



## **Dartmoor Winter Traverse – 25<sup>th</sup> February 2023**

### **Overview**

**Start your new year with a big dose of winter; walk or run across Dartmoor. Our event is a 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 without any markers.**

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 a hot pasty (meat/veggie/vegan options) and a hot drink for you at the end of your challenge at Meldon village hall.

## The route

Dartmoor National Park Authority have changed their position on the use of wire flag markers. From August 2021, wire flag markers and tape are no longer permitted for use on the moor. For this reason, in 2023 and future events, this will continue as an unmarked challenge. Our team of guides will be spread out amongst you, offering support with navigation to the fastest runners right through to the slowest walkers.

There is a link to the route on Outdoor Active on our website. The app is free and easy to use on your smartphone. 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 for this event is available to book separately if you didn't include this with your original booking. 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 log into your SiEntries account and edit your entry [https://www.sientries.co.uk/edit\\_entry.php?event\\_id=10386](https://www.sientries.co.uk/edit_entry.php?event_id=10386)

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 Lane 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 move you forwards to Meldon after each checkpoint closes. This minibus will not return to South Brent or Princetown.

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?**

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 please make sure that you tell people about it on social media!

