



## Derbyshire Six Dales Challenge Walk

*Guided challenge walk in the Peak District*

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

### WALK OVERVIEW

*Lathkill Dale - Bradford Dale - Long Dale/Gratton Dale -  
Biggin Dale - Wolfscote Dale - Beresford Dale*

**43.5 km – 1,100m of ascent – 12 hours**

### YOUR GUIDE



#### 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 7am at Hartington in the Peak District. The walk will commence at 7am.

### OUTLINE OF THE DAY

**7am:** Meet at Hartington, Peak District

**7am - 7pm:** Fully guided walk around the Derbyshire Six Dales Challenge Walk

**7pm:** Well deserved celebratory drink back at Hartington

**NB:** Finish time is approximate

### THE WALK

The **Derbyshire Six Dales** challenge walk is a beautiful route through six stunning limestone valleys in the heart of the Derbyshire Peak District. Starting and finishing in the lovely village of Hartington, the route takes in part of the High Peak Trail, the villages of Monyash, Middleton and Biggin, and six limestone dales including three National Nature Reserves of Lathkill Dale, Long Dale and Biggin Dale. It is a challenging walk with rough and uneven terrain in places, some stream crossings and some climbing across farmland and low hills, although most of the walk follows paths and tracks along riversides, through valleys and woodland and across farmland.

*The six dales are:*

1. Lathkill Dale
2. Bradford Dale
3. Long Dale / Gratton Dale
4. Biggin Dale
5. Wolfscote Dale
6. Beresford Dale

**Mark Reid** will guide you around this challenge walk. The route takes in the very best of the Derbyshire Dales, a lovely area of rolling green hills, deep limestone valleys, crystal-clear rivers and attractive villages, with wildlife, wild flowers, history and heritage in abundance.

The **Derbyshire Six Dales** is a demanding walk due to its length at 43.5 km (27 miles) with 1,100m of ascent and descent throughout the day, and so must be approached with preparation and training, but it is also an rewarding walk that will be remembered for many years. This is the distance of walking a marathon, BUT with the added challenge of walking across rough terrain.

All participants will need 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. The walk will take around 12 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.**

## FOOD, WATER & FACILITIES ALONG THE ROUTE

Each person completing this walk will burn around **5,000 calories** and lose **4 to 5 litres of fluid** over the course of the day. A good breakfast is important. Eat plenty of snack food throughout the day 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 at least 3 litres of water in your rucksack, and drink at regular intervals.

We will pass through Monyash, Middleton and Biggin where refreshments and provisions may be obtained - *please bring money with you.*

## 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***

- Sun hat, sunscreen, gloves and spare fleece
- Water bottle (3 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 and deodorant!

### **WHAT'S INCLUDED**

- ✓ Fully guided walk around the Derbyshire Six Dales challenge walk with Mark Reid
- ✓ Use of our Outdoor gear if required
- ✓ 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 challenge walk that is demanding & strenuous, and must be approached with preparation & planning.
- This long distance challenge walk covers 43,5-km in a day, with 1,100m of ascent which will take around 12 hours to complete. The route includes hills, rough, boggy and uneven terrain, stream crossings, stiles, paths, tracks and lanes, fields (with livestock), open countryside, woodland, roads and lanes. We may 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.
- 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.

### **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.

### **CONSENT FORM**

Please complete the Consent 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](mailto:info@teamwalking.co.uk)  
Tel: 01423 871750 Mob: 07711 264019 Web: [www.teamwalking.co.uk](http://www.teamwalking.co.uk)