



Pre-Entry Information

Event date: 13-14 September 2024

The Peak District Challenge is a trail running or trekking challenge that offers four levels of difficulty:

- 25km (Copper)
- 50km (Bronze)
- 75km (Silver)
- 100km (Gold Ultra).

Each distance has a target time to try to beat, from 9 hours to hike 25km, up to 24 hours to walk or run the huge 100km Gold Ultra Peak District Challenge.



Support and Refreshments

Motivation and encouragement are provided at Checkpoints with water top ups and refreshments. Checkpoints are spread out every 10km around the course on average. A stew supper on Saturday evening is all included in the price of your entry.

Our professional, qualified safety teams monitor teams' safety throughout. Each team's GPS tracker allows HQ to see each team's exact location at any time, at any point around your challenge route, not just at checkpoints.

Teams can self-navigate using our printed route-guides and GPX files, or join a led walking group accompanied by a fully qualified mountain leader.

Four Distances to choose from

The routes all start at Hathersage (starred) and are anticlockwise loops.

Visit <http://goo.gl/maps/r6ulJ> for a closer look at the provisional routes. Final routes are revealed to entrants 7 days before the event. You can self-navigate round the challenge using the provided route guide, or there is the option of joining a guided walking group on the 25-75km distances.

The **Copper** 25km Challenge follows the red line from Hathersage to Baslow. It can be walked or run, and is an achievable challenge for those who've done some walking before.

The **Bronze** 50km Challenge follows the orange line on this map past Castleton then Tideswell and Baslow. It can be walked or run, and is achievable by those who have done lots of walking (or some running) beforehand.



The **Silver** 75km Challenge takes the silver route shown, covering large distances over relatively less hilly terrain. Suitable for those who have spent significant time travelling on foot and navigating by night.

The **Gold Ultra** 100km Challenge follows mainly the outermost route, following the yellow line shown above between checkpoints. It's the longest and steepest route, suitable for experienced night runners with navigation skills.

Copper route:

25km (16 miles) in distance. If aiming to complete inside the 9 hour target you will need to maintain a relatively leisurely 3kph, starting at 9.30am on Saturday.

Leaving Hathersage following the Derwent Valley Heritage trail, you will follow the river south and wind your way past Grindleford, along the river and through woodland to Baslow.

From here you'll leave the valley and climb up to Curbar and Froggatt edges enjoying some lovely views down over the Derwent. Next you will wander through idyllic Hay Wood and over the top of Millstone Edge before the final descent back down to Hathersage.

The route isn't flagged, so you can self-navigate or join a led group with a guide.



You can see more Peak District Challenge photos at <http://www.facebook.com/PDCWD>

Bronze route:

Follow the Bronze coloured lines on the map above, starting on Saturday morning. To complete the 50km (32 mile) route in your 12 hour target time means you need to be walking at just over 4kph. The walk has a total ascent of 1200m and has a maximum elevation of 462m. The Bronze challenge starts at 8am. The route isn't flagged, so you can self-navigate or join a walking group with a guide.

You will leave Hathersage and walk up the Hope Valley on good paths past Hope and Bamford until you reach Castleton. From here, you will turn south to join the Limestone Way for your main hard climb past Peveril Castle and trek through the valley nature reserve of Hay Dale.



Leaving the Limestone way you will meander through idyllic White Peak villages and the Derbyshire Dales nature reserves on your way up to Middleton Moor. A tracked section through the Peak District's working landscape brings you to pretty Baslow and the turn north beneath the Eastern Edges.

Passing through iconic Curbar and Froggatt villages with views up to the iconic Peak District gritstone edges, you'll eventually reach Grindleford, from where you will rejoin the Derwent Valley heritage trail, and follow the course of the river back home to Hathersage.



Silver route:

Take on 75km (47 miles) with a 24 hour target and 2,235m of ascent, the Silver Challenge starts at 9pm on Friday evening and is shown with silver lines. Not to be underestimated, this route follows the easiest and flattest routes between refreshment checkpoints, but still covers a huge mileage. During the initial overnight leg, you can chose to join a led group walking with a guide or navigate yourself. During the daytime, you'll navigate yourself.

Your Silver Challenge begins with a trek east up onto the Dark Peak moors. You will

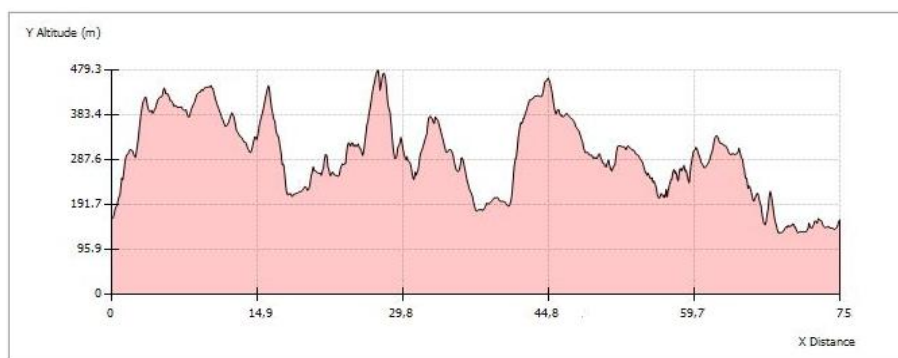
cross Stanage Edge, site of Robin Hood's cave, and Foulstone Moor to reach Back Tor. Next it's a descent to Ladybower Valley and an easy flat section around Ladybower reservoirs where the Dambusters trained for their bombing missions in WWII.



You will climb to the geological oddity of Alport Castle, before descending to the Vale of Edale through forests, Woodlands Valley and the route of the Roman road.

As dawn breaks you re-enter the western end of the Hope Valley and head to beautiful Castleton, before joining the Limestone Way past Peveril Castle and enjoying the valley nature reserves at Hay Dale.

Joining the Bronze route on the second half of their challenge, you'll leave the Limestone way and meander through idyllic White Peak villages and the Derbyshire Dales nature reserves on your way up to Middleton Moor. A tracked section through the Peak District's working landscape brings you to pretty Baslow.



The route home follows the river Derwent north along the Derwent Valley heritage trail through rolling fields and alongside the chattering river to Padley and Grindleford. Silver Challengers aim is to finish by 9pm on Saturday evening.

Gold Ultra route:

Indicated by yellow lines on our map, the Gold Ultra Peak District Challenge is 100km (62 miles) and 3300m of ascent in total. You have a 24 hour target to be walked/run at an average of 4kph.

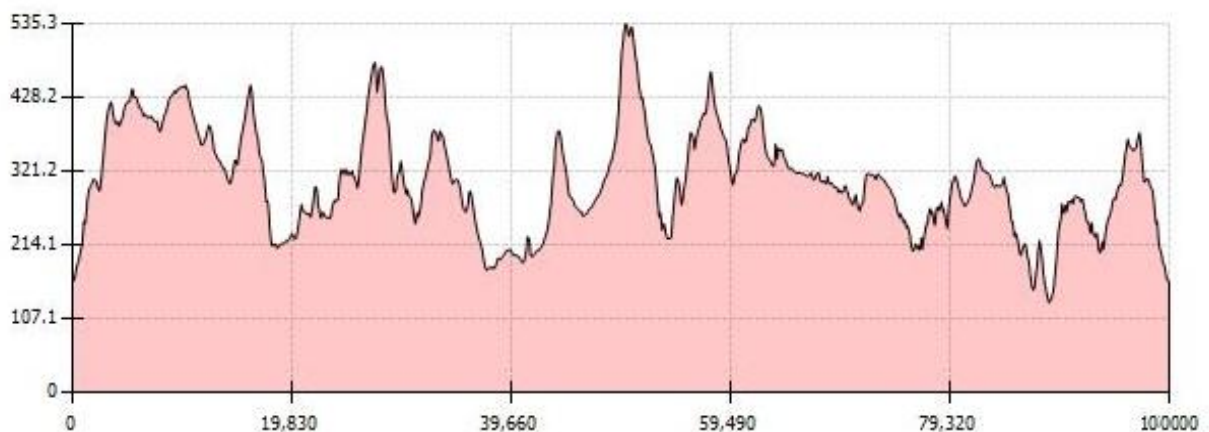
The Gold Ultra route is the ultimate Peak District Challenge, and should be attempted by teams of fit and experienced hillwalkers/fell runners who want to see the best that

the Peak District has to offer. You'll visit high points and viewpoints on your way between checkpoints, and there is a lot of climbing involved. You'll leave Hathersage at 9pm on Friday evening. Night navigation experience is essential.

Your Challenge begins with a walk up on to the Dark Peak moors. You will cross Stanage Edge, site of Robin Hood's cave, and climb up on to the Derwent Moors. Next it's a descent to Ladybower Valley and an easy flat section around Ladybower reservoirs where the Dambusters trained for their bombing missions in WWII. As dawn breaks, you will climb to the geological oddity of Alport Castle, before descending to a section of well-made tracks round to popular Edale.

The next climb is the infamous Jacobs Ladder and stunning views over Hayfield. Turning back south, Rushop Edge and the flank of Mam Tor rise gently to Hollins cross and the descent in to Castleton. You are given a short break in navigational difficulty as tracks and lanes lead to Peak Forest in the White Peak and the valley nature reserve at Hay Dale. Your map will come out again as a mixture of paths and tracks lead between a string of pretty villages in the undulating limestone landscape, finally leading to Calver on the river Derwent.

The final section of the challenge takes you past popular climbing venues on the eastern gritstone edges above Curbar, Froggatt and Burbage. Your challenge draws to a close with dusky views over the river Derwent and a final climb over Owler Tor before the final grassy slope down home to Hathersage.



When and where:

All routes are circular, and start from **Hathersage Memorial Hall, S32 1DU**

All routes finish at Hathersage on Saturday evening, 14 September 2024 - your starting time will be on Friday night or Saturday morning - see below!

The **Copper Challenge** starts at 9.30am on Saturday, with a finishing target of 6.30pm.

The **Bronze Challenge** starts at 8am on Saturday, so the 12 hour finishing target is at 8pm.

The **Silver and Gold Ultra routes** start at 9.00pm on Friday evening, so their 24 hour finishing target is 9.00pm on Saturday.

In past years, the last trains home from Hathersage on Saturday evening are at 22:41 to Manchester, 23.15 to Sheffield (and we expect they will be at similar times again this year, but please check!)

You are encouraged to enter in a team of 3-5 people. Solo or duo competitors with navigation and long-distance trail running or walking experience are accepted, but must provide evidence of a "qualifying event" on their registration.



Navigate yourself or join a led walking group:

You have the option of navigating yourself around any of the challenge routes using the route guide and GPX files we provide, or joining a walking group with a qualified [Mountain Leader from Wilderness Development](#). Guided walking groups are available on the [Copper](#), [Bronze](#), and night-time section of the [Silver](#) Challenges. Our highly experienced Mountain Leaders will take care of your navigation and safety on the hill leaving you free to focus on the athletic challenge. Silver Challengers will need to navigate themselves during daylight hours.

All Gold Ultra entrants must self-navigate throughout.

We publish more advice on "What level of navigation or map-reading ability do I need?" in our FAQs.



Entry fees

Back Before Dark 10km fell race, £24.
Copper 25km, £49
Bronze 50km, £54
Silver 75km, £69
Gold Ultra 100km, £74

If joining a led group with a guide, add £22

Car parking tickets (providing the cheapest parking option) can be pre-booked at the point of registration (but Hathersage train station is under 10 minutes walk away!)

A finisher's pack, (adding an event t-shirt and medal to the goody bag), is £15.

Late entries (after the 15 August closing date) may be taken subject to capacity, but costs and availability will vary.

No fundraising commitment

You are welcome to use the event as a sponsored challenge for your chosen charity, but there are no additional fundraising commitments on top of the fees above.

Your entry fee includes:

- Fully qualified, professional Mountain Leaders supervising the event.
- A GPS tracker for every team, tracking you continuously on the entire route.
- A modest prize pool of token prizes.
- A goodie bag at the end of the event.
- Water stations, Drinks and snacks from our friendly checkpoints every 10km on average.
- A stew supper on arrival back in Hathersage on Saturday evening.
- [Kit guidance and advice](#), along with a pre-walk registration and briefing.
- Bag care, including [drop-bags](#) for 50-100km distances.
- Printed route guides and GPX files for self-navigating teams
- A scenic and challenging route, and all pre-event planning.

What kit do I need?

You should expect to carry with you everything that you need to keep safe and comfortable during the event (with the exception of water, food, and for 50-100km challenge entrants a "halfway" bag). A [compulsory kit list](#) is provided.



Challenge selector

1. Choose your distance	Copper 25km	Bronze 50km	Silver 75km	Gold Ultra 100km
2. Navigate yourself or join a led group.	Copper or Bronze Challengers can a) Navigate themselves or b) Join a led walking group with a guide.		Silver Challengers can a) Navigate yourself or b) Join a led walking group with a guide overnight, then navigate yourself during daylight hours (no guides available during daylight hours).	Self- navigating only on the Gold Route. Guides not available.
3. Finishers pack?	Everyone receives a goody bag. You can choose to add a Medal and event t-shirt to your swag at small additional cost.			

Minimum ages

Gold Ultra Peak District Challenge Registered with ITRA and UTMB	Minimum age 20 <ul style="list-style-type: none">• 20-year olds must be part of a team including at least one person 21+ (to comply with UKA rules)•• 21-year-olds + can enter as solo entrants (on TRA guidance)•
Silver Challenge Registered with ITRA, UTMB	Minimum age 18
Bronze Challenge Registered with ITRA and UTMB	Minimum age 16 <ul style="list-style-type: none">• 16-17 year olds must be accompanied by their parent/legal guardian. They can be part of self-navigating teams or join a led group with a guide. They are not permitted as solo entrants.• 18+ can enter as solo and/or self-navigating entrants.
Copper Challenge	Minimum age 12 <ul style="list-style-type: none">• 12 - 15 year olds must be accompanied by their parent or legal guardian in a led group with a guide. They are not permitted in self-navigating teams.• 16-17 year olds must be accompanied by their parent/legal guardian. They can be part of self-navigating teams or join a led group with a guide. They are not permitted as solo entrants.• 18+ can enter as solo and/or self-navigating entrants.

Official Event Merchandise

Celebrate your Peak District Challenge with a soft cotton ethically-sourced hoody through our official merchandise store:

<https://peakdistrictchallenge.teemill.com/>



For lots more information and to join 450+ other entrants, just visit
www.Peak-District-challenge.com