Advance Notice:

Runners to take on epic 44 mile run along the River Exe on 19 September 2026

Annual Salmon Run community event accompanies migrating salmon from sea to spawning grounds

19 September 2026 will see runners of all ages and abilities running up the Exe valley in the Salmon Run, organised by not-for-profit community interest company Tidelines and partners.

This annual event sees participants run distances from 1.5 to 44 miles, to highlight the endangered Atlantic Salmon as they migrate from sea to their spawning grounds on Exmoor.

- Ultra runners will run 44 miles upriver from Exmouth to Dulverton, passing through Topsham, Exeter, Tiverton and villages along the Exe Valley Way.
- Relay teams will run the same route in eleven sections, passing a hand-crafted salmon baton from team to team with changeovers at towns and villages along the river.
- Festivals at Exeter Quay and Dulverton will enable scores of people to take part in salmon- and river-themed crafts, games and activities and visit stalls as they wait for and cheer the runners. Artists *Wabkin* in Exeter will be engaging people in the Salmon's migration story.
- Local musicians working with *Bournemouth Symphony Orchestra Participate* will play specially composed music to runners at the start and end of the run

Anne-Marie Culhane from Tidelines said: "In the past, thousands of salmon migrated up the River Exe to spawn. Now very small numbers of fish make the journey, and the Atlantic Salmon, a keystone species, is facing possible extinction in our river. We are calling for runners, joggers, and anyone who cares for nature and our rivers to take part and celebrate this amazing species and its historic and ecological importance in the Exe catchment."

Rob Willcocks from Westcountry Rivers Trust said: "As runners make their way from sea to source, they will witness some of the challenges these amazing fish face. We are working to make things better for Salmon, such as removing the weirs that block their progress and planting trees on river banks to create important shade and habitat for Salmon and other river species."

Ceri Rees from Wild Running said: "We can't know how a Salmon feels but we do know how runners feel, because they tell us (even if some of those descriptions may not be repeatable). Salmon both live in the moment and are engaged in a fight for survival. We are in a unique position to be able to help them, if we can identify with their needs."

2012 Olympic gold medal canoeist and Salmon Run ambassador Etienne Stott said: "Salmon Run is a truly unique event. By bringing people together, connecting them with the places they run through and nurturing empathy with other beings, we can understand, protect, and act with greater awareness of the natural world and what is at stake from the climate and nature crisis."

Find out more and sign up to run: https://tidelines.uk/blog/salmon-run-2026/

Media enquiries: info@tidelines.uk 07849 073394

Notes to Editors

Salmon Run is organised by Tidelines working with Wild Running and Westcountry Rivers Trust. It is supported by Bournemouth Symphony Orchestra Participate, Really Wild Coffee, Parkrun Exmouth and Green Running, Funded by Naturesave Trust and local companies including Stuart Line Cruises, Rockfish, Sole of Discretion, LDA Design, Sideshore Community and Profecto Financial Services.

Photos of previous years' Salmon Run events are here:
https://drive.google.com/drive/folders/1QqRxk0f0pomc5vJCRhQFSItE01YJ0U1T?usp=drive_link

Tidelines is a CIC based in Exmouth which brings together arts, science, action and research to celebrate the Exe estuary and river at a time of climate and nature crisis.

Wild Running is a CIC based in Devon which hosts outdoor trail running events across the UK and in Europe.

Westcountry Rivers Trust is part of the Rivers Trust network and has been restoring and protecting the region's rivers for 30 years.

Park Run Exmouth meet opposite Exmouth Pavillion 8.45am, BSO music from 9am

Exeter Quay events: 10-12.30 (relay team handover approx.12 noon)

Dulverton events: 3-7 (relay team arrival approx. 6.30pm)

The Atlantic Salmon is on the IUCN red list of endangered species.

https://tidelines.uk/ https://wrt.org.uk/ https://www.wildrunning.co.uk/