything go wrong, we have medical cover all day.

## **Will you be providing food and water?**

Yes, we will have food and water rest stops along the route. Make sure to fuel beforehand, and bring extra snacks, just in case.

## **How fit do I need to be?**

The route is designed to be challenging, but is achievable for most people provided you train well in advance.

## **Is there parking?**

There is ample parking at our event hub - Mount Folly Farm. See page 3 for more details.

## **When do I get my free t-shirt and water bottle?**

Once you hit your £200 fundraising target you will get your free t-shirt and bottle! These will be ready for you to collect from our event village on the day

# FUNDRAISING

## hints & tips

- Make sure to share your **GiveTap fundraising page** with all of your friends and family. You can post updates to your page about how your training is going – include photos so people can see the effort you are making!
- **Tell your employer** – many will offer match-funding.
- Speak to the team if you'd like paper sponsorship forms to **process cash donations** (see back page for details).
- Continue to shout about what you've achieved and promote your fundraiser after the event. On average, **20% of donations come in after the event**. Make it count!
- **Promote your fundraising** online using social media.
- Engage with your community and **tell everyone** what you're doing.
- **Share your motivation**. If you're passionate, your followers will be too.
- Ask your followers to like and share your posts to **spread your fundraising**.
- Be proud! **You're doing an amazing thing**, so share your achievements!

# CONTACT DETAILS

If you have any further questions or queries about the Devon Heli Hike, get in touch!

[fundraising@daat.org](mailto:fundraising@daat.org)

01392 466 666

Devon Air Ambulance  
5 Sandpiper Court  
Harrington Lane  
Exeter  
EX4 8NS

## EVENT CONTROL



## 020 7097 8606

add this number to your phone now

