



Trip notes:

Dark Peak Delights Weekend, 13-15 July 2018

Many thanks for joining us for what I'm sure will be an awesome weekend.

The plan is to ride from the door of the accommodation on both days with the Saturday being a longer day – heading over towards Ladybower Reservoir, taking in a few classic trails along the way (approximately 38km with 900m of ascent), and the Sunday will be a shorter day with a short but sharp loop of Mam Tor, Rushup Edge, Roych Clough and Jacob's Ladder – probably the ultimate Dark Peak outing (approximately 26km with 900m of ascent).

We'll have a full briefing over dinner on Friday evening and probably again on Saturday!

Our accommodation

We'll be staying in the wonderful Nab View Bunkhouse in Edale. This is a recently converted barn and is super-comfortable with an amazing lounge/dining area and 3 comfortable dorms.

All the food is included with tasty 2-course dinners cooked by our own chef on both evenings, a good cooked breakfast both days and packed lunches too. And there is also a pub within reasonable walking distance if anybody fancies slipping out for a quick beer at any time. Otherwise, please bring your own beer/wine/drinks for evening meals etc.

Please remember to bring a sleeping bag and a towel.

Bike washing

There is a hose available and we have a complete cleaning kit supplied by Fenwick's Bike Products.

Riding kit

The list below is designed to help you pack and get the most out of the weekend. Please ask if you have any questions, and please let us know if you don't have something that you think you need.

- Hydration pack big enough to carry everything in the list below – suggested size 15L to 20L
- Water and snacks – gels, energy bars, flapjacks, jelly babies
- Lunch (this will be provided and will include a sandwich of your choice, crisps, fruit and cake)
- Dry bag or plastic bag to keep everything dry inside your pack
- Mini pump for your valve type
- Inner tube (even if you use tubeless)

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- Tube patches (preferably self-adhesive)
- Tubeless repair kit (if you use tubeless)
- Tyre levers
- Multi-tool
- 1 set of spare brake pads
- Rear gear hanger for your bike
- Cable ties
- Duct tape (we suggest wrapping 1m around your pump)
- Power link for your chain type and speed
- Mobile phone - in a waterproof case or plastic bag
- Small personal first aid kit
- Any medication you need

Recommended clothing

- Helmet
- Knee and elbow pads
- Cycling shorts and/or waterproof shorts (or trousers)
- Wicking base layer or cycling jersey
- Mid layer (fleece or soft shell)
- Windproof and/or waterproof jacket (depending on the weather forecast)
- Woolly hat or buff
- Riding glasses
- Gloves (worth having a spare pair if it's wet)
- Waterproof socks
- Cycling shoes (you must be able to walk in them!)

BIKES

Your bike needs to be ready for the rigours of the mountains – steep and rocky climbs and descents. A lightweight x-country bike won't be strong enough for the descents and a downhill rig will be too heavy for the climbs. Just about everything in between will do the job.

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Tyres are important. Lightweight racing tyres won't be strong enough. We recommend good trail or all-mountain tyres such as Maxxis High Rollers.

Please make sure your bike is ready for 2 days of hard riding. Anything that looks slightly suspect will almost certainly break.

There's a good bike shop in Hope if you need any spares.

We'll have secure storage for bikes overnight.

ETHICS ON THE HILL

Mountain biking in the Peak, like elsewhere, is a sensitive issue and there's little getting around it, 10 mountain bikers will be pretty conspicuous, and we will have some impact on both the landscape and other trail users.

As a company, we are 100% committed to minimising our impact in every way we can. It would be great if we could operate a strict 'pack it out' policy for all litter (including banana skins and orange peel), and if we could try to leave as little trace of our passing as possible.

While we'll hopefully enjoy some epic descents and trails, we'll encourage everybody to ride in control and at a speed that reflects their line of sight and abilities. We'll certainly meet a lot of walkers in this area on a weekend and I'd really love any interaction to be as positive as possible and for us to help give mountain bikers 'a good name.' We can't afford to do anything that will jeopardise ongoing access discussions in the Peak.

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