

Thames Path Challenge

Saturday 13th - Sunday 14th September 2025

Join the Dingley's Promise fundraising team this September for this Ultra 100k challenge with England's greatest river, the Thames, providing a stunning backdrop for this unforgettable adventure!

Over 3,000 adventurers will start at Putney Bridge. The 100km route then heads upstream to Henley, following the famous Towpath. Travel through Richmond, Hampton Court, Runnymede and Windsor, and enjoy spectacular scenery and a riverside finish line.

Route Options:

- Full Challenge: 100km
- Half Challenge: 50km
- Quarter Challenge: 25km
- Split Challenge: Complete the 100km over 2 days, walk in daylight!

Join our amazing fundraising team to take on the full 100K challenge over 2 days or join us along the way for the Half or Quarter challenge. We'll be taking part too, so let's conquer this together! We'll be absolutely thrilled to have you on the team and can't wait to cheer you on!

We offer flexible packages for all adventurers:

- Self-Funding
- Charity Part-Funded
- Full support with setting up your JustGiving page and fundraising tips - please contact fundraising@dingley.org.uk

Additional packages available:

- Camping Packages - relax and rest overnight.
- Baggage Transfer Packages: conveniently move your gear along the route.

If you're ready for an incredible journey along the Thames with the Dingley's Promise fundraising team email fundraising@dingley.org.uk. We're here to support you every step of the way!