

# ***GRINDLFORD GALLOP 2010***

## ***Route Information***

The Grindleford Gallop follows a **fixed** 22 mile route through the lanes and paths of Derbyshire. All competitors must follow this route. An OS map of the area with the route highlighted is available for download on the website.

The route is also covered by the following maps

- OS outdoor leisure No.24 (White Peak)
- OS landranger No.119 (Buxton & Matlock)

### **Runners only**

Along the route there are **6** compulsory *Sportident* control points. These control points must be visited by all competitors in the order shown below.

<b>Check Point</b>	<b>Grid Reference</b>	<b>Description</b>
<b>Start</b>	245778	Field on the east side of the river
CP1	216765	Car park, Eyam Hall
CP2	193745	White Rake
CP3	186733	Gate post, Longstone Moor
CP4	218705	Hassop Station
CP5	228694	Ball Cross Farm
CP6	258722	Baslow (Goose Green)
<b>Finish</b>	244778	Grindleford Pavilion

You must also "check in" at the start and finish to record you finish time.

**Failure to visit any of these controls will result in disqualification.**

### **Walkers and Runners**

For the benefit of walkers and runners a detailed written description of the course is given below. This should obviously used in conjunction with a map.

**Key:** fp=footpath R=right L=left sp=signposted

The timings given for each leg are for guidance only – steady walking!

## **Section 1: Grindleford to Eyam (1 hour 15 mins)**

On leaving the pavilion cross the road and turn L over the river bridge. Take the path on the right sp Froggatt etc across the field (not the track along the river bank). Follow the path into woods and back into open fields where it jinks slightly R at an old barn into a walled lane. This leads to Froggatt village. Continue down Hollowgate (30 min).

Turn R over the river bridge and go up to a T junction. Cross the road to a stile opposite and a path bearing 265 which leads up through fields to another road. Cross this at a bad bend and a few metres L (look where the chevrons point) a squeeze stile leads to a path alongside a wall. Follow this into scrub land and then woods, going L as you join another path and L again at a farm track as you leave the wood. This joins a metalled farm track which leads to Eyam. Continue along New Road into the centre of the village and bear R following the sign to Eyam Hall. Just past the hall, turn L into New Close and the **check point 1 (GR 216765)** in the car park.

## **Section 2. Eyam to Great Longstone**

Go up New Close and straight on at the end of the footpath between houses and gardens until it emerges through a squeeze stile into a lane. Just to the R a broken stile marks where the footpath crosses the triangular field to another stile in front of bungalows. Turn L here into the lane which takes you all the way to Houseley. When you meet the road turn R sp Foolow and go up to the next junction where a L turn sp Wardlow will take you back to the main road (GR 193760). (40 min)

**THE MAIN ROAD IS VERY BUSY AND THE TRAFFIC MOVES QUICKLY. PLEASE FOLLOW THE RECOMMENDED ROUTE THAT KEEPS YOU OFF IT.**

Cross the main road with care and in the entrance to the farm look for a stile on the R. Go over this and then follow a line of stiles on a faint path brg 180. Cross a metalled lane and minor road and continue to look for stiles and occasional red waymarkers on bearing 180. Cross a rough track and go through a gate and across the field to another gate. **Check Point 2 (GR 193745)** is on the minor road.

Opposite the gate a stone stile leads into fields still bearing 180. After three stiles where you enter open country go slightly L bearing 160 (but you may have problems with compass bearings here) and then back to bearing 180 on a good path passing a finger post at the highest point of the moor. In the next dip there is a marshal point (GR 195734) where you turn R bearing 270 on a grass strip between the heather (no obvious path) and head for a prominent copse of trees on the horizon. Pass to the left side of the trees and just left of a small cairn with a stake in it. The path becomes more obvious and views of Monsal Dale open up. As you enter the field **Check**

**Point 3 (GR 186733)** will be on the gate post. Turn L along the fence/wall until you reach a stone stile. Cross this and follow the path bearing 130 until two stiles lead into a lane. Turn L. The lane becomes a path and then a track as it descends to Dale Farm. Go between the buildings and out to the road. Turn R and descend into Great Longstone. Turn L in the village and look for The Crispin on your R (GR 199718).

### **Section 3: Great Longstone to Baslow (2hr 40min)**

Take the road sp Thornbridge Hall until you reach the last house. On the R opposite this house is a footpath which leads diagonally across fields and back to the road. Turn R and then R again at the old railway bridge. Turn L on the platform and follow the disused railway to **Check Point 4 (GR 218705)** and refreshment stop at The *Country Book Store* (35min).

Follow the railway to the old station at Bakewell. Turn R in front of the station building into the car park, out onto the road and L over the railway bridge. Look for the footpath on the R bearing 060 which climbs through the golf course and then more steeply through Ball Cross woods. Keep going up until you emerge on a minor road at **Check Point 5 (GR 28694)**, and turn immediately R over a stile onto a track sign posted Beeley. Follow this keeping R of a stand of conifers and bear right at a yellow waymarker heading downhill. Cross open ground bearing 165 heading for a stile (sign posted Chatsworth) at the R end of an obvious pond. Go round the pond (keeping it on your L) to another stile where a faint path bearing 130 leads to another stile. Continue on this path until you reach a barn just before Swiss Cottage. Take a path L sign posted Edensor. This goes into a walled lane which leads to the Chatsworth grounds. Head just L of the church spire following occasional yellow way markers for public footpath, keeping L of clump of conifers, until steps lead down into Edensor village. Turn R at the road through the village and go straight across the main road. (1hr 25 min)

Follow the path as it winds round the hillside to meet the Chatsworth main drive. Cross the river bridge and take the obvious path on the L. Follow this path/track (ignoring the path going L across the river) to the large kissing gate and beyond this to the houses at Netherend. Turn L across the river to **Check Point 6 (GR 258722)**, in front of the village hall. (40 min)

### **Section 4: Baslow to Grindleford (1hr 40 min)**

Cross the main road by the pelican crossing and go up Eaton Hill to the end. Turn R into Bar Road and continue up as it becomes a track. It swings R (ignore the path L) then bends sharply L climbing all the time. As it levels out and you near Wellington's Monument the path forks. Take the L fork past the Eagle Stone and stay on this path all the way to Curbar Gap (GR 261747). (40 min)

Cross the minor road and continue on the path opposite across the tops of Curbar and Froggatt Edges until you reach another road. Cross the road very carefully and follow it uphill for a few metres until a gate and steps lead L down to a stream. Go up the other side and when the path forks go L and shortly afterwards L again. Descend to a gate and continue for about 200 metres to another fork. Again go L and head downhill until you emerge from the woods on a track. Go R to the road and then L to the river and pavilion.

### **Refreshments and Support**

There are a number of marshalling and refreshment points around the course for you to enjoy. Please have consideration for others by only taking what refreshments you need.

Grid Reference	Description	Facilities
193745	Lane near White Rake	cold drinks
218705	Hassop bookshop	hot and cold drinks and cakes
258722	Baslow (Goose Green)	cold drinks and cakes
244778	Grindleford Pavilion	hot meal and drinks

### **Take Care**

In spite of the splendid isolation the route does cross some busy roads. Please follow all route markers and take care crossing.

### **Be prepared**

This event is in early March and conditions can be severe anywhere on the course. The organisers recommend you take the following minimum equipment; sufficient warm clothing including hat, gloves, water-proof top and bottom, map and compass.

### **Retiring**

If you need to retire please try to do so at one of the manned checkpoints. In any case you must either report to the finish or phone the emergency number given on the day.

We hope you have an enjoyable race

Grindleford PTA

January 2010

[www.grindlefordgallop.co.uk](http://www.grindlefordgallop.co.uk)