

LONG REACH SWIM – SPECTATOR GUIDE 2018

ON FOOT -

The Long Reach Swim is really simple for spectators to follow on foot. Don't forget, you'll be walking the 9km length of the swim, so wear appropriate footwear. Some sections of the Thames Path may be muddy.

Simply cross Wallingford Bridge via the steps near the start area, and you'll pick up the Thames Path signage, starting with a left turn into Thames Street. You will then join the river after around 500m.



At the 5km point for the swimmers the Thames Path leaves the riverside and detours for approx. 1 mile. Spectators should continue following the Thames Path signs, passed Mouldsford School, along the A329 to rejoin the river at the Beetle & Wedge pub (Feed Station 3 for the swimmers). There is no river access at all during this part of the swim.

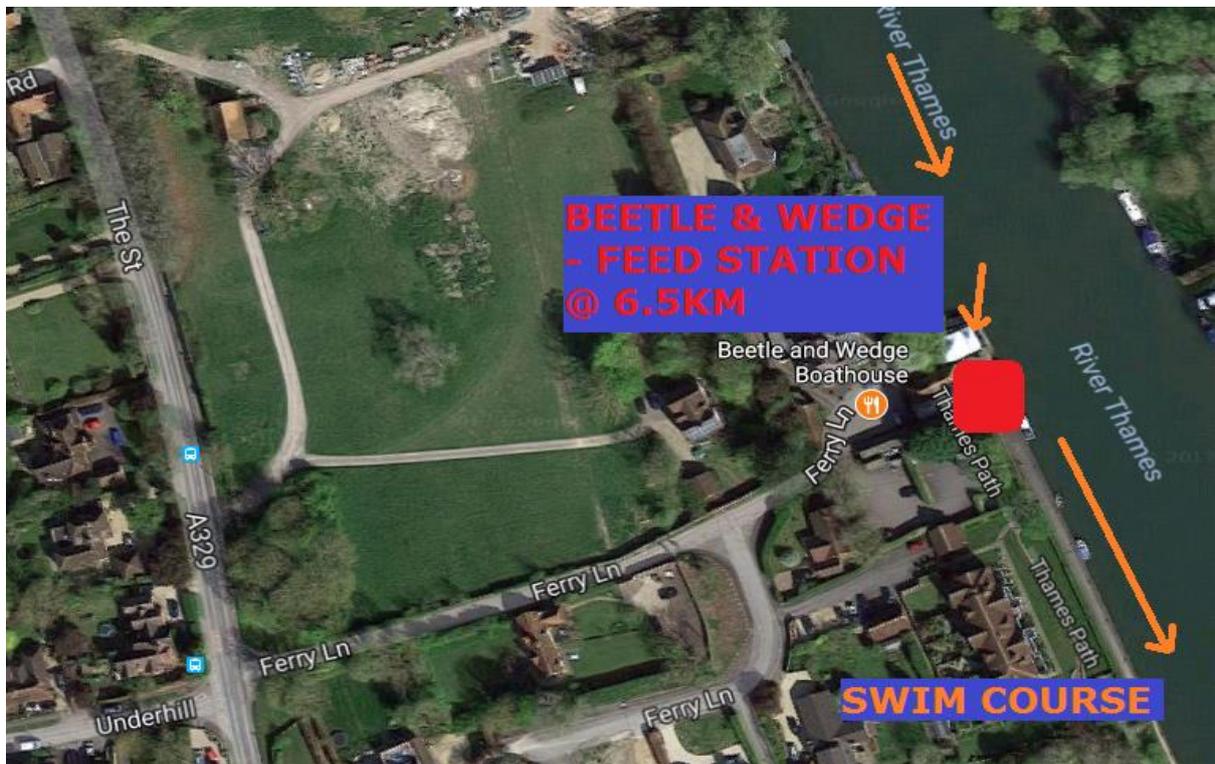


BY CAR -

Many spectators will choose to leapfrog along the route to watch their swimmers. Please be aware that there are very few accessible points along the swim, and each of these will need to be available to our medical team in the event of an emergency; please park considerably.



Access via the A329 at 3.7km and 4.3km of swimming.



Access via the Beetle & Wedge pub (OX10 9JF), which hosts the third Feed Station. The Beetle & Wedge is open from 0930, and will have teas/coffees and breakfasts available, so why not pay them a visit. Their fabulous Sunday lunch service starts from 12 noon!

Of course, from here, it's a short drive along the A329 to the finish. There will be no spectator car parking at the Swan at Streatley, so please use one of the numerous public car parks in Goring village. You'll find these are less than a 5 minute stroll back to the Swan (RG8 9HR).

*For supporters on foot, the tow path veers away from the river in the final 300m. Turn left when the Swan comes into view on your left hand side and you'll easily find the finish area. At the finish will be all sorts of refreshments, toilets, why not have a massage yourself, and of course, the return buses back to the start.

