



Dartmoor in a Day - Sept 9th 2023, our 12th Dartmoor in a day!

Overview

The route starts at Simmons Park in Okehampton, passes through Postbridge and finishes at Ivybridge Community College. 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 in 2021, asking us not to use this type of marker for any future events.

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 Community College. 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. We can tailor our navigation workshops for individuals or groups of walkers / runners from beginners through to advanced skills for mountainous areas.

Extreme weather and route diversions

After periods of heavy rain, the stepping stones across the West Dart become unpassable. This is just before the Combestone checkpoint. If this is the case on the day of our event, we'll let you know at registration. We'll have a marked and marshalled diversion in place for this section.

Parking and coach arrangements

Transport to the start - Before the event

Free car parking is available at Ivybridge Community College, Harford Rd, Ivybridge, PL21 0JA

What3words: ambition.bearable.laptop

Coaches will leave from Ivybridge Community College Coach Park, Ivybridge, PL21 0FQ

What3words: revival.fighters.snippets

Please allow plenty of time to get parked and to make your way to the coach pick up location. Our team will be here to direct you.

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 Community College

6:30am Registration opens at The Pavilion in the Park, OCRA, Mill Rd, Okehampton EX20 1GE

What3words: subtitle.groomed.universe

7:45am Event safety briefing and start

4pm Cut off at Combestone Tor (CP2)

30km Walk and Run

9am Coach leaves Ivybridge Community College

9:45am Registration opens next to National Park Visitor Centre, Postbridge, PL20 6TH

What3words: exhale.finishers.bravery

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 the road sections of this event.

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 serious 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. Food and drink will be available here.

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.

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.

If you've enjoyed the event, then we'd love it if you could tell people about it on social media!