



## **Dartmoor in a Day - Sept 9th 2017**

### **Overview**

The route starts at Okehampton railway station, passes through Postbridge and finishes in Ivybridge. Highlights along the way include the East Okement valley, Hangingstone Hill, the East Dart valley, Bellever Tor, West Dart stepping stones, Ryder's Hill, a clapper bridge over the upper Avon river, the Dartmoor Volcano and stunning views along the Erme valley and out to sea.

As this is a challenge event rather than a race, cut off times at our final checkpoint (Combestone tor) will be very generous. This will be communicated clearly at our event safety briefing. Transport to the end of the event will be available if anyone doesn't manage to complete the distance.

The route is approximately 50km (30 miles) and almost entirely off road. In addition to this, for the 2017 event we are also now offering a smaller 30km (20 mile) challenge, a perfect stepping stone for those new to such events.

The walk option is achievable by anyone with a good level of walking fitness. You will be accompanied by qualified Mountain Leaders with extensive experience and local knowledge of Dartmoor, who will assist you with navigation and provide support where necessary. For the runners, we recommend that you prepare well for this; having run a marathon or two, or some trail runs over 20 miles will set you up well.

The role of our guides will be to act as mobile marshals assisting you with route choice between checkpoints. They are all qualified mountain leaders and first aiders. We will have many different pace options on the day but you are welcome to vary your speed or change groups as required. You are welcome to walk or run with our guides for all or part of your journey, but there is no obligation to do so.

We have arranged for the cafe to open early at Okehampton Railway Station before the event begins, where there will be a selection of food and drink to buy. There will be checkpoints at two road crossings during the route where light refreshments will be available, at Postbridge and

Combestone Tor. Both of these locations are perfect for spectators to offer support and cheer on loved ones. This isn't a fully catered event but we will have a range of drinks and snacks available to supplement whatever you bring with you.

## Map

The majority of the route is across wild areas of open moor without any way markings. We have done this deliberately to maintain the wilderness feel of the event. Here Route marked maps of the event can be found by following the links below (these have also been sent to you as a PDF).

[DIAD full route](#)

[DIAD leg 1](#)

[DIAD leg 2](#)

[DIAD leg 3](#)

We recommend using these alongside OL 28 Dartmoor (1:25,000) or BMC Dartmoor (1:40,000) maps. Please note that they are live links to our event route, which we will update with further information as we get closer to the day. For those that would like to use GPS, you should be able to download this route and use it on your device. You could also consider downloading the **Viewranger** app and turn your Smartphone into a GPS device. Once you have downloaded the route, the app will continue to work in airplane mode.

The ability to navigate isn't essential for this event and, as previously mentioned, you are welcome to stay with our guides for the whole journey. If however you would like to learn some basic navigational skills or brush up on existing ones, please get in touch at [info@climbsouthwest.com](mailto:info@climbsouthwest.com). We can tailor our navigation workshops for individuals or groups of walkers / runners from beginners through to advanced skills for mountainous areas.

## Parking and coach arrangements

There is ample free parking at Okehampton railway station and Ivybridge Community College. If you have booked a place on the coach, then you will need to park in the designated area at Ivybridge College, Harford Road, from where you will be directed to the coach park (5 minute walk). Toilet facilities here, **won't be open** in the morning but there are others in the town. All facilities at Okehampton railway station will be open by 6:30am. The first coach is due to leave from Ivybridge at **5:30am** so please arrive in good time. We will have a marshal on site from 5:00am.

If you haven't booked a place on the coach but would like one, please find the booking form on this page: [Coach booking](#)

## Timings for the day

### 50km Walk

**5:30am** Walk Coach leaves Ivybridge College coach park

**6:30am** Registration at Okehampton railway station for 50km Walkers (cafe also opens at 6:30am)

**7:15am** Event safety briefing for Walkers

**7:30am** Start for all Walkers

**4pm** Cut off at Combestone Tor (CP2)

### 50km Run

**6:45am** Run Coach leaves Ivybridge College coach park

**7:45am** Registration at Okehampton railway station for 50km Runners (cafe also opens at 6:30am)

**8:30am** Event safety briefing and start for Runners

**4pm** Cut off at Combestone Tor (CP2)

### 30km Run and Walk

**9am** Coach leaves Ivybridge College coach park

**10am** Registration at Postbridge National Park Visitor Centre Car Park. (Toilets available here)

**10:30am** Event safety briefing and start

**4pm** Cut off at Combestone Tor (CP2)

Walkers on the 30km challenge can either join us for the mass start at 10:30am or wait to join friends on the 50km challenge as they pass through Postbridge.

Runners on the 30km challenge will need to join the 50km runners as they pass through Postbridge unless they are confident navigators.

## Mandatory Kit

- Base layer (long sleeved, thermal properties)
- Trail shoes / walking boots
- Waterproof jacket
- Mobile phone
- Rucksack or waist pack
- Hydration system (bladder or bottles, min capacity 1ltr)
- Survival bag (a £2.50 plastic bag that could save a life)
- Basic first aid kit (min 1 x wound dressing and selection of blister plasters)
- Headwear (eg, cap or buff)
- Whistle
- Headtorch
- Nutrition (energy foods, gels, bars, etc.)

Please make sure that you have all these items with you. This is for your safety and there will be spot checks at the start.

## Recommended Kit

- Sun cream
- Sun glasses
- Spare socks

**This is not an exhaustive list, but a list of essentials. Through training, we suggest that you find out what works for you in terms of additional clothing and food. Our advice is that you don't experiment with a different diet or new shoes on the day.**

One of our guides, (Mark) recently helped a friend to prepare for and complete a run across Dartmoor. They followed a route very similar to our planned route. For tips on training, food and equipment, you can see their blogs for this run [here](#).

## Your safety

We have experienced guides who are there to support you during the day and **two mandatory checkpoints** (Postbridge and Combestone). **You must not proceed beyond these locations without checking in with our marshals first.**

We are happy for you to use headphones during the event but only after reaching the open moor. **They must however, be removed at all road crossings and sections of road.**

We have arranged for a minibus to follow the challenge. Should you need to leave the event, we can get you back to Ivybridge. **This minibus will not return to Okehampton .**

Our event mobile is **07966654867** and is for emergency use. For medical emergencies, please use 999 in the first instance and contact us after.

**Please make sure that you are well rested before continuing your journey home, or possibly stay overnight**

## Ending your participation

The event finishes at Ivybridge Community College, where there will be complimentary food and drink available. You can also collect your event t-shirt here.

If you need to end your participation before the end of the route **you must contact us** on the event mobile **07966654867**. Please store this number in your phone so that you have it available.

## Accommodation

There are lots of accommodation options available locally to suit all budgets. For some of the best advice on this, please visit the [Visit Dartmoor website](#).

## What's Next?

This event will be a great warm up for our **Welsh 3000 challenge** (over 2 days or 24hrs), scheduled for 30 September -1 October 2017. You may also like to consider the **Jurassic Coast 100** or the **Devon Coast to Coast**. There will be run and walk options for all of these events. Details will be posted on our [website](#) and [Facebook page](#).

## **After the event.**

We welcome any feedback about our events and strive to make them as safe and enjoyable as possible. If you have something that you'd like to share with us, please contact us by email [info@climbsouthwest.com](mailto:info@climbsouthwest.com).

If you've enjoyed the event then we'd love it if you could tell people about it on social media. Please use **#Dartmoorinaday #DIAD #climbsouthwest**.