

Peak District Trail Running Weekender

Incorporating the

'Back to Beeley Bash' Guided Run Series

18th to 20th August 2017



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 guided runs taking in some of the best countryside in England

Our trail runs cover a full marathon distance split into three stages of progressively longer distances over the weekend. As the distance is broken up over the weekend, you don't need to be fit for the full marathon distance to complete them. There is also the option to just choose the ones 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. Plus, you'll glimpse some of Chatsworth's hidden gems as you run along tracks within the estate that we have special permission to use.

All three runs will start and finish at our base in the village of Beeley.

Run	Distance	Elevation Gain	Description
#1: To Hell & Back (Friday Evening)	3.1miles/ 5km	580ft / 175m	A short sharp start to the weekend, taking you up through Hell Bank Plantation to the edge of Beeley Moor, before descending back to base.
#2: Mind Your Manners Deer (Saturday)	10 miles/ 16km	1100ft / 340m	A delightful route which starts by winding its way past the herds of Deer that roam the meadows of the Chatsworth estate. You'll climb gradually onto high pastures before descending through Manners Wood to the edge of Bakewell. The return journey will then take you past Haddon Hall and back through the Derwent valley.
#3: Tour de Chatsworth & Moor (Sunday)	13.1miles/ 21.1km	1500ft / 460m	The final leg takes you deep into the heart of the Chatsworth estate's woodlands. After passing a number of hidden gems, you'll emerge to dramatic views of the Peak District's high points as you traverse the northern reaches of the estate. During the second half you'll have fun negotiating some rocky stretches before climbing onto high moorland and starting the long descent to the final finish line of the weekend.

Runs will be led by our team of experienced trail 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 running stories 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.

3. Fully catered accommodation at the wonderful Dukes Barn in the historic village of Beeley

The base for our weekend, Dukes Barn, is an exceptionally well equipped outdoor centre. 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, soft drinks, tea and coffee. Dietary requirements can be catered for.

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

Full programme

Friday 18th August	
15:00 to 18:30	Arrival, check-in and welcome
19:00	Run 1 – To Hell and Back (3.1 miles / 5km)
20:00	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 19th August	
07:30 to 08:30	Breakfast
09:30 to 10:00	The Perfect Warm-Up: Participate in a series of exercises with one of our UK Athletics Licensed Coaches
10:00	Run 2 – Mind Your Manners Deer (10 miles / 16km)
13:30	Buffet Lunch
14:30 to 16:00	Off-Road Running Workshop: Discussion session on running related topics. An opportunity to share experiences and improve your knowledge on topics such as energy systems, training strategies, nutrition, flexibility and navigation.
16:00	Relax or take time out to explore the area. Sports massage available (additional cost).
18:30	Dinner
20:00	Stories about running adventures to inspire you
22:00	Have fun in our games room or simply relax with a drink and talk strategy for tomorrow's final run.

Sunday 20th August	
07:30 to 08:30	Breakfast
09:30	Run 3 – Tour de Chatsworth and Moor (13 miles / 21km)
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. We reserve the right to make changes to the programme or timings at short notice, due to extreme weather, or other factors outside of our control.

How much does it cost?

Category	Price	Includes
Runner's fully inclusive weekend package	£140 per person	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 (15:00 Friday to 16:30 Sunday) Access to licensed coaching staff for advice and guidance throughout the weekend
Non-runners fully inclusive weekend package	£125 per couple	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 (15:00 Friday to 16:30 Sunday) Access to licensed coaching staff for advice and guidance throughout the weekend Guidance on walks / other activities
Back to Beeley Bash Guided Run Series Only	£20	Three guided runs Post run refreshments
Run #1 Only: To Hell and Back	£3	Run #1 on the evening of Friday 18 th August Post run refreshments
Run #2 Only: Mind Your Manners Deer	£7	Run #2 on Saturday 19 th August Post run refreshments
Run #3 Only: Tour de Chatsworth and Moor	£10	Run #3 on Sunday 20 th August Post run refreshments

How do I book?

To secure your place(s) on this great weekend or the run series, 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.

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.

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.

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. If you need any specific kit, we will have a representative from The Derby Runner at the event. Equipment can be pre-ordered with an attendee discount, and either collected or brought to the event. A voucher will be provided which will contain more information.

<http://www.derbyrunner.com>

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)

Terms & Conditions

Booking

Your booking for a full weekend package is secured with a £50 deposit per person, with the remaining balance is to be paid no later than 8 weeks prior to the event. If you choose run only options, full payment can be made in advance or on arrival. Payments can be made by bank transfer (preferred), cheque or cash (run only options).

Accommodation

Accommodation is within small dormitories, which vary in size from 2 to 8 beds. If you are coming as a group or couple we will do our best to keep you together, but this cannot be guaranteed. As far as possible we will segregate sexes for those that prefer a single sex dormitory, but there may be a requirement for a mixed area. If you have any specific requests, please discuss when booking, as once places are allocated it will be difficult to move you around. Our ability to honour requests will depend on the make up of attendees.

Cancellations

If you need to cancel your booking, please contact us as soon as possible. However, the following conditions apply.

- If you cancel less than 4 weeks before the start of the event, we will retain 100% of the full amount paid by you.
- If you cancel less than 8 weeks before the event, we will retain 50% of the full amount paid by you.
- If you cancel more than 8 weeks before the event, we will just retain the deposit.
- If you fail to pay the balance by the due time we will, unless agreed otherwise, assume you have cancelled and retain your deposit.

You may transfer your booking to another person without incurring additional charge. However, it is your responsibility to identify a substitute, unless we have someone on a waiting list that is willing to take your place.

Peak Running reserves the right to make adjustments to the programme of events, including the cancellation of one or more activities, at short notice and without prior notice (e.g. in the event of extreme weather or external events outside of our control). If this is necessary, Peak Running will take all reasonable steps to provide alternative replacement activities but is not obliged to provide participants with any refund.

In the event that it is necessary to cancel the entire event, prior to its commencement for reasons that were under Peak Running's control, participants will be offered a full refund or the opportunity to transfer to a future event. However, no liability is accepted for any associated costs (e.g. travel bookings) incurred by participants.

Suitability

All participants:

- Must be 18 years old or above;
- Take responsibility for ensuring their own fitness to participate in the event and associated activities;
- Declare all relevant medical details;
- Inform the event management team immediately in the event of injury or illness affecting their ability to take part; and
- Follow the instructions given by the run leaders at all times during the run series.

Behaviour

Peak Running reserves the right to, at any time, remove participants from the event or prevent participants participating in activities if, at the event manager's sole discretion, they consider such action necessary for safety reasons or the proper enjoyment of the event by other participants, or for any other reasonable reason. No refund shall be made if the participant has acted negligently, maliciously, with wilful misconduct or otherwise without due care and attention for the event or other participants, so as to cause his/her removal.

Liability

Peak Running accepts no liability for any damage, injury or loss suffered by participants, or to any other persons, or to any property in connection with the event or otherwise.

While Peak Running will take all reasonable care with the staging of any event, participants acknowledge that personal accident and personal items insurance are his or her sole responsibility.

Photography

Unless specifically requested otherwise, the participant consents to being photographed and filmed throughout the event and that these films and photographs may be used in any media for the purpose of advertising, publicity and otherwise in relation to the promotion of the event and/or future events promoted by Peak Running.