



Gower Peninsula Ultra Challenge 19-20 July 2025

CHALLENGE

FACTSHEET



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Gower Peninsula Ultra Challenge 19-20 July 2025

A new Ultra Challenge for 2025, set in the stunning Gower Peninsula – the UK's first Area of Outstanding Natural Beauty and famous for its golden beaches, limestone cliffs, wild moors, ridges, and woodlands. Our basecamp is in the grounds of the historic Penrice Castle, dating back to Norman times, creating a stunning challenge hub with an unforgettable atmosphere. With plenty of parking and easily accessible from Swansea, camping across the weekend for you & your supporters, and a bar & entertainment – The Gower Peninsula Ultra Challenge will be a summer highlight not to be missed!

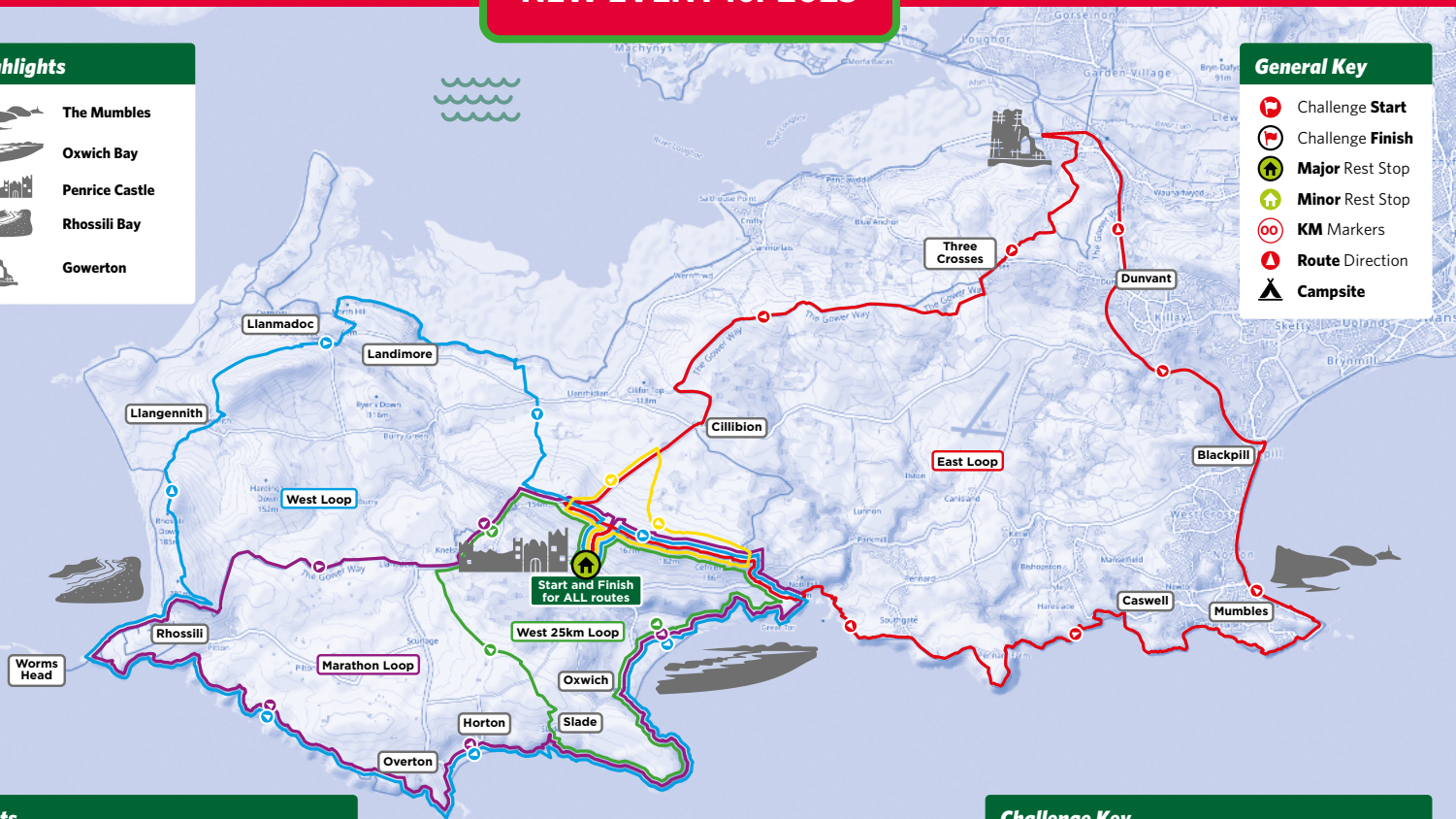
NEW EVENT for 2025

Highlights

-  **The Mumbles**
-  **Oxwich Bay**
-  **Penrice Castle**
-  **Rhossili Bay**
-  **Gowerton**

General Key

-  **Challenge Start**
-  **Challenge Finish**
-  **Major Rest Stop**
-  **Minor Rest Stop**
-  **KM Markers**
-  **Route Direction**
-  **Campsite**



Stats

Full Challenge: **100 km & 2200 climb**
 Three Quarters: **75 km & 550 climb**
 1st Half (West Loop) Challenge: **50 km & 1200 climb**
 2nd Half (East Loop) Challenge: **50 km & 1200 climb**
 Marathon: **42 km & 900 climb**
 25km Challenge: **25 km & 550 climb**
 10km Loop: **10 km & 250 climb**

Challenge Key

  **Full 100km Challenge** = (West loop + East loop)
  **3/4 Challenge** = (West 25km loop + East loop)
 **1st Half Challenge**
 **2nd Half Challenge**
 **Marathon Loop**
 **25km Challenge**
 **10km Loop Challenge**

“High level of service from your staff, the detail and accuracy of your administration and general professionalism of the whole event. First class delivery.”

“Everyone was incredibly friendly and helpful. They couldn't do enough for you. All the people helping made the challenge an amazing event.”

Distance options

This will be a great challenge – the spectacular Gower Peninsula with its stunning coastal path and scenery provides the backdrop for an incredible route. With a basecamp at Penrice Castle, it's a figure of 8 loop for 100km challengers – with 50km loop options, a Marathon, 25km & 10km challenges also – taking in ancient woodland, golden beaches, dramatic cliffs & dunes. With camping and a celebration at our basecamp with a bar, great food & great people – this is one for the diary.

Full Continuous 100 KM Challenge Start & Finish: Penrice Castle

Sat 19 - Sun 20 July | 7:00-9:00am Start

DISTANCE:

100 km & 2300 m climb

DETAILS:

- ✓ Start: Penrice Castle basecamp
- ✓ Start times: 7am for runners, 7am – 9am for joggers & walkers
- ✓ Finish: Penrice Castle basecamp
- ▶ Snacks & drinks every 10-15km
- ▶ ~ 25km – picnic lunch
- ▶ 50km – hot meal at basecamp
- ▶ ~ 75km – brunch/lunch
- ▶ 100km – variety of hot food depending on time of day
- ▶ Finish line: glass of fizz, finisher's t-shirt & medal

Full 2 Day Daylight 100 KM Challenge Start & Finish: Penrice Castle

Sat 19 - Sun 20 July | 7:00-9:00am Start

DISTANCE:

Day 1 - 50 km & 1200 m climb

Day 2 – 50 km & 1000 m climb

DETAILS:

- ✓ Day 1: West loop - Clockwise
- ✓ Day 2: East loop - Anticlockwise
- ✓ Camping options overnight at Penrice Castle.
- ▶ Snacks & drinks every 10-15km
- ▶ ~ 25km – picnic lunch
- ▶ 50km – hot meal at basecamp
- ▶ ~ 75km – brunch/lunch
- ▶ 100km – variety of hot food depending on time of day
- ▶ Finish line: glass of fizz, finisher's t-shirt & medal

Three Quarter Challenge 75 KM Start & Finish: Penrice Castle

Saturday 19 July | 7:00-9:00am Start

DISTANCE:

75 km & 1550 m climb

DETAILS:

- ✓ Start: Penrice Castle basecamp
- ✓ Clockwise around the West 25km loop then anticlockwise around the East 50km loop
- ✓ Finish: Penrice Castle basecamp
- ▶ Snacks & drinks every 10-15km
- ▶ 25km – picnic lunch
- ▶ 50km – hot meal at basecamp
- ▶ 75km – brunch/lunch
- ▶ Finish line: glass of fizz, finisher's t-shirt & medal

1st Half Challenge 50 KM Start & Finish: Penrice Castle

Saturday 19 July | 7:00-9:00am Start

DISTANCE:

50 km & 1200 m climb

DETAILS:

- ✓ Start: Penrice Castle basecamp
- ✓ Clockwise around the West 50km loop
- ✓ Finish: Penrice Castle basecamp
- ▶ Snacks & drinks every 10-15km
- ▶ 25km – picnic lunch
- ▶ 50km – hot meal at basecamp
- ▶ Finish line: glass of fizz, finisher's t-shirt & medal

Distance options - continued**2nd Half Challenge 50 KM**
Start & Finish: Penrice Castle

Sat 19 July | 10.00 or join Full Challengers OR
Sun 20 July | 6:00-6:30am

DISTANCE:

50 km & 1000 m climb

DETAILS:

- ✓ Start: Penrice Castle basecamp
- ✓ Anticlockwise around the East 50km loop
- ✓ You can start at 10.00am on Saturday morning, or join another challenger on a longer distance at whatever point they come through basecamp
- ✓ Alternatively, start at 6.00 – 6.30am on Sunday
- ✓ Finish: Penrice Castle basecamp
- ▶ Snacks & drinks every 10-15km
- ▶ 25km – picnic lunch
- ▶ 50km – hot meal at basecamp
- ▶ Finish line: glass of fizz, finisher's t-shirt & medal

25 km Loop Challenge
Start & Finish: Penrice Castle

Saturday 19 July | 9:00-9:30am Start

DISTANCE:

25 km & 550 m climb

DETAILS:

- ✓ Start & Finish: Penrice Castle basecamp
- ▶ Rest stop with snacks & drinks around 10-15km
- ▶ 25km – picnic lunch
- ▶ Finish line: glass of fizz, finisher's t-shirt & medal

Marathon Gower Loop 42 km Challenge
Start & Finish: Penrice Castle

Saturday 19 July | 7:00-9:00am Start

DISTANCE:

42 km & 900 m climb

DETAILS:

- ✓ Start: Penrice Castle basecamp
- ✓ Clockwise around the Marathon loop
- ✓ Finish: Penrice Castle basecamp
- ▶ Snacks & drinks every 10-15km
- ▶ ~ 25km – picnic lunch
- ▶ 50km – hot meal at basecamp
- ▶ Finish line: glass of fizz, finisher's t-shirt & medal

10 km Loop Challenge
Start & Finish: Penrice Castle

Saturday 19 July | 10:30am Start

DISTANCE:

10 km & 250 m climb

DETAILS:

- ✓ Start & Finish: Penrice Castle basecamp
- ▶ ~5km water stop
- ▶ 10km finish – picnic lunch & drinks
- ▶ Finish line: glass of fizz, finisher's t-shirt & medal

Bookable extras

Bookable extras are designed to make the planning for your challenge as easy as possible - providing options for your joining & leaving arrangements, and are summarised below. As some participant's travel & logistics may involve parking, transfers, and maybe camping also - please check that the combination you book makes sense!

Camping Packages

Camping - Friday &/or Saturday night, Penrice Castle

Inclusive Package: 1 or 2 people

Pitch Only: 1 Person + book extra campers

Parking

Parking for your vehicle is available at:

- ✓ The Penrice Castle start / finish venue
- ✓ Supporter parking pass - so friends /family can park at Penrice Castle & some other key venues

Pre Challenge Transfer

We've arranged transfer services to take you to your start line ahead of your challenge from Swansea Station.

Post Challenge Transfer

We will also have a shuttle service taking you back to Swansea Station for when you finish your Challenge.

Baggage Transfers

We've got a baggage storage service at Penrice Castle so that you can have extra layers & equipment ready for you at your halfway or finish point at the basecamp.

Challengers Meal

- ✓ **Friday Night Dinner** - available to book for anyone staying at Penrice Castle on Friday night.
- ✓ **Saturday Morning Breakfast** - available to participants beginning their challenge on Saturday morning at Penrice Castle. Breakfast the following morning is included in the inclusive camping packages, but not in the pitch only & will need to be booked separately.
- ✓ **Sunday Morning Breakfast** - available to participants beginning their challenge on Sunday morning at Penrice Castle. Breakfast the following morning is included in the inclusive camping packages, but not in the pitch only & will need to be booked separately.



Funding & Cost options

Note: Marathon option pricing as per the 1/2 Challenge. 25KM Loop option pricing as per the 1/4 Challenge.

OPTION 1

Self Funding Do It For Yourself

Pay for your place in full. Look forward to a great challenge with no fundraising!

FULL CHALLENGE ~100km

£199 Fee paid online & no fundraising commitment.

3/4 CHALLENGE ~75km

£169 Fee paid online as & no fundraising commitment.

1/2 CHALLENGE ~50km

£139 Fee paid online as & no fundraising commitment.

1/4 CHALLENGE ~25km

£89 Fee paid online & no fundraising commitment.

10K CHALLENGE ~10km

£39 Fee paid online & no fundraising commitment.

OPTION 2

Full Sponsorship For Charity

Pay a small Reg Fee & Fundraise for a chosen Charity (who pay for your place)

FULL CHALLENGE ~100km

£50 Reg Fee & at least **£575** fundraising/sponsorship

3/4 CHALLENGE ~75km

£45 Reg Fee & at least **£475** fundraising/sponsorship

1/2 CHALLENGE ~50km

£40 Reg Fee & at least **£375** fundraising/sponsorship

1/4 CHALLENGE ~25km

£30 Reg Fee & at least **£275** fundraising/sponsorship

10K CHALLENGE ~10km

£20 Reg Fee & at least **£100** fundraising/sponsorship

OPTION 3

Mixed Funding For Charity

Pay for half your place cost & fundraise less for Charity (who pay half of your place cost)

FULL CHALLENGE ~100km

£110 Reg Fee & at least **£330** fundraising/sponsorship

3/4 CHALLENGE ~75km

£90 Reg Fee & at least **£270** fundraising/sponsorship

1/2 CHALLENGE ~50km

£75 Reg Fee & at least **£225** fundraising/sponsorship

1/4 CHALLENGE ~25km

£50 Reg Fee & at least **£150** fundraising/sponsorship

10K CHALLENGE ~10km

£22.50 Reg Fee & at least **£70** fundraising/sponsorship

OPTION 4

Own Place Charity Fundraising

Pay for your place & fundraise whatever you can for a Charity (with NO cost to them)

FULL CHALLENGE ~100km

£199 Fee paid online & fundraise whatever you can

3/4 CHALLENGE ~75km

£169 Fee paid online & fundraise whatever you can

1/2 CHALLENGE ~50km

£139 Fee paid online & fundraise whatever you can

1/4 CHALLENGE ~25km

£89 Fee paid online & fundraise whatever you can

10K CHALLENGE ~10km

£39 Fee paid online & fundraise whatever you can

Fundraising Deadlines At least 50% of the Sponsorship target (for either the Sponsorship for Charity or Mixed Funding option) should be with your Charity by 3 weeks prior to the Challenge. At this time your Charity will pay a Fee for your place to the Organiser (similar to the Self Funding cost). Failure to meet the 50% target may result in cancellation by your charity. The remaining 50% should be with your Charity 4 weeks after the Challenge.