Footpath Relay, Sat 8th June 2013

The loop is 51.2 km and consists of 5 legs, varying between 8 km and 12 km.

A runner may run more than one leg; and up to two legs may be split between two runners. Most teams will consist of 10 runners. The maximum number of runners in a team is 14.

There are a couple of points where you may be tempted by a short cut, please resist the temptation and keep to public footpaths, bridleways and roads.

The bridleways are popular with cyclists. Along Monsal Trail where possible keep to the left.

Loop	Leg	Map	Start		Mid-Point		Finish		Suitable for Juniors	Distance (km)	Ascent (m)	Descent (m)	Duration (mins)				
													@ 10 km/h	@ 12 km/h	@ 14 km/h	@ 15 km/h	@ 16 km/h
1	1	link	Bakewell Show Office	SK 222 684	Rowsley	SK 255 659	Bakewell Station	SK 222 690	Yes	12.4	320	285	88	73	63	59	55
1	2	link	Bakewell Station	SK 222 690	Monsale Head	SK 183 715	Millers Dale	SK 138 732	Yes	11.3	215	160	77	64	55	51	48
1	3	link	Millers Dale	SK 138 732	Chee Dale	SK 112 727	Chelmorton	SK 114 702	No	7.9	320	175	61	51	43	41	38
1	4	link	Chelmorton	SK 114 702	Moneyash	SK 150 668	Youlgrave	SK 192 644	No	10.6	155	215	70	58	50	47	44
1	5	link	Youlgrave	SK 192 644	Over Haddon	SK 203 664	Bakewell, Park View	SK 219 680	No	9.1	145	320	61	51	43	40	38
									Loop Total	**51.3**	**1155**	**1155**	**356**	**297**	**255**	**238**	**223**
2	6	link	Bakewell, Park View	SK 219 680	Over Haddon	SK 203 664	Youlgrave	SK 192 644	No	9.1	320	145	68	57	49	45	43
2	7	link	Youlgrave	SK 192 644	Moneyash	SK 150 668	Chelmorton	SK 114 702	No	10.6	215	155	73	61	52	48	45
2	8	link	Chelmorton	SK 114 702	Chee Dale	SK 112 727	Millers Dale	SK 138 732	No	7.9	175	320	55	46	39	37	34
2	9	link	Millers Dale	SK 138 732	Monsale Head	SK 183 715	Bakewell Station	SK 222 690	Yes	11.3	160	215	75	62	53	50	47
2	10	link	Bakewell Station	SK 222 690	Rowsley	SK 255 659	Bakewell Show Office	SK 222 684	Yes	12.4	285	320	86	72	62	58	54
									Loop Total	**51.3**	**1155**	**1155**	**356**	**297**	**255**	**238**	**223**
									Race Total	**102.6**	**2310**	**2310**	**713**	**594**	**509**	**475**	**445**

Runners on Leg 1 will start at 8:30; and runners on Leg 6 will start at 13:00. Runners on the other legs will start when their team member finishes the previous leg.

Runners must 'dib' when they finish their leg, and hand the 'dibber' to the next runner.

Handicap

To qualify for the handicap race, a team's handicap must be at least 14 points.

A team's handicap is the sum of the handicap of its team members; and a team member's handicap is based on their age (on day of the race) and their sex.

	Male	Female
Under 17	1	2
17 & over	0	1
40 & over	1	2
50 & over	2	4
60 & over	3	5

When a leg is split between two runners, the lowest handicap point of the two runners will be added to the team's total handicap point.

Leg 1 – Bakewell Show Office to Bakewell Station (12.4 km, 320 metre ascent)

Suitable for Juniors, short section follow quite road at Rowsley and Calton Lees which need not be crossed.
Beware of cyclists.

Start – Bakewell Show Office (SK 222 684)

Car park at Show Ground via Coombs Road, £4.50 per day

Finish – Bakewell Station (SK 222 690)

Car park off Station Road, £3.50 per day

Route

- From corner of field, follow path with hedge and ditch on right
- After third gate (SK 225 678), bear slightly left.
- Cross left bridge, continue through fields
- Pass fenced tree on left side
- At end of path (SK 229 670) turn left, follow track up hill
- After track turns northwards, turn right through gate
- Follow footpath (fence on right hand side)
- Turn left when footpath meets track (SK 236 667)
- Follow track up hill (passing farm on right)
- At junction (SK 242 668) keep to left
- At junction (SK 243 669) keep to right
- Follow track to Rowsley (Wood, Bouns Corner, on the right has been felled)
- Follow road downhill
- Turn left at fingerpost (pass large barn on left)
- Follow footpath (river on right hand side)
- At junction (SK 259 667) take left fork (uphill); switch to left side of wall as you pass forest corner
- Footpath will meet road. At road junction turn left
- Follow track uphill along the dale
- As the track nears Calton House, it will switch back (right and then left)
- Follow track between the buildings
- Shortly after the building turn right (do not take short cut through field)
- At fingerpost (SK 247 687) turn sharp left, follow footpath to gate
- Cross gate, continue straight on (the footpath is faint, head towards cluster of scattered trees)
- Shortly before the pond, cross fence; as you pass pond on your right cross stile
- Head left of nearest copse. Head to left of 4th Telegraphy pole in field (counted from left)
- Enter forest, follow footpath downhill (take care, it is steep and the stones can be slippy)
- At junction, cross stream on right and immediately left to take minor path
- When minor path meets track, turn right and follow track.
- (When track enters golf course, ring bell to warn golfers you are crossing)
- Immediately before bridge, turn right and drop down to bridleway
- Follow brindleway (Monsal Trail) to Bakewell Station

Leg 2 – Bakewell Station to Millers Dale Station (11.3 km, 220 metre ascent)

Suitable for Juniors, no roads, follows Monsal Trail.

Monsal Trail is popular with casual cyclists. Along Monsal Trail where possible keep to the left

Start – Bakewell Station (SK 222 690)

Car park off Station Road, £3.50 per day

Finish – Millers Dale Station (SK 138 732)

Millers Dale Station car park, £3.50 per day

Route

- Follow Monsale Trail for 6.5km until tunnel (the tunnels are not shown on OS maps)
- Just before the tunnel (SK 172 723), turn right (do NOT go through the second tunnel)
- At fork, take right fork, heading downhill
- At bottom of hill, turn sharp right down steps and cross bridge
- Turn left after crossing bridge
- Checkpoint will be 100m after bridge
- Follow footpath by the river (the path can be very wet)
- Turn right and then left around the buildings
- Turn left after the last building on the left
- Cross bridge, footpath switches left and then right up to the bridleway
- Turn right when joining the bridleway (Monsal Trail, SK 158, 729)
- Continue along Monsal Trail to Millers Dale Station

Leg 3 – Millers Dale Station to Chelmorton (7.9 km, 320 metre ascent)

Not suitable for Juniors, crosses A6, follows old Monsal Trail.

This leg, and the return leg are the most rewarding, but the old trail is difficult underfoot. Road trainers are not recommended. There are several points were it will be necessary to slow to a walk.

Start – Millers Dale Station (SK 138 732)

Millers Dale Station car park, £3.50 per day

Finish – Chelmorton (SK 114 702)

Park on road

Route

- At crossing immediately after the station turn left and follow path down steps to the road
- At the road turn sharp right and follow footpath by the river
- Follow the footpath, keeping the river on your left. A couple of sections are stepping stones
- After Chee Tor, cross the river at SK 125 731. Shortly afterwards cross back at SK 125 730. Continue following the footpath, with the river on your left
- By the house (SK 112 727) cross the river to the small car park
- Follow the track with the river on your right to Wye Dale car park
- Take care crossing the A6 to the quarry entrance
- Take the footpath to the left of the quarry road
- At the fingerpost, stay the left following the footpath signed to Chelmorton
- At Churn Hole, the path climbs out of the dale
- Follow the path along the small valley passing the farm house on the right
- Cross the locked gate and follow the track to A5270
- Cross A5270 and follow the track (slightly to the right) to Chelmorton

Leg 4 – Chelmorton to Youlgrave (10.6 km, 155 metre ascent)

Not suitable for Juniors, crosses and follows road near Chelmorton, Flagg and Moneyash.

Start – Chelmorton (SK 114 702)

Park on road

Finish – Youlgrave (SK 208 639)

Free car park on Moor Lane

Route

- Follow the road up the hill
- At the T-junction turn right
- Straight on at the cross road, shortly afterwards cross the stile on your right
- Follow the path to a tree in corner of the field
- Continue along the path, passing between the farm (on your right) and the copse (on your left)
- Cross the road and follow the shallow valley. At the copse on your left, cross the wall
- In the final field before Mycock Lane, aim for the tree in the far corner of the field
- Continue down the farm lane when the road turns to the right
- When the farm lane bends to the left, follow the footpath by the wall
- At the barn (SK 143 673) on your right follow the finger post for Limestone Way
- At the road turn right
- At the next road junction turn left, shortly afterwards turn right and follow the footpath through Bagshaw Dale
- Cross the road, and continue along the dale (the footpath is slightly to your left)
- After 500m talk the right fork to climb out of the dale
- ...
- Turn left, to One Ash Grange Farm
- Through the farm yard keep to the left, except at the very last building where the footpath is to the right of the barn
- At the bottom of Cales Dale go up the steps
- Follow Limestone Way to the road

Leg 5 – Youlgrave to Bakewell, Park View (9.4 km, 135 metre ascent)

Not suitable for Juniors, follows roads near Over Haddon

Start – Youlgrave (SK 208 639)

Free car park on Moor Lane

Finish – Bakewell, Park View (SK 219 680)

Car park at Show Ground via Coombs Road, £4.50 per day

Route

- Follow Limestone Way
- Take the steps down to Cales Dale
- Turn right and follow the Dale
- Cross the bridge, turn right and follow Lathkill
- At the end of the nature reserve follow the road up to Over Haddon
- At road junction, turn right, follow road through Over Haddon (where the road splits the higher route is slightly less undulating)
- Pass hotel, cross stile into field
- In second field, bear left towards wall corner
- Follow path to road, turn right
- At road junction, turn left
- At road bend, take path cutting through field
- In second field, head towards pollard tree
- Follow path to valley bottom
- Before pond, follow path climbing out of valley
- Pass school on your left, turn right by red bin
- Follow path, ending at residential road Park View

Leg 6 – Bakewell, Park View to Youlgrave (9.4 km, 325 metre ascent)

Not suitable for Juniors, follows roads near Over Haddon

Start – Bakewell, Park View (SK 219 680)

Car park at Show Ground via Coombs Road, £4.50 per day

Finish – Youlgrave (SK 208 639)

Free car park on Moor Lane

Route

- Starting at residential road Park View, follow path up hill
- At the school turn left
- Follow path to valley bottom, and then as it climbs out of valley
- Continue along path, at road turn left
- At road junction, turn right
- After road bends to right, cross stile on left
- Cut across first two fields and then head towards building
- Follow road through Over Haddon (where road splits the higher route is slight less undulating)
- At road junction (by car park) turn left heading downhill
- Before buildings by the river turn right, and follow the footpath by Lathkill
- Cross at the second bridge and follow the footpath along Cales Dale
- Turn left, and go up the steps
- Follow Limestone Way to the road

Leg 7 – Youlgrave to Chelmorton (10.6 km, 215 metre ascent)

Not suitable for Juniors, crosses and follows road near Chelmorton, Flagg and Moneyash.

Start – Youlgrave (SK 208 639)

Free car park on Moor Lane

Finish – Chelmorton (SK 114 702)

Park on road

Route

- Follow Limestone Way
- Take the steps down to Cales Dale, and climb back out
- Follow Limestone Way through the farm yard
- Turn right, back towards Lathkill Dale
- After the path as dropped back into the dale, follow the path along the bottom of the dale
- Cross the road, and continue to follow the path along Bagshaw Dale (the path is slightly to the left)
- At the road turn left, and then turn right at the junction
- Turn left to follow Limestone Way
- At the barn (SK 143 673) on your left follow the finger post for Limestone Way
- At the end of the farm lane, continue straight on along Mycock Lane
- When the road turns right, continue straight on following the footpath.
- At the copse, cross the wall; the copse will be on your right
- Continue through the fields following the shallow valley
- Cross the road and pass through the small gate to right of the farm
- Pass between the farm (on your left) and the copse (on your right)
- Cross the stile and turn left along the road
- Straight on at the cross road
- Turn right at the T junction and follow the road to Chelmorton

Leg 8 – Chelmorton to Millers Dale Station (7.9 km, 175 metre ascent)

Not suitable for Juniors, crosses A6, follows old Monsal Trail.

This leg, and the outbound leg are the most rewarding, but the old trail is difficult underfoot. Road trainers are not recommended. There are several points were it will be necessary to slow to a walk.

Start – Chelmorton (SK 114 702)

Park on road

Finish – Millers Dale Station (SK 138 732)

Millers Dale Station car park, £3.50 per day

Route

- Follow the track
- Cross A5270 and follow the track (slightly to the right)
- Follow the track, crossing the locked gate
- Pass the farm house on the left
- Follow the path through the small valley
- Climb down into the dale, passing Churn Hole
- Follow the path pass the quarry
- Take care crossing the A6 to Wye Dale car park
- At the end of the car park follow the track with the river on your left
- At the small car park (SK 112 727) cross the river and turn right
- Follow the footpath keeping the river on your right
- At Chee Tor, cross the river at SK 125 730. Shortly afterwards cross back at SK 125 731. Continue following the footpath, with the river on your right
- Follow the footpath, keeping the river on your right. A couple of sections are stepping stones
- At the road turn sharp left and follow path up steps
- After the steps, at a crossing turn right on the bridleway towards the station

Leg 9 – Millers Dale Station to Bakewell Station (11.3 km, 160 metre ascent)

Suitable for Juniors, no roads, follows Monsal Trail.

Monsal Trail is popular with casual cyclists. Along Monsal Trail where possible keep to the left

Start – Millers Dale Station (SK 138 732)

Millers Dale Station car park, £3.50 per day

Finish – Bakewell Station (SK 222 690)

Car park off Station Road, £3.50 per day

Route

- Follow Monsale Trail for 2km, after passing under bridge turn left to Litton Mill
- Cross the bridge, and turn right
- Follow footpath by the river
- Cross the footpath (SK 172 728), turn sharp left up steps
- Follow the footpath uphill, turn left at the bridleway
- Follow Monsale Trail for 6.5km, pass through the tunnel

Leg 10 – Bakewell Station to Bakewell Show Ground (12.4 km, 285 metre ascent)

Suitable for Juniors, short section follow quite road at Calton Lees and Rowsley which need not be crossed.
Beware of cyclists.

Start – Bakewell Station (SK 222 690)

Car park off Station Road, £3.50 per day

Finish – Bakewell Show Office (SK 222 684)

Car park at Show Ground via Coombs Road, £4.50 per day

Route

- Follow bridleway
- Before second bridge (SK 225 687), take steps on left up to top of bridge
- Turn left, follow path through golf course
- Follow path through wood, immediately after crossing stream take the left most path (water may be flowing down the path)
- Immediately after next stream crossing take left most path, going up hill
- After leaving wood (SK 231 688) bear right, head to right of copse
- After passing pond on your left follow track through next to fields
- At fingerpost (SK 247 687) turn sharp right
- At path junction turn left, follow track between buildings
- Continue along track to road at Calton Lees, take right road
- At end of road, cross stile into field, follow path with wall on left
- Just before forest corner, cross wall
- Follow path/track through fields along the valley
- At Rowsley turn right, follow road up hill
- Continue along track
- At track junction (SK 243 669) turn right
- At next junction (SK 242 668) turn left
- At end of track turn right, follow path with metal fence on left
- At track junction (SK 232 668) turn left
- Before track crosses river, take path on right
- Go right side of fenced tree
- Continue through fields, keeping hedge and ditch on left to field corner by large building