

## Grin and Bear It Fell Race - General route description 2016.

This is a summary description of the race route - on race day areas will be taped to direct runners. Some areas will be out of bounds - these areas will be described on race day.

PLEASE If you recce' the route DO NOT take dogs. Also check access Via: [http://www.peakdistrict.gov.uk/\\_data/assets/pdf\\_file/0011/762743/Langsett-Thurlstone-2016.pdf](http://www.peakdistrict.gov.uk/_data/assets/pdf_file/0011/762743/Langsett-Thurlstone-2016.pdf)

Refer to OS Map: Peak District - Dark Peak Area: 1:25 000.

1. From race start follow the bridleway with woods on your left until it turns into woodland, follow tapes turning left at the end down towards the cobbles of Brookhouse Bridge, (GR SE 197 006).
2. Pass down and over the bridge and go through gate and begin climb of rocky path (Delph Edge) winding up to open moor and through Hingcliff Common area. This is a well worn path, it is rocky underfoot and climbs onto Mickleden. Ignore first path from left (GR SE 197 000) continue to reach Mickleden Beck area and then a junction with a second path from left at GREEN signpost, (GR SK 191 985). Keep climbing up. Do not hang left.
3. Keep slight right, continuing uphill following the path along Mickleden Edge then dropping to cross stream, climb slabs and you enter a stream bed - follow this line (now Cut Gate Path) until you reach the summit at Cut Gate. Path gradually swings round uphill to large stone cairn on brow of hill that is the top of the climb.
4. **CHECKPOINT A** Cut Gate (GR SK 185 960) DISTANCE: 6.73 KM You will be directed right (westerly) onto open peat moorland.
5. **Note:** This section can be very boggy, you will need to traverse around some of the boggy areas, but ensure you always return to the path which continues across the moor. Hazardous bogs will be taped off.
6. On turning right at CP A follow a line to trig point at Outer Edge (GR SK177969).
7. Head west from Outer Edge along boggy path to Near Cat Clough (GR SK 166 981).
8. **CHECKPOINT B** Cat Clough Head/Near Cat Clough (GR SK 172 980) DISTANCE: 10.00KM

9. Follow path along watershed crossing Harden Moss swinging gradually round until you reach small stone cairn at Loftshaw Clough Head (GR SK 144 986) - use this as a marker.
10. Continue across moor following path, onto stile in fence at **Swains Head** (GR SK 132 982).
11. **CHECKPOINT C Swains Head** (GR SK 132 982) DISTANCE: 13.52 KM
12. Turn right at checkpoint (down Small Far Clough) heading down fence line - keeping the fence on your right until you see small stile in fence - Far Small Clough. (GR SK133 995) - cross stile and head NE to Salter's Brook Bridge. (GR SK 137 999) - this is a contour line and you will see river at the bottom left. Head to stile in wall at Salter Brook. This area will have tapes.
16. On climbing wall stile, turn right continue East climbing up the old road to pass remains Lady Cross, (469) (GR SK 148 998) which will be on your right (a small mounted stone) - **Small drinks station here!**
17. Remain on the track to arrive at Lasche. (GR SE 155 000) - you will see the main A628 Woodhead road but continue across moor to Cabin Hill, no path, to remains of cabin hill /sheep pen. (GR SE 163 000).
18. **CHECKPOINT E Cabin Hill;** (GR SE 163 000) DISTANCE: 18.21 KM from here there is more route choice but seek to
19. Cross to grouse butts at Wicken Hill. (GR SK 168 998) - or line to (spot height 419m) Long Moor Edge to drop onto Upper Hordron Barn
20. Follow line of grouse butts to Upper Hordron Barn (GR SK 176 996). This is a large barn/sheep pen area.
21. **CHECKPOINT F** Upper Hordron Barn; (GR SE 176 996) DISTANCE: 19.72 KM
22. Pick up main Landrover track via Hordron and Little Moor on Hordron Road to ford coming off Long Moor Clough (GR SK 182 997). Do not deviate off this track - out of bounds area!

23. Cross stream, continue on Hordron Road and drop down to ford at Fox Clough (GR SE 183 008).
24. Follow path uphill to join Swinden Track at gate. (GR SE 184 008)
25. Go through gate and continue East along Swinden Track bearing left at end of walled section and through gates to path junction at (GR SE 197 009). **THIS AREA WILL BE PARTLY TAPED.**
26. Path crossroads, (GR SE 197 009) continue straight through wooded area path bearing slight left onto main bridleway (the race start route) pick up tapes to race finish.
27. FINISH Langsett Barn GR SE 211 004 DISTANCE: 25.09 KM.