

Annual Walk 2025

PEAK WAY CHALLENGE



ANNUAL WALK MAP

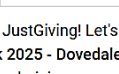
ROUTE	YEAR	WALK	MILES	ROUTE	YEAR	WALK	MILES	ROUTE	YEAR	WALK	MILES
1	1996	Hadrian's Wall (1)	81	11	2006	Weald Way	76	21	2016	Poppy Way (Essex Way)	82
2	1997	Ridgeway (1)	87	12	2007	Wicklow Way	82	22	2017	West Devon Triangle	72
3	1998	South Downs Way (1)	77	13	2008	Cumbria Way	70	23	2018	South Downs Way (2)	77
4	1999	Ridgeway (2)	87	14	2009	MacMillan Way (Exmoor)	68	24	2019	Dales Way	63
5	2000	West Highland Way	96	15	2010	Great Glen Way	77	-	2020	(Lockdown)	-
6	2001	Isle of Wight (Coast Path)	70	16	2011	Shropshire Way	68	25	2021	Coleridge Way	51
7	2002	Wye Valley	76	17	2012	Cleveland Way	72	26	2022	St. Oswald's Way	59
8	2003	Ribble Way	72	18	2013	Heart of England Way	78	27	2023	Isle of Wight Challenge	49
9	2004	Dorset Coast Path	82	19	2014	Peak District Challenge	74	28	2024	Shropshire Hills Challenge	68
10	2005	Hadrian's Wall (2)	81	20	2015	St. Cuthbert's Way	62	29	2025	Peak Way Challenge	58



Annual Fundraising Walks

Scan here to read about our walks over the years





Welcome to JustGiving! Let's set up your Annual Walk 2025 - Dovedale Peak Way Challenge fundraising page and start raising money for St Luke's Hospice (Harrow And Brent).


Log in to personalise your page


New to JustGiving? [Sign Up](#)

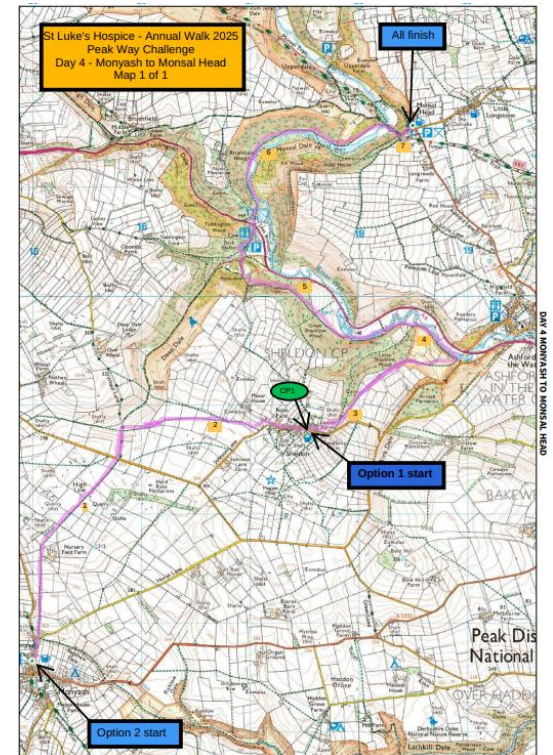
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How do we get there?

- Coach travellers – be at St Luke's Hospice by 06:30 on Friday morning
 - Coach will take you to the start point of your choice
- Car travellers – be at HF by 10:45
 - Mini coach will take you to the start point of your choice

To get home:

- Coach for St Luke's Hospice will leave Monsal Head at 14:30 on Monday 26th May
- Mini coach will also leave Monsal head at 14:30 and take car drivers back to HF



What do I get from HF Holidays?

- On arrival, be ready to fill in forms
 - Have a pen handy!!
 - Order dinner for tonight and lunch for tomorrow
 - Also order dinner and packed lunch for the day after
- Breakfast
 - Starts at 7:00 AM
 - Buffet for fruit, cereal & toast
 - Orders taken at the table for cooked breakfast
- Boot room
 - Available for boots and any wet clothes
 - Drinking water tap available for filling water bottles



How does the walk work?



It's a challenge walk

Option 3 – for the stronger, faster walkers

Option 2 – a full day walk at a similar pace to the rural training walks

Option 1 – a shorter walk which can be accomplished at a more leisurely pace



Walk in small groups at your own speed (no walk leader)

Groups seem to naturally form – anyone can walk with anyone

Emergency phone numbers will be given out

Public loos not always available on the route (check walk notes)



Checkpoints

Every 4 -5 miles

Give your walker number to the checker and make sure they tick you off

Feel free to top up your water bottle



Sweepers

Stay at the back of the walk

All should be ticked off when they reach the checkpoint



Day 1 Burbage Bridge to Bakewell

- Quite hilly
- Highlights include
 - Froggatt Edge
 - Curbar Edge
 - Chatsworth Estate
- Finish at Castle Inn, Bakewell
- Head to the car park over the bridge where the coach + mini coach will leave at 17:00 to go to HF for check in

Option	Start	Distance (miles)	Ascent (feet)
3	Longshaw car park	13	1605
2	Grindleford	9.5	1488
1	Curbar Edge	6.5	707

Day 2 Bakewell to Knockerdown

- Group photo at 08:25 outside HF house
- Coach leaves at 08:30
- Quite a hilly day
- All climb up to Middleton Top (worth it for the views)
- Highlights include
 - High Tor
 - Middleton Top
 - Carsington Water
- Finish at Knockerdown Arms
- Coach leaves at 17:30 to return to HF

Option	Start	Distance (miles)	Ascent (feet)
3	Bakewell	19.5	2649
2	Rowsley	15	2117
1	Matlock Bath	8	1520

Day 3 Knockerdown to Hartington

- Coach leaves at 08:30
- Option 1 walkers start at HF
 - Have a relaxing start to the day.
 - DO NOT start before 11:00 PLEASE
- Not too hilly
- Highlights include:
 - River Dove
 - Stepping stones (optional)
 - Could be busy
 - Water levels will be checked the night before
 - Wolfscote Dale
 - Cheese shop at Hartington (open until 17:00)
- Finish at Devonshire Arms, Hartington
- Coach leaves at 17:30 to return to HF
- **Pay your bar bill before you go to bed** – it will ease check out on the following day



Option	Start	Distance (miles)	Ascent (feet)
3	Knockerdown	18.5	2071
2	Bradley Pastures	15	1654
1	HF	8	1159

Day 4 Monyash to Monsal Head

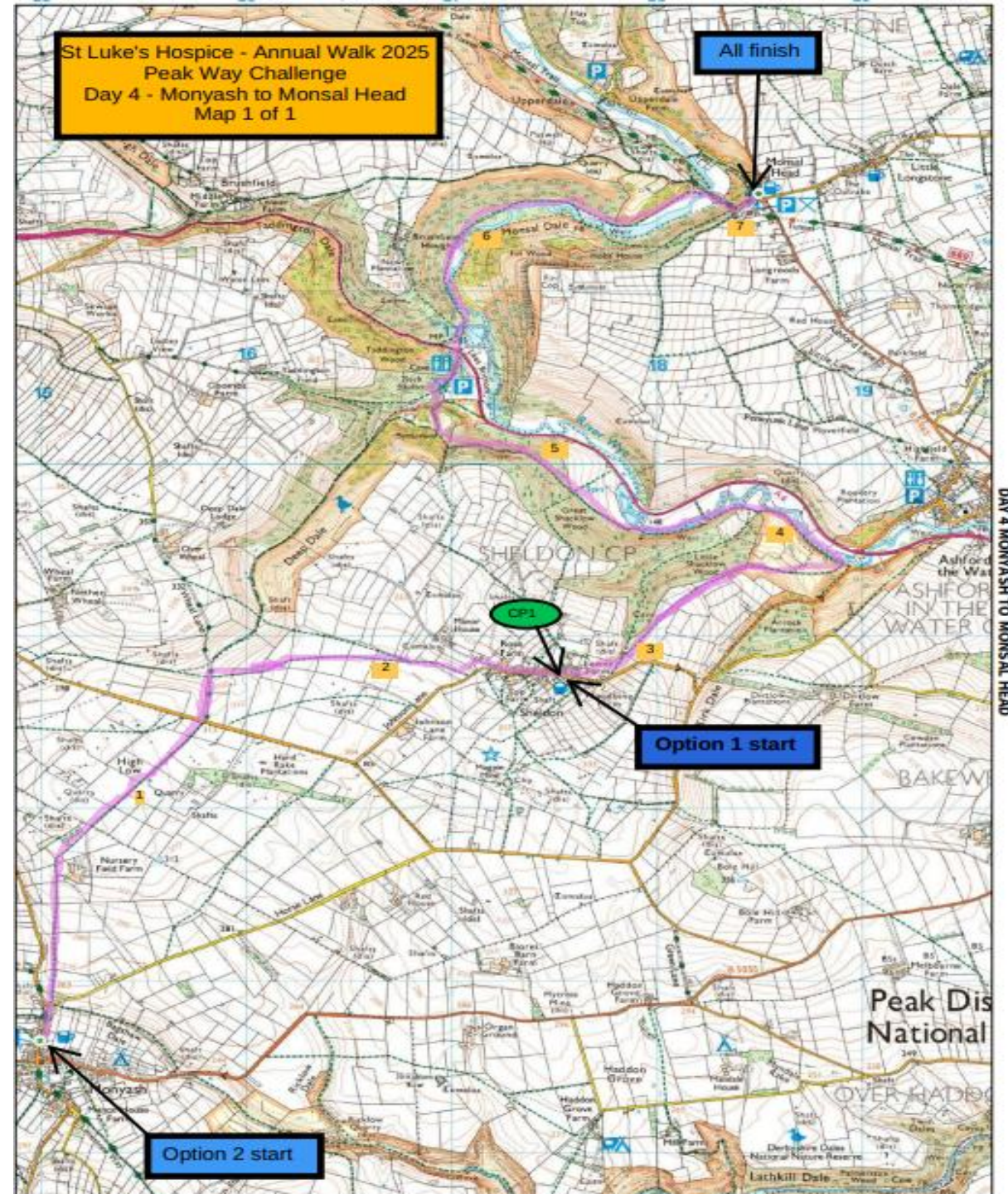
- Check out
- Please load your suitcase on the coach
- Coach leaves at 08:45
- Not continuous from previous day's walk
- Quite hilly with a climb up to the end point
- Note there are 21 stiles in the first 2 miles for option 2
- Highlights include:
 - Village of Sheldon
 - River Wye
 - Monsal Dale
- Finish at Monsal Head Hotel
- Coach + mini coach leave at 14:30

Option	Start	Distance (miles)	Ascent (feet)
2	Monyash	7	1099
1	Sheldon	5	782

Paper Maps

- Maps saved as pdf and distributed via email for self printing
- Maps can also be downloaded from Walking Club website
- Maps supplemented by walk notes distributed as word documents via email

If you can't print at home, speak to the St Luke's Team and they will print some for you



Digital Maps

- For OS maps subscribers
 - Links to each day's maps will be provided
- Also, gpx files will be provided
- Free apps currently used by members of the group to access a gpx file
 - Outdooractive
 - OsmAnd
 - GPX viewer
 - UK Map (iphone only)
- OS maps app without subscription
 - Locate Me facility will provide a grid reference



Health & Safety

- Designated first aider – **Glenn Connolly**
- Is anyone else prepared to offer their services?
- Phone numbers will be distributed prior to the walk
- Minibus
 - To transport walkers who need to drop out of the day's walk due to injury or fatigue
 - If you need to drop out, please try to get to a checkpoint or at least a road if possible
 - Will be available for the entire walk until the sweepers have arrived at the end of day pub
- what3words
 - Free app used by emergency services to identify a location within a 3 metre square

Equipment

What to pack

- Choosing the right kit will not only ensure that you are happy and comfortable during your challenge but can also help you avoid injury or soreness.
- Clothing The temperature is likely to still be cooler and changeable in May so bring plenty of layers and consider loose-layered clothing that permits free airflow. Good waterproofs will also be essential if we get caught in any showers. Synthetic-blend materials that wick away moisture and dry quickly can be useful if it is warmer or you get wet.
- Small Rucksack (roughly 25 litre) You will be carrying your water, packed lunch, sun cream and spare layers etc. each day so try and get a rucksack with a back system, with reduced mesh panel for greater comfort, air circulation and heat dispersion.
- Boots Walking boots should be comfy with ankle support and well-worn in before the walk. Why not join us on our regular training walks to wear them in.

Equipment Checklist

- ☐ Small rucksack (25l)
- ☐ Walking boots
- ☐ Waterproof jacket and trousers
- ☐ Fleece x 2+
- ☐ Base layers x 4
- ☐ Walking trousers/shorts x 3+
- ☐ Walking socks x 5+
- ☐ Liner socks x 5+
- ☐ Gloves
- ☐ Hat
- ☐ Water bottle and/or hydration bladder
- ☐ Walking poles (optional)
- ☐ Insect repellent
- ☐ Small torch
- ☐ Handkerchief/ tissues
- ☐ Blister pads
- ☐ Sunscreen
- ☐ Evening clothes
- ☐ Sunglasses
- ☐ Medication
- ☐ Toiletries



WALKING CLUB

- **Saturday 10th May**
General Area: Lane End
Meeting time: 10:00
Leader: **Hansa Jadvapati**
Miles: 13 challenging
Meeting place: Lane End Village car park
- **Tuesday 13th May**
General Area: West Wycombe
Meeting time: 10:00
Leader: **John Harper**
Miles: 12 - Hilly (approx. 1600 feet of ascent)
Meeting place: Free car park next to St Lawrence Church,
West Wycombe Hill, Church Ln, High Wycombe
HP14 3AP (up the hill from Hell Fire Caves)
- **Saturday 17th May**
General Area: Christmas Common Circular
Meeting time: 10:00
(£3.00 parking fee)
Leader: **Glenn Connolly**
Miles: 15 Moderate / Challenging
Meeting place: Hills Road car park, Watlington Hills OX49 5HS



<https://www.stlukes-hospice.org/events/walking-club-2/>



AND FINALLY

Enjoy the walk!!