



General Outline

These are the details for Walk the Peak District 2019, in aid of [Acton4Diabetics](#) organised by Will4Adventure.

This will be a 50 mile sponsored walk through the Peak District National Park to be completed inside 24 hours. Shorter family friendly routes of 15 and 25 miles are also available. Walkers and runners are welcome.

Date and Times

There are three challenge routes available:

Gold: 50 miles – 0700 start – [King Edward VII Lower School](#), Sheffield, S10 5RG

Silver: 25 miles – 0900 start – [Nether End pay and display car park](#), Baslow, DE45 1SR

Bronze: 15 miles – 0900 start – [Longshaw Estate car park](#) (S17 3BL)

You will have 24 hours to complete the route as far as you can up to the limit of fifty miles. Gold challengers please arrive and register at 0630 on the day, ready to go at 0700.

Fast walkers / runners should email and let us know if they would prefer the later start time of 0830.

Bronze route challengers should join us at 0900 at the [Longshaw Estate car park](#) (S17 3BL) which is just 0.1 mile south on the A625 of the [Fox House Inn](#).

If you have maps that you wish to mark up – a route card will be available ten days before the event on the [Action4Diabetics webpage](#). In the meantime you can get a feel for where the route goes by seeing the route on [MapMyRun here](#).

The Route

[The entire route](#) is circular and will start and finish in Sheffield, via the half way point in Youlgreave (DE45 1WN) near Bakewell. While it is not hilly, it is in the Peak District - so there will be hills to walk up and down: though nothing too steep. It follows footpaths, bridleways, and byways, and some roads. It is easily navigated and pleasant to follow.

Before the day of the event all walkers will be provided a set of written instructions via the Will4Adventure website to help with navigating the route. In addition marshals will be located along the route to help show the way at key locations.

Please note – many locations given on the route card are linked to online maps. Having a copy of the route card on your smart phone may prove invaluable.

When you arrive Saturday morning

- Register your name with the appointed marshal on the day. Check that your details (including your mobile phone number) are correct.
- You will then be given an id number. Every time you see a marshal or contact us - give them/us your id number please.

Please note we are unlikely to be at the car park any more than 30 minutes before the given start time - so don't panic if you're there earlier and looking for us.

If you're going to be late text us asap.

No Shows

If you can't make the day, please be so courteous as to text Will on 07791860163 and let me know the names of anyone with you who is not able to walk.

Some Rules ...

1. Participants must follow the route as described in the route card.
2. Gold participants need to make it to the half way station inside 11 hours and to Calver (37 miles) by midnight in order to continue beyond those points.
3. Unless agreed beforehand, walkers will not be allowed to walk beyond the halfway point alone.
4. This route covers some sensitive areas of the Peak District during nesting season. To that end, we're really sorry but dogs are not allowed.
5. Please be exceptionally polite to everyone supporting this event: they're a volunteer giving up their time to make this day happen.

Checking in with marshals

There will be at least 4 static marshals along the route (plus a mobile vehicle at various points). The four definite places you will find a marshal will be at:

- 7.9 miles - [car-park at the northern end of Burbage](#)
- 11.5 miles – [Grouse Inn, Froggatt](#)
- [15.7 miles - triangular lawn area as you enter Baslow](#)
- [22 miles - Rowsley](#)

Please look out for them - they will display a big red 50 sign - and then give them your number. There are likely to be more marshals on the day – so look out for the big red 50 signs and give them your details.

If any of you are bringing family or friends that are happy to help marshal along the route please let us know. Any such help will be well received!

Toilet facilities

Please note there are no toilet facilities available at the start / end point in Sheffield. Facilities will exist at the Longshaw Estate (at around 10 miles) and also there is a public convenience in Baslow (around 15 miles). At the half way point there are facilities – but hardly any at all from then on. Infer from this what you will need to do! (Please bring bags to remove any paper you may use).

Food

As you please – though you will need to bring plenty of good high energy food for the duration of the day. Have a good breakfast Saturday morning, and eat lots of (brown) pasta Friday night. Focus on bringing a variety of food to take you through the day. By around 7pm you will likely be fed up with sugary snacks. Pork pies, bhajis and crisps are a great source of energy as well as salts. When you get to the halfway point in Youlgrave a veggie/pasta dinner will be on offer. Bacon 'butties' will be on supply at about the 45 mile point for walkers. No meals are available to you at the finish.

What happens if I want to drop out on the way?

From the route card you will see where the marshals are located. We would ask that you try your best to get to the next marshal location before dropping out. You will be able to wait with the marshal and as soon as we have a driver spare you will be picked up and driven home.

If you're at a road, and you really can't carry on, message us by text and as soon as we can we will dispatch a driver to come and collect you.

From the route card, you will have a good idea of where the next road or marshal will be. Please don't attempt to walk along a path/bridleway (that has no access to roads) if you doubt you have it in you to get to the next road section.

If ever you decide to drop out and get yourself home independently/go to the pub, please let us know immediately so that we don't have search teams out looking for you.



Wherever you drop out we will do our best to get you back to the start as quickly as possible. With an eye to minimising driving time for our support team it is likely that you may have to wait some time before we have enough to make it viable for a trip back. Your patience will be greatly appreciated.

Mobile phones

We appreciate that many people like to escape technology from time to time but on this event we rely on you to carry a fully charged mobile phone. It greatly helps us to manage the risk and in the event of an emergency this could literally be your lifeline. If you have a smart phone these are excellent features to add.

[OS Locate](#) – this excellent free app gives you your six figure grid reference even without a signal

[999 – Register your phone to 999](#). In the event of an accident and you have too little signal to make a phone call, with your phone registered to this service, you can text the emergency services instead.

Anyone can administer first aid – [here are some guidelines](#) for even the complete novice.

Accident and Emergency

In the event that you or someone near to you needs medical attention:

1. [Administer 1st Aid](#) (if you are confident and skilled to do so*)
2. If need be call/text 999. (If you are **not** on a road you need to call Mountain Rescue by calling 999 and asking for the police to coordinate this. You will need a 6 figure grid reference preceded with the two map letters SK).
3. If need be, and it is not a 999 situation, take yourself / casualty to one of the locations given below and contact us on 07791860163 as soon as is possible and advise us as to what has happened.
4. Whatever happens, once it is safe to do so, please text or call us to inform us of what has happened.

Derbyshire
Chesterfield Royal
Calow
Chesterfield
Derbyshire
S44 5BL

Sheffield
A & E Department (adults)
Huntsman Building
Northern General Hospital
Herries Road
Sheffield S5 7AU

****Will4Adventure lead outdoor first aid training, see [here](#) for details.***

Equipment

a. Main rules of thumb:

Look at the weather forecast for the next 24 hours and come prepared.
Steer clear of all things cotton – no jeans
Whatever you use, make sure it's comfortable.

b. You will need:

Day sack (lined with a plastic bag)
Water bottle with at least 1 litre of water
Waterproof jacket and trousers for a wet forecast.
Spare warm top for night time
Comfortable shoes / boots to walk in
Torch & a high visibility vest
Pair of spare socks
[Personal 1st Aid kit](#)
Mobile telephone

c. Optional items if you have them:

OS Map sheets 1:50,000 No.110 & 119
(Note 1:25000 scale does not cover Sheffield)
Walking poles

Equipment - runners

We appreciate that there are some fit experienced athletes out there that will want to complete this challenge in a fast time. In turn it is highly unlikely that you will be participating within a group. With that in mind please be safe and carry this kit. We expect you to do so.

Mobile telephone

Fluids and food

Thermal layer

Waterproof shell with taped seams and integrated hood

[Survival bag](#)

Hat & gloves

Torch and whistle

Map / compass / route-card

Livestock

You may come across livestock in some of the fields. Be wary of livestock and so long as they are not guarding their new-borns, livestock will normally not bother you. At night time if you become aware that you are passing livestock, remove your head torch and hold it below waist level instead. Unusual lights at night time can startle or stress farm animals.

Accommodation

Here is a selection of local places to stay in Sheffield – with the cheapest offerings listed first.

Russell Scott Hostels,
28 Brandreth Road, Sheffield, S6 3JU, 01142 334691

Fox Hagg Farm camp site, Lodge Lane, Rivelin, Sheffield, S6 5SN, 0114 230 5589
May only take caravans and campervans – but tent dwellers should ask.

Wyming Brook Farm,
Soughley Lane, Sheffield, S10 4QX, 0114 3276751 (caravans only)

Call the campsites to book before relying on these for accommodation.

The next three listings are within 1.5 miles of the start point.

Brocco on the Park
Boutique bedrooms and neighbourhood kitchen
92 Brocco Bank, Sheffield, S11 8RS
hello@brocco.co.uk
0114 266 1233

Halifax Hall, Endcliffe Vale Road, Sheffield, S10 3ER
0114 222 8810
stay@halifaxhall.co.uk

The Psalter
178-180 Psalter Lane, Sheffield, South Yorkshire S11 8US
0114 266 6188

Travelodge Hotel
1 Broad Street West, Sheffield, S1 2BQ
0871 984 6305

IBIS Sheffield (fairly central) from
Shude Hill, Sheffield, South Yorkshire S1 2AR, Tel: 0114 241 9600

For people wishing to take part in the bronze course only The Fox House Inn couldn't be better placed for you. Hathersage Rd. S11 7TY Tel: 01433 630374.

How to use the emergency SMS service

Step 1.

[Register your mobile phone with the service before an emergency happens.](#)

Important: You will need to register again if you change your mobile phone numbers.

Step 2.

If an emergency happens we advise you only to use SMS to contact the emergency services if you have no other option. This is because it will take longer than other methods such as calling 999.

When you need to send an SMS text message to 999 and you cannot use the standard voice 999 service create an SMS message containing the details below:

Which service do you require?	Need Ambulance, Coastguard, Fire Rescue, or Mountain Rescue/Police
What?	Briefly, what is the problem?
Where?	Exactly where is it Give the name of road and town / six figure grid reference Plus more information like: house number; or nearby landmarks or main roads

For example your SMS text message might read:

'ambulance. man having a heart attack. outside post office. school lane baslow' or

'police mountain rescue. man broken ankle. Froggatt edge SK251761'

If you include this information the emergency services will not have to ask as many questions and will be able to respond quicker.

Please be as accurate as possible when giving the location. On this walk all grid references should be preceded with the area code SK. The better your information is the faster the emergency services will be able to send help.

Step 3.

Now send the SMS message to 999.

Step 4.

The emergency service will reply to you asking either for more information or telling you that help is on the way.

Do not assume that your message has been received until you get a message back from the emergency service, an SMS 'Delivery Report' does not mean your message has been received.

It can take around 2 minutes for you to get a reply to your emergency message. If you have not received a reply within 3 minutes then we advise you to send another message straight away.