



Edale Skyline Challenge Walk

Guided challenge walk in the Peak District

With Mark Reid, author of 'The Inn Way' and Mountain Leader

WALK OVERVIEW

Kinder Scout – Mam Tor – Lose Hill - Win Hill - Hope Cross

34 km – 1,375m of ascent – 10 hours

YOUR INSTRUCTOR



Mark Reid

Walking Group Leader
Hill & Moorland Leader
Mountain Leader
Author of 'The Inn Way' guidebooks

WHERE AND WHEN TO MEET

We will meet at 7:30am at Edale, outside the Nag's Head pub in the heart of the village. There is a large pay & display car park as you drive into Edale, and there is also a train station (Sheffield to Manchester line). **The walk will commence at 8am.**

OUTLINE OF THE DAY

7:30m: Meet at Edale

8am - 7pm: Fully guided walk around the Edale Skyline challenge walk

7pm: Well deserved celebratory drink at the Old Nag's Head at Edale

NB: *Finish time is approximate*

THE WALK

The **Edale Skyline Challenge** is a famous challenge walk in the heart of the Peak District, tracing a high-level route around the valley of Edale walk and taking in Kinder Scout, Mam Tor, the Great Ridge, Lose Hill and Win Hill, Hope Cross, Roman Road and the Madwoman's Stones! The route includes a number of steep sections, rough, rocky and boggy moorland as well as some exposed moorland ridges and summits. **Mark Reid** will guide you around this route, so that you can forget about navigating your way round on the day and concentrate on raising money for your chosen charity instead! **The walk is 34-km (21 miles) with 1,375 metres of ascent.**

It is a demanding walk that must be approached with preparation and training, but it is also an extremely rewarding walk that will be remembered for many years, for the views and landscapes along the way are simply breath-taking, from stunning valleys to wild moors and lonely hills. Mark Reid knows the Peak District like the back of his hand and will guide you around this route (whilst also sharing his knowledge of the area), so that you can forget about navigating and concentrate on enjoying the walk instead!

The walk will take around 10 hours to complete, and so we shall finish the walk at around 7pm. This finish time will be dependent on the pace of the group, weather conditions on the day etc, and so we could finish the walk anytime between 6pm and 8pm. Successful completion of this walk will depend upon your own level of fitness, stamina and preparation, as well as good fitting boots and no minor injuries along the walk, such as blisters or sore knees etc. **Participation of this guided walk is no guarantee of its successful completion.**

All participants will need to have a good level of fitness and stamina, and prepare for this walk with some training (*depending on your current level of fitness*) by walking everyday and building up the distances walked so that you have completed at least one 15-mile walk before this event.

FOOD, WATER & FACILITIES ALONG THE ROUTE

Each person completing this walk will burn approximately **5,000 calories** and lose around **4 litres of fluid** over the course of the day. A good breakfast is important. Eat plenty of snack food throughout the day - little and often - to maintain energy levels. Bananas, dried fruit, flapjack, nuts, chocolate bars etc are all good food to bring with you. Also, bring a packed lunch with you. You will need to carry 2 litres of water in your rucksack, and drink at regular intervals.

You will be able to buy soft drinks and replenish water bottles at Hope (pubs and shop), which is 20 km along the route (5 hours approx.) *There are no other facilities along the route. Hope is also the key 'escape route' as there is a train station there, with connections back to Edale.*

WHAT TO WEAR & BRING WITH YOU

What to wear

It is important to wear a 'layering system' of clothing as follows:

- Base layer - long-sleeved T-shirt
- Mid layer - fleece
- Outer shell - waterproof/breathable coat and over-trousers
- Walking boots - waterproof with good ankle support and sturdy soles
- *plus* walking trousers

Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton (especially jeans) as cotton soaks up moisture.

What to bring

- Sunhat, sunscreen and sunglasses
- Warm hat, waterproof gloves and spare fleece
- Water bottle (2 litres) and flask of hot drink (optional)
- Packed lunch and high energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

Please note: Please provide your own walking boots, with sturdy cleated soles and ankle support.

In the car for the end of the walk

- Towel (in case it's raining)
- Change of socks, shoes and T-shirt
- Deodorant!

WHAT'S INCLUDED

- ✓ Fully guided walk around the Edale Skyline challenge walk with Mark Reid
- ✓ Use of our Outdoor gear if required
- ✓ Completers certificate
- ✓ TeamWalking Loyalty Reward scheme *

NB: All participants must provide their own walking boots, food (including packed lunch and snack food), water and drinks as well as accommodation (if applicable). * *Loyalty Reward issued on the course.*

Please Note:

- No previous experience is required as guidance will be given. However, this is a long distance challenge walk that is demanding & strenuous, and must be approached with preparation & planning.
- This long distance challenge walk covers 34-km (21 miles) in a day, with 1,375m of ascent that is usually completed in around 10 hours. The route includes several steep sections, rough, boggy and rocky terrain, moorland, stream crossings, stiles, paths, tracks and lanes, but predominantly high moorland escarpments and ridges for most of the day. We may also encounter adverse weather conditions whilst on the walk.
- You will need to have a good level of fitness and stamina, and also prepare for this walk with some training (*depending on your current level of fitness*) by walking everyday and building up the distances walked so that you have completed at least one 15-mile walk prior to the event.
- Successful completion of this walk will depend upon your own level of fitness, as well as good fitting boots and no minor injuries along the walk (e.g. blisters, sore knees etc). Participation of this guided challenge walk is no guarantee of its successful completion.
- You will burn around 5,000 calories over the day, and also lose around 4 litres of fluid. It is important to eat high energy snack food regularly throughout the day and drink water regularly.
- All participants must provide their own walking boots, packed lunch & travel/accommodation.
- Our courses are suitable for all ages. Under 18s (minimum age 14) may attend if accompanied by a parent or legal guardian. The child must be accompanied at all times during the activity by their parent/legal guardian.

EDALE / TRAVEL

You may wish to stay locally before and/or after your walk. Edale offers a choice of pubs, B&Bs, Youth Hostel and campsite. It also has a large car park, train station, cafe and shop.

Post walk - please note that after completing this challenge walk you will feel tired, with aching feet and legs. Please take this into consideration if you are planning to travel home after the walk. We advise you to either arrange transport with friends or family, use public transport or stay overnight locally.

BOOKING FORM

Please complete the Booking Form, which also includes our **Terms and Conditions**.

Final details of this walk will be sent to you approximately 2 weeks prior to the event

ANY QUESTIONS? Email: info@teamwalking.co.uk
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