

Thames Bridges Trek

Saturday 12th September 2026

Take on a spectacular 25 km walk across the capital, crossing 16 of London's historic bridges from west to east. This urban trek offers iconic views, riverside paths, and a celebratory finish near Tower Bridge. With over 2,500 participants, it's a fantastic way to challenge yourself while supporting a cause close to your heart.

Challenge Options

25 km Full Trek

- Start: Bishops Park, Fulham (10:00-12:00)
- Finish: Southwark Park
- Midpoint Rest Stop: The Oval Cricket Ground
- Includes: Snacks, hot drinks, picnic lunch, medal, t-shirt, glass of fizz

10 km Thames Trek

- Start: The Oval, Kennington (10:30-11:00)
- Finish: Southwark Park
- Includes: Snacks, picnic lunch, medal, t-shirt, glass of fizz

Route Highlights

- 16 historic bridges including Westminster, Millennium & Tower Bridge
- Riverside views and iconic London landmarks
- Fully signed route with GPS tracking
- Rest stops every ~12.5 km with food, drink, medical and massage teams
- Finish line celebration with medal, t-shirt, and glass of fizz
- Walk only - no jogging or running permitted

You can take part in The Thames Bridges Trek 2026 in support of Dingley's Promise, whether you choose to self-fund your place or opt for a fundraising package that helps cover your entry fee with a fundraising target.

Self-Funded Fundraising

If you'd prefer to cover the entry fee yourself, you're free to fundraise whatever you can. There's no pressure, just raise what feels right for you. Every step you take helps Dingley's Promise support more families and make a real difference.

- 25km - £89.00 registration fee + fundraising what you can
- 10km - £49.00 registration fee + fundraising what you can

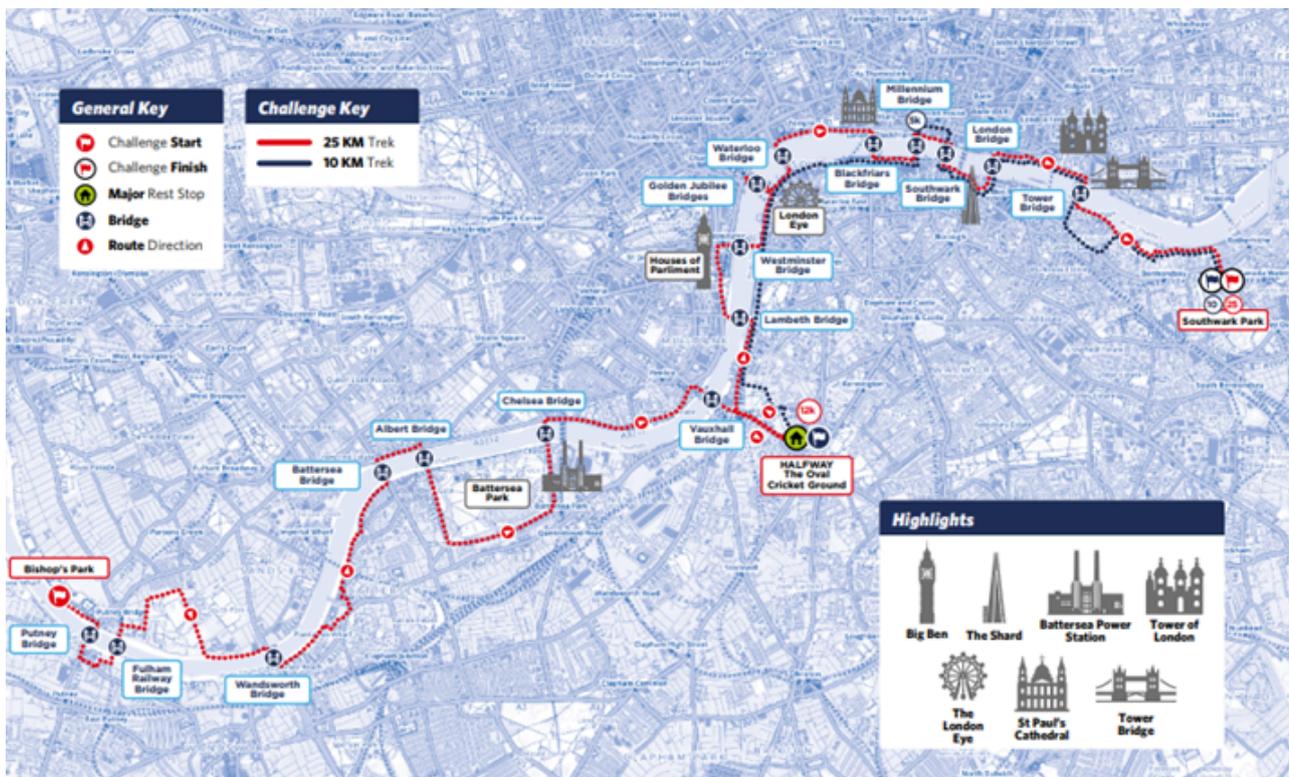
Funded Places (Full Sponsorship)

We will cover the cost of your place, just commit to a fundraising target to help Dingley's Promise continue supporting families in need.

- 25km + £600.00 minimum fundraising pledge
- 10km+ £350.00 minimum fundraising pledge

To sign up email fundraising@dingley.org.uk, and you'll receive a Dingley support kit, help setting up your JustGiving page, and encouragement and support on your fundraising journey.

Join the challenge that turns determination into brighter tomorrows for children with SEND.



Dingley's Promise

Transforming the Early Years for children with SEND