



## **Dartmoor in a Day - Sept 10th 2022, our 10<sup>th</sup> Dartmoor in a day!**

### **Overview**

The route starts at Simmons Park in Okehampton, passes through Postbridge and finishes at Ivybridge Rugby Club. 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.

This is a challenge event as well as a race, so cut off times at our final checkpoint (Combestone tor) will be very generous (4pm). 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 in time.

The full route is approximately 50km (30 miles) and almost entirely off road.

The 30km walk option is achievable by anyone with a good level of walking fitness but the 50km should not be underestimated. 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. They will stop in key locations along the course to make sure that everyone takes the correct path and remain in position until the next leader arrives.

There will be checkpoints at two road crossings during the route where light refreshments will be available, at Postbridge and Combestone Tor. 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 and route marking

Much of the route is across wild areas of open moor without any way markings. In 2019, we decided to mark the whole course. For this we used small wire flags, placed the day before the event. Unfortunately, on the day of the event, some of these had been removed. Further to this, another event organiser placed their own flags for an event due to happen on the following day. This caused some confusion out on the course. Dartmoor National Park Authority have also recently changed their position on the use of these wire flags, due to concerns that they could cause harm to livestock. They wrote to all organisers of events on the moor last week, asking us not to use this type of marker for any future events. They haven't yet suggested a suitable alternative.

We have now taken to the decision to keep this event as it was originally designed; unmarked, but with navigational support from our team of qualified mountain leaders and experienced volunteers. The only markers will be in a few locations near roads, to direct you to the checkpoints and to the finish at Ivybridge Rugby Club. These will be orange correx boards with our Climb South West logo on them.

We do recommend studying the route in advance and highly recommend using Outdoor Active to track your progress. This can also be downloaded from our website.

We recommend using these alongside OL 28 Dartmoor (1:25,000) or BMC Dartmoor (1:40,000) maps. 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 Outdoor Active app and turn your Smartphone into a GPS device. Once you have downloaded the route, the app will continue to work without the need for mobile reception. It is possible to download the route "without purchasing premium map" as the basic one works fine. You can however choose to download an OS version.

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**

### **Transport to the start - Before the event**

Coaches will leave from Ivybridge Rugby Club, Cross-in-Hand, Filham, Ivybridge PL21 0LR.

<https://goo.gl/maps/SnmT9mDjp3RdmRKq6>

Car parking might be limited here on Saturday morning, due to match fixtures on the day of the event. We recommend using the free Ivybridge Railway Station car park, just a five minute walk away.

<https://goo.gl/maps/FQb26iTjc4BHb98T9>

**Please allow plenty of time to get parked and to make your way to the coach pick up location.**

**If you haven't booked a place on the coach but would like one, please find the booking form on our Dartmoor in a day website.**

## **Timings for the day**

### **50km Walk and Run**

**6am** Coach leaves Ivybridge Rugby Club

**6:30am** Registration opens at Simmons Park, Okehampton EX20 1PW

<https://goo.gl/maps/sm2FgN7tAx2kXaYH6>

**7:45am** Event safety briefing and start

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

### **30km Walk and Run**

**9am Coach** leaves Ivybridge Rugby Club

**9:45am** Registration opens next to National Park Visitor Centre, Postbridge

<https://goo.gl/maps/1nT3FHiKuLcuByrX6>

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

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

**There is no transport back to the start after the event.**

## 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/blanket
- 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.

**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 leaders and 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.**

No headphones on this event please.

We have arranged for a minibus to follow the challenge. Should you fail to reach the Combestone checkpoint before 4pm, this bus can take you to Ivybridge. **It 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**

## **Covid 19**

There are now current restrictions in place, but please do not come to the event if you have any of the symptoms associated with Covid 19.

## **Ending your participation**

The event finishes at Ivybridge Rugby Club. The bar will be open here, serving food and drink.

You'll collect your finishers medal here.

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

## **Accommodation and camping**

There are lots of accommodation options available locally to suit all budgets. We have also arranged camping at Ivybridge Rugby Club on both Friday and Saturday nights. This costs £10 per person/night and can be booked through our Dartmoor in a day website. Please have your booking confirmation available to show at the Rugby Club. If you want to stay for both nights, please select 2 tickets (2 people for 2 nights would be 4 tickets etc).

## **What's Next?**

We have a pretty full calendar of other events available from half marathons right through to 120 miles non stop. Please check out our website or Climb South West Facebook page for full information.

## **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**.

