



## **Dartmoor in a Day - Winter Traverse – 1<sup>st</sup> February 2020**

### **Overview**

**Start your new year with a big dose of winter; walk or run across Dartmoor. Our event is a fully guided 50 km journey from South to North, through some of the most remote parts of the moors. We also have a 30 km option from Princetown to Meldon.**

The Winter Traverse is not your everyday walk on Dartmoor; it is definite step up from our *Dartmoor in a Day* challenge held in September and uses a separate line. The route passes Red Lake and the sources of the rivers Erme and Plym, (don't expect to keep your feet dry!) After a welcome break in Princetown, you will continue to some wild locations on the North Moor including: Roos Tor, Tavy Cleave and Chat Tor. From here, the route picks up the Rattlebrook dismantled railway before descending to the finish in Meldon.

Weather is always a factor on Dartmoor but even more so in February; there is also the small number of daylight hours to consider and difficult terrain underfoot. It can be bitterly cold with snow or heavy rain.

The route is mainly across wild areas of open moor with event markers to assist navigation.

As this is a challenge event rather than a race, cut off times at our final checkpoint will be very generous (4:30pm at Lane End car park SX537823). Transport to the end of the event will be available if anyone doesn't manage to complete the distance.

The route is approximately 50 km (30 miles) and almost entirely off road. The 30 km walk option is achievable by anyone with a good level of walking fitness but the 50 km should not be underestimated!

You will be thoroughly looked after by the team at Climb South West, and remember it is a challenge event rather than a race so run or walk at a pace that suits you. Our team of qualified Mountain Leaders and other support staff will be out on the course. You can choose to run or walk with them or go at your own pace. They will be regularly spaced throughout the field of participants and will provide first aid cover for this event.

## Refreshments

For people on the 50km there will be complimentary hot drinks and soup/rolls at Princetown Community Centre. There will be a further aid station/checkpoint for all participants at Lane End car park SX537823. Water, hot drinks, our legendary homemade cakes and other snacks will be available here. There will also be hot food for you at the end of your challenge at Meldon village hall.

## The route

The route will be fully marked this year with combination of signs and orange flags.

There is a link to the route on ViewRanger on our website. The app is free and easy to use on your smartphone. You can download the route "without purchasing premium map". We recommend using this alongside OL 28 Dartmoor (1:25,000) or BMC Dartmoor (1:40,000) maps. For those that would like to use a GPS, you should be able to download the GPX file and use it on your device.

The ability to navigate isn't essential for this event and you are welcome to stay with our guides for the whole journey. 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.

## Parking and coach arrangements

### Coach Transport

Coach transport for this event is available to book separately (£12/£14). This will take you from the end to the start **BEFORE** the challenge and will enable you to run/walk back to your car.

**If you haven't booked a place on the coach but would like one, please find the booking form on this page.**

### [Winter Traverse coach booking](#)

There is free parking at Meldon village hall (EX20 4LU) or Meldon reservoir (£2 all day) a 5 minute walk away. If you have booked a place on the coach, then you will need to park here and aim to be at Meldon Village Hall at least 15 minutes before coach departure time. The coaches will pick you up at the bottom of the hill. Our team will be there to direct you.

If you are planning on meeting us at the **50km start**, the meeting location is South Brent Village Hall, Station Approach, South Brent TQ10 9AQ. There are lots of unrestricted on street parking options locally. Please aim to be here by 6:30am.

Meeting location for the **30 km** is in Princetown Community Centre, Princetown, PL20 6RF. Please aim to be here by 8:45am.

## **Timings for the day**

### **50km Winter Traverse**

**5:15am** Registration for coaches at Meldon Village Hall

**5:30am** Coach departs Meldon Village Hall

**6:15am** Registration opens at South Brent Village Hall

**7:15am** Safety briefing and start for walkers and runners

### **30km Winter Traverse**

**7:45am** Registration for coaches at Meldon Village Hall

**8:00am** Coach departs Meldon Village Hall

**8:45am** Registration opens at Princetown Community Centre, Princetown

**9:15am** Event safety briefing and start

**Cut off at Land End CP: 4:30pm**

## **Mandatory Kit**

- Base layer (long sleeved, thermal properties)
- Full leg cover
- Trail shoes / walking boots
- Waterproof jacket and bottoms

- Mobile phone
- Rucksack with additional clothing
- Hydration system (bladder or bottles, min capacity 1ltr)
- 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
- Gloves
- Whistle
- Headtorch with spare batteries / spare headtorch
- Nutrition (packed lunch, energy foods, gels, bars etc.)

**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.**

**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. You will not be permitted to start if you aren't appropriately dressed and equipped.

## **Your safety**

Our team of Mountain Leaders will be there to support you during the day. We also have **two mandatory checkpoints** (Princetown and Lane End). **You must not proceed beyond these locations without checking in with our marshals first.**

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

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

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

## Ending your participation

The event finishes at Meldon Village Hall, 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** or speak to your guide. Please store this number in your phone so that you have it available.

## What's Next?

This event will be a great warm up for our **Devon Coast to Coast Ultra** (117 miles non stop or 4 marathons in 4 days), **Welsh 3000 challenge**, summer 2020 (over 2 days or 24hrs). You might also like to consider the **Jurassic Coast**, **Exmoor Coast** and **North Coast** events (distances from 50km – 120 miles). New for July 2020, **Dartmoor 360** (100 miles over 3 days). 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 please make sure that you tell people about it on social media. Please use **#dartmoorinaday #DIAD #climbsouthwest**.