

## **Peak District Weekend – Pennine Way Challenge**

**Friday 09<sup>th</sup> – Sunday 11<sup>th</sup> July 2010**

### **PLAN OF EVENTS & ITINERARY**

The Pennine Way National Trail, stretches 268 miles, chasing the Pennine Mountain tops along the rugged backbone of England, from the Peak District through the Yorkshire Dales and over Hadrian's Wall to the Cheviots. Our challenge is based in the Peak District.

It is easy to see why the Peak District National Park is the second most visited national park after Mount Fuji in Japan. Standing at the crossroads of Britain between the highlands and the lowlands, with its leafy limestone dales and contrasting wide open gritstone moors, the Park is a paradise for naturalists, geologists, walkers and anyone who wants to escape the city.

Medieval Peeveril Castle near Castleton, the town world famous for 'Blue John' stone, Mam Tor, Jacob's Ladder, Crowden Tower and of course the legendary, bleak peat moorland of Kinder Scout, hovering over and fringing the beautiful landscape of the Edale Valley – The Peak District is a truly wonderful area to visit and walk at any time of the year.

### **The Event :-            The Peak District**

Based at the Youth Hostel in Castleton the planned walks (22km on Day 1 and 15km on Day 2) will involve 2 circular walks, first to the North around Edale and then to the South and West of our accommodation, both days taking in the dramatic and varied scenery of the unique Dark Peak area of the National Park

Although called the Peak District there are no real mountain peaks in the area – the name comes from the Old English 'peac' for knoll or hill. That does not mean that a walk to the tops will not test the lungs or muscles, as our walk towards Kinder Scout (636m) will prove on Day 1.

However, the ascents are not severe, climbing gently from our base for the weekend, situated at 200m altitude. We gain the heights on mainly good tracks, to the highest elevation on rocky sometimes boggy moorland terrain, following the beginning of the Pennine Way Trail, with tremendous views in all directions over the Vale of Edale. Be warned though, like all good British hills because of the wide open and exposed moorland the area can often attract the worst of the British weather even in high summer.

*Ordnance Survey Map 1:25 000 – Outdoor Leisure 01 – Explorer Map. The Peak District – Dark Peak area.*



## **Location :-**

Castleton Youth Hostel, is situated very close to the heart of this small Peak District town of the same name a short distance from the landmark Peverill Castle founded in 1080 by William Peverill an illegitimate son of King William I. For the very stiff legged the local pubs of Castleton and Hope village serve excellent wines and ales with lunch to help relax those stiff and aching muscles.



## **Accommodation:-**

The Youth Hostel is a series of local stone buildings. Our group's accommodation for the weekend is called the Vicarage and is set a little way from the main hostel giving us privacy from other groups as we have exclusive use over the period of the event. The rooms are 4, 5 and 6 bedded rooms with adequate storage space. There are ample toilets and en-suite shower rooms, a large dining room, a small lounge area and a well appointed kitchen. All beds come complete with duvets, pillows and a clean bagged set of covers etc are ready for use on each bed.

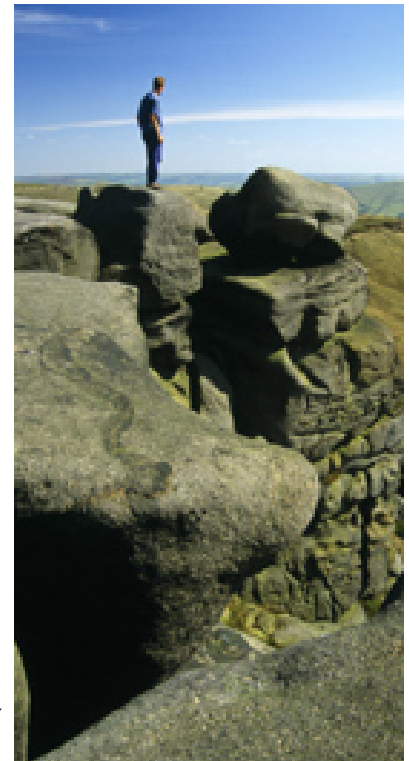
## **Itinerary:-**

### **Day 1 - Friday**

Meet at Compton Hospice, Cedars site (time to be confirmed) to catch the coach to Castleton Youth Hostel. The coach will arrive at approximately 6pm on the Friday and you will have a chance to settle in to your room and familiarise yourself with the venue. Welcome drinks and an evening meal will be provided by WW staff. A full briefing will be given by Leaders. Wine and beer will be on sale later in the night and no doubt some form of entertainment will take place.

### **Day 2 – Saturday – 22 km**

The morning will begin with full breakfast provided by WW Staff. A selection of fillings will be available for participants to make sandwiches for lunch during the day. Tea and coffee will also be available for flasks (see kit list). At 08.00am we set off on foot from the Youth Hostel (YH) and head North towards Rushup Edge and the heights of Hollins Cross 426m. From this excellent viewpoint we head down into the Vale of Edale and the recognised start of the Pennine Way Trail. Heading along this towards Kinder Scout in the distance we steeply ascend Jacobs Ladder and at the top continue a shorter ascent to the huge boulder outcrop that is Edale rocks. A short distance away is Kinder Low a moonscape of rocks and peat which we briefly visit before heading across the edge of Kinder Scout to the weather sculptured rocks of Noe Stool, Pym Chair, Wool Packs and Crowden Tower. Nearby Crowden Brook signals our descent back into the Edale Valley as its' gentle waterfalls guide us down Crowden Clough and eventually across the floor of the valley. Our last ascent of the day takes us back to Hollins Cross and soon after to Castleton and our accommodation seen a short distance below. After a hot shower we will eat in the Youth Hostel tonight courtesy of WW Staff.



### Day 3 – Sunday – 15km

Heading South West this time towards nearby Peveril Castle we ascend along the track known as Limestone Way rising very gently to just over 400m before turning due West skirting several disused mines until we reach Snels Low knoll. On towards Bull Pit then Rushup Edge farm soon gaining the most southerly end of Rushup Edge. Now gently rising to the tumulus the remains of an ancient fort, Lord's Seat at 540m. Descending briefly we then make our final ascent of the trip to the top of Mam Tor and its' commanding views over Castleton. Retracing our steps we head back down the slopes above the famous Blue John Cavern and very soon to the Youth Hostel before the homeward journey.



**As with all hills the variable British weather can produce adverse conditions with high winds, rain, cold and poor visibility prevalent at any time of the year increasing the wind chill factor. It is therefore important that participants have adequate clothing to cater for all such conditions. Participants should also be aware that the weather can create situations where it would be too dangerous to trek certain areas, should this happen another suitable route will be chosen for the challenge, at the group leaders discretion.**

**NB :- There are several occasions during this event when participants can elect to conclude their participation and be safely escorted or directed back to the Youth Hostel (or nearest Pub) on foot or by taxi.**

***See kit list for essential equipment to be carried by all participants and also top training tips.***

**Please note:**

*“ Climbing, trekking and mountaineering are activities with a danger of personal injury or death. Participants in these and other associated activities should be aware of and accept these risks and be responsible for their own actions and involvement “*

**Please ensure that you have your own adequate insurance for this event.....!**

**A few words of wisdom:-**

**If anyone is in any doubt about their ability to start and finish this event consider :-**

*It is far better to dare mighty things, to win glorious triumphs even when chequered with failure, than to rank with those poor spirits who neither enjoy much or suffer much because they live in the grey twilight that knows no victory nor defeat.*

*Theodore Roosevelt*