

## **Devon Coast to Coast- 4-day Challenge 30<sup>th</sup> March – 2<sup>nd</sup> April 2018**

Congratulations on entering the inaugural Devon Coast to Coast from Climb South West. We are very excited to get you across our beautiful county, all 117 miles of it! Please read all of the information below to make sure you have a safe and enjoyable Ultra Trail Event.

**Event Start: 8:00am, Friday 30<sup>th</sup> March – Wembury Beach**

### **Overview**

Starting in Wembury, in the beautiful South Hams, you will follow the 17-mile Erme-Plym Trail to Ivybridge where you will meet the Two Moors Way; a 100-mile waymarked trail from the South of Dartmoor to North of Exmoor where it meets the sea in the town of Lynmouth.

As well as the incredible views from the highpoints of the course, (Bel Tor, Hameldown Tor, Exe Head) you will pass by many well-known sites along the way: Spitchwick, Grimspound, Fernworthy Reservoir, The Teign Valley, Tarr steps, Exe Head to name a few. The route even nips over the border into Somerset and back into Devon on Exmoor!

### **Registration**

All participants to register at start of each day from 07:15am – 07:45am

You will receive an event T-shirt at registration and all finishers will be awarded an exclusive Ultra Trail Events medal.

### **The route**

The route follows a waymarked path, with some of the way markers brand new in the past few years. However, this does not mean the whole route is obvious and care should be taken when crossing fields or following sections of road, especially at night. The route is available on ViewRanger and can be followed using the app. A GPX file will also be available for those that would like to use GPS device.

The ability to navigate isn't essential for this event, but we do recommend having some idea of the route. We will be putting on some recce runs where you will be welcome to come and see the route for yourselves. If 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.

### **Support crew**

Although this is a supported event with checkpoints and medical cover, some of you may wish to use a support team to meet you at various points along the route and look after you.

If using a support crew, please let us know their mobile number(s) at registration.

### **Checkpoints**

We will have many feed stations along the way (10 mile intervals) and each day's finish in Village Halls (Holne, Hittisleigh and West Anstey) will have shelter, and hot food.

Being at village halls, each is located in a residential area so we would ask participants to respect this and keep noise to a minimum when approaching these checkpoints.

### **Cut offs**

12 hours each day at the finish.

### **Coach Transport**

Coach transport is available for the outward and return journeys for each day. This can be booked through our website for £60 (8 journeys).

### **Parking and coach arrangements**

There is ample free parking at Event HQ at River Dart Country Park (TQ13 7NP). If you have booked a place on the coach, then you will need to park here and aim to be ready to leave at least 15 minutes before coach departure time.

If you are planning on meeting us at the start in Wembury, then the meeting place is the beach car park at the end of Church Road (PL9 0HN). There is a small car park here but you will not be able to park here during the event, we recommend you getting a lift or using our coach

transport. Alternatively, you could use on-street parking options locally, but we cannot guarantee spaces here. Please make sure that you arrive here by 7:15am.

## **Kit**

Weather is always a factor on the moors and with the event lasting anything up to 48 hours, it's good to be prepared for anything and have the right kit for the changing terrain and temperature.

You will be thoroughly looked after by the team at Climb South West, and remember it is a challenge event rather than a race, this will allow you to run or walk at a pace that suits you.

### **Mandatory Kit to be carried at all times**

- Base layer (long sleeved, thermal properties)
- Trail shoes / walking boots
- Waterproof jacket and trousers
- Mobile phone with race directors' numbers saved (079666 54867 and 07855255150)
- Hydration system (bladder or bottles, min. capacity 1 litre)
- Survival bag (foil or plastic survival bag (not blanket) £3-£16 from any outdoor store)
- Basic first aid kit (min 1 x wound dressing and selection of blister plasters)
- Warm Headwear (e.g. Buff)
- Gloves
- Whistle
- 2x headtorches with 1 set of spare batteries for each
- Nutrition (energy foods, gels, bars, etc.)
- Red flashing light for use at night, attached to your rucksack or headtorch band.

Fingers crossed for sunshine and blue sky but please come prepared for the worst weather! Make sure that you have all these items with you. This is for your safety and there will be spot checks at the start.

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.

### **Your safety**

We have experienced checkpoint staff and a small number of moving marshals who are there to support you during the day and three mandatory Village Hall Checkpoints (Holne, Hittisleigh and West Anstey). You must not proceed beyond these locations without checking in with our team 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.

### **Ending your participation**

If you need to end your participation before the end of the route you must contact us on the event mobile 07966654867 / 07855255150 or speak to a marshal. Please store these numbers in your phone so that you have them available.

We have arranged for a minibus to follow the challenge. Should you need to leave the event, we can get you back to River Dart Country Park. This minibus will not return to Wembury.

Our event mobiles are 07966654867 / 07855255150 and are 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

### **The Finish**

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

## **Dogs**

Dogs are allowed on the route but with the same rules as you would normally have on the moors and open access land; kept under control and on a lead when necessary

## **Accommodation**

We have camping, parking and transport package available for £100 (camping £40, transport £60) to / from River Dart Country Park; please see here to book:

[www.climbsouthwest.com/events/devon-coast-coast/](http://www.climbsouthwest.com/events/devon-coast-coast/)

Alternatively, 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.

## **Day by Day Breakdown**

Day 1 – (Good) Friday 30<sup>th</sup> March

### **Day 1 on ViewRanger**

A day out in the South Hams & South Dartmoor. Run from Wembury Beach, looking out at the Mewstone. Follow the Erme-Plym trail to Ivybridge before hitting Dartmoor and arriving into Holne village hall. There is plenty of opportunity for support teams to meet runners between Wembury and Ivybridge.

If not getting the coach then please arrive at 07:15am.

6:15am: Runners ready for the coach at River Dart Country Park (RDCP)

6:30am: Coach departs River Dart Country Park

**7:15am: Registration at Wembury Beach Car Park**

7:45am: Safety briefing and start for walkers and runners

8:00am: Event Starts on **Wembury Beach**

12:00pm: First runners arrive at Holne Village Hall

2:00pm: First shuttle bus takes runners to RDCP

8:00pm: Event finishes at Holne Village Hall

Day 2 – Saturday 31<sup>st</sup> March

Day 2 on ViewRanger

A whole day on Dartmoor. Head north and follow the 2 Moors Way through Scorriton, over the Hameldown and past Fernworthy Forest & Chagford before arriving in Drewsteignton. Look out for the 'boundary stone' as you officially exit the moor and take the short journey to Hittisleigh. Support crew access is good, please be careful when driving on the moor with wild animals in the road.

If not getting the coach then please arrive at 07:15am.

6:45am: Runners ready for the coach at River Dart Country Park

7:00am: Coach departs River Dart Country Park

**7:15am: Registration at Holne Village Hall**

7:45am: Safety briefing and start for walkers and runners

8:00am: Event Starts outside **Holne Village Hall**

12:00pm: First runners arrive at Hittisleigh Village Hall

2:00pm: First shuttle bus takes runners to RDCP

8:00pm: Event finishes at Hittisleigh Village Hall

Day 3 – (Easter) Sunday 1<sup>st</sup> April

Day 3 on ViewRanger

A day out in the heart of the Devon countryside. This section mixes country lanes with public access through fields, a little care with navigation & more sturdy footwear may be appropriate for parts of this section. Your day will finish a stone's throw away from the boundary of Exmoor.

If not getting the coach then please arrive at 07:15am

6:15am: Runners ready for the coach at River Dart Country Park

6:30am: Coach departs River Dart Country Park

**7:15am: Registration at Hittisleigh Village Hall**

7:45am: Safety briefing and start for walkers and runners

8:00am: Event Starts outside **Hittisleigh Village Hall**

12:00pm: First runners arrive at West Anstey Village Hall, Yeo Mill

2:00pm: First shuttle bus takes runners to RDCP

8:00pm: Event finishes at West Anstey Village Hall, Yeo Mill

Day 4 – (Easter) Monday 2<sup>nd</sup> April

Day 4 on ViewRanger

\*Please note, this section has poor phone reception, so plan ahead if meeting friends/support\*

A day on Exmoor, through the Barle Valley and a visit to the source of the River Exe. Some good solid ground in places and a nice descent into the finish point in Lynmouth.

If not getting the coach then please arrive at 07:15am

5:45am: Runners ready for the coach at River Dart Country Park

6:00am: Coach departs River Dart Country Park

**7:15am: Registration at West Anstey Village Hall, Yeo Mill**

7:45am: Safety briefing and start for walkers and runners

8:00am: Event Starts outside **West Anstey Village Hall, Yeo Mill**

12:00pm: First runners arrive at Lynmouth Esplanade

2:00pm: First shuttle bus takes runners to RDCP

8:00pm: Event finishes on Lynmouth Esplanade

### **What's Next?**

Enjoyed completing 117 miles? Maybe you'd fancy trying the event all in one go next year? Entries are open now! If you can't wait til then, why not join us in June for the Jurassic Coast 100 where you can run 50km, 100 miles or 100 km of the Jurassic Coast in Dorset and Devon. You may also like to consider our new event: Exmoor Coast 50 – The Long 50k

Other events we organise are The Welsh 3000 challenge in summer 2018 (over 2 days or 24hrs), and the Dartmoor in a Day events. There will be run and walk options for all of these events. Details will be posted on our website, [www.climbsouthwest.com](http://www.climbsouthwest.com) and our 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 please make sure that you tell people about it on social media. Find us on Facebook & Instagram. Please use #Devoncoasttocoast #DC2C #climbsouthwest #Ultratrailevents

