

Peak District Trail Running Weekender

Incorporating the

'Back to Beeley Bash' Guided Run Series

17th to 19th August 2018



A full weekend of trail running activities

Come and join the Peak Running team for a weekend of spectacular trail running in the heart of the beautiful Peak District National Park. Staying on the edge of the famous Chatsworth Estate, you'll be able to test yourself in our stunning series of guided runs and enjoy a host of other activities in a relaxed and friendly atmosphere.

What's involved?

1. A series of three runs

The runs will kick off on Friday evening with our 5-mile **Hob Hurst's Fell Race**, where you have the option to take part in the race or run the route with one of our guides. On Saturday and Sunday there will be two **guided runs** of 13 miles (21km) and 10.5 miles (17km), taking in some of the best countryside in England. Throughout the weekend you will have the option to just choose the runs you want to do, or to take shorter routes.



You will experience a wide range of terrain over the course of the weekend, including open moorland, forest trails, country estates and impressive vistas of the Peak District.

All three runs will start and finish at our base in the village of Beeley. They will be lead by our team of experienced trail and fell runners, so you do not require navigational skills, and you don't need to be a fast runner to keep up. We will split into smaller groups as necessary, with each group going at a pace that everyone can comfortably cope with.

2. A range of other activities throughout the weekend



As well as building in some time to relax, socialise and explore the local area, we are planning a number of related activities that will be fun, educational and inspiring.

These include exercises and discussions led by UK Athletics Licensed Coaches, inspirational talks and film shows.

Plus, coaching staff will be on-site throughout the weekend to provide advice and guidance on training and other aspects of trail running, such as navigation.

3. Fully catered accommodation at the wonderful Dukes Barn

The base for our weekend, Dukes Barn, is an exceptionally well equipped outdoor centre located in the historic village of Beeley.

In addition to comfortable sleeping accommodation (small dormitories), there is a large games room, cinema and outdoor activity areas. It is located on the edge of the village, with great views of the surrounding hills.

Accommodation on Friday and Saturday nights is included in our **all inclusive** option, as is catering throughout the weekend. This includes all meals and unlimited drinking water, tea and coffee. Dietary requirements can be catered for.

There will also be a **run only** option for anyone based locally or preferring to arrange their own accommodation.

How much does it cost?

Category	Price	Includes
Runner's fully inclusive weekend package	£165 per person until 31/12/2017 £175 from 01/01/2018	Three guided runs Post run refreshments Accommodation for 2 nights Meals: 2xBreakfast, 2xBuffet Lunch, 2xDinner Unlimited water, tea, coffee and soft-drinks Additional activities (in bold in above programme) Use of Dukes Barn facilities throughout the weekend (16:00 Friday to 16:00 Sunday) Access to licensed coaching staff for advice and guidance throughout the weekend
Non-runners fully inclusive weekend package (For partner/friend accompanying a runner)	£150 per person until 31/12/2017 £160 from 01/01/2018	Accommodation for 2 nights for 2 people Meals: 4xBreakfast, 4xBuffet Lunch, 4xDinner Unlimited water, tea, coffee and soft-drinks Additional activities (in bold in above programme) Use of Dukes Barn facilities throughout the weekend (16:00 Friday to 16:00 Sunday) Guidance on walks / other activities

RUN ONLY options cost **£6**, **£15** and **£12** respectively for the three runs.

How do I book?

To secure your place(s) on this great weekend, please use the booking system on our website (www.peakrunning.co.uk) or contact us directly by email or phone (see contact details later in this document). We will then contact you to confirm your details and arrange payment etc.

Early bird prices will apply to any bookings submitted before 1st January 2018 and confirmed by payment of a £50 deposit within 28 days of initiating the booking.

If you have any queries or would like to discuss any aspects of the weekend with us before booking, please do not hesitate to contact us.

Provisional programme – Exact details & timings to be confirmed

Friday 17th August	
16:00 to 18:30	Arrival, check-in and welcome
19:00	Run 1 : Hob Hurst's Fell Race
20:30	Dinner
21:30 onwards	Relaxation: Enjoy some running related movies in our mini-cinema, have fun in our games room or simply relax with a drink.
Saturday 18th August	
07:30 to 08:30	Breakfast
09:00 to 12:00	Off-road running activities: Participate in a series of exercises with members of our team. There will be practical sessions on technique for running up/down hill and navigation, as well as an opportunity to share experiences and improve your knowledge on topics such as energy systems, training strategies, nutrition and kit.
12:00	Buffet Lunch
14:00	Run 2 : Monumental Tour of the Eastern Peak (13 miles/21k)
18:00	Shower and relax, or take time out to explore the area.
19:30	Dinner
20:30	Guest Speakers with stories about running adventures to inspire you
22:00	Have fun in our games room or simply relax with a drink and talk share running related stories.
Sunday 19th August	
07:30 to 08:30	Breakfast
09:30	Run 3 : Neolithic Highs (10.5 miles/17k)
13:00	Buffet Lunch
14:00	Relax or take time out to explore the area before departing.
14:30 to 16:30	Check out and depart

Note. There is always the possibility that we may have to make changes to the programme or timings at short notice, due to extreme weather, or other factors outside of our control.

How do I get there?

Our venue is located on the eastern side of the Peak District, approximately 25 miles north of Derby and 15 miles south west of Sheffield.

For those travelling by road it is approximately 30 minutes from the M1 to the east or 60 minutes from M6 to the west, see map.



The address is School Lane, Beeley, Matlock.

The post code for sat nav is: DE4 2NU

The nearest railway stations at Matlock (7 miles) and Chesterfield (10 miles) and local bus services serve Beeley village hourly.

We are happy to provide more detailed advice for your travel arrangements and help arrange taxis from local railway stations.

For adventurous souls planning to come by bicycle, there is space at the venue to secure their machines.

What else is in the area?

The area surrounding our venue is world famous for its spectacular landscapes, which are a mecca for outdoor enthusiasts, and its historic towns, villages and stately homes. There is also abundant wild life in the area. A Dusky Thrush was a recent visitor, but you may have more luck spotting the deer in the park!

Dukes Barn itself is part of the Chatsworth Estate, and within walking distance of the grounds of Chatsworth House, home to the Duke and Duchess of Devonshire. The house and gardens are open to the public and are one of the UK's premier tourist attractions. www.chatsworth.org

The historic market town of Bakewell, famous for the Bakewell Pudding (<http://www.bakewellpuddingshop.co.uk>), is just 4 miles away in the next valley. And a little further down the road is the county town of Matlock its neighbour Matlock Bath, a 19th century spa town nestling below the Heights of Abraham.

<http://www.heightsofabraham.com>

A little closer, just 200 metres down the village, is the Devonshire Arms. Originally an 18th Century Coaching Inn, this is now a popular pub serving locally brewed real ale and quality food. The Old Smithy tea rooms are also in the village, which along with the Devonshire Arms, is a good option for a meal for those arriving early on the Friday or staying in the area longer.

<http://devonshirebeeley.co.uk> <http://theoldsmithybeeley.co.uk>

Frequently Asked Questions

Who is the weekend suitable for?

Any adult who enjoys running and/or fantastic scenery and has a sense of adventure. We plan to organise groups to suit a variety of paces, so regardless of the pace you run we're sure you'd enjoy it. And, as there's so much to do and see close by, non-running partners would also have an exciting weekend.

How fit do I need to be to complete the run series?

You need a reasonably good level of fitness and be capable of completing at least a half marathon distance, if you are to complete the whole run series. Running pace is not important. There are options to cut the runs on Saturday and Sunday down for anyone that wants to do a shorter distance.

Do I need off-road running experience?

No previous experience is required. But you do need to know what to expect. There will be hills, there will be some tricky underfoot conditions and most likely some mud.

Will I have to navigate?

No, not unless you want to set a pace that is faster than any of the guides with our groups or want to practice your own navigation skills. Our plan is to guide you round the route in groups and, for those that want it, offer guidance and advice on navigation skills.

What are the underfoot conditions like?

If you can think of it, you'll probably experience it. There's really a bit of everything from short sections of wide smooth tarmac to narrow rocky paths.

Do I have to take part in the runs?

No. You can take part in as few or as many of the three runs as you like. Also, if you want to do a shorter run on the Saturday or Sunday we can advise on options. Plus, there are good options for walking, cycling or sightseeing in the local area for anyone that want to do their own thing.

Can I just do the runs rather than sign up for the whole weekend?

Yes, we will allow people to just sign up for the run series or individual runs.

What will the weather be like?

It's unlikely to snow. Anything else is quite likely. But we're hoping for clear blue skies and warm – but not too warm – sunshine.

Can I bring children and/or pets?

No sorry. We can only cater for 18+ and can't allow pets.

If we come as a group, will we be allocated beds in the same room?

We will make it a priority to try and do this, but it will depend on the size of the group and how many places are left at the time of booking.

Will alcohol be provided?

We don't have a license to serve alcohol unfortunately, but you are welcome to bring your own and/or visit the Devonshire Arms which is just 200 metres away.

What kit will I need?

Normal running gear and off-road trail or fell shoes are recommended. You must also bring a waterproof and hat, and be prepared to carry them on the runs if the weather forecast is poor.

More Information and Contact Details

For more information about Peak Running, including our other events, coaching services and guided runs:

Visit our website: <https://www.peakrunning.co.uk/>

Like our Facebook page: <https://www.facebook.com/peakrunninguk/>

Send an email to: info@peakrunning.co.uk

Give us a call on: [+44 \(0\)7802 835475](tel:+44(0)7802835475)