



Written Route Instructions

2025 Version 1

Updated for checkpoint changes and diversion on 70k route near Abney, see Section 5.

This document contains written instructions for following the 70km Peak District Birthday Bash route, and the shorter 35km route. Both are in a clockwise direction.

They should be used in conjunction with a good quality and detailed map of the area showing rights of way, areas of open access land etc. 1:25,000 scale is recommended.

They are a reflection of how things looked like on the ground at the time they were prepared, but please bear in mind that things can change over time.

If you spot any errors or omissions, or have suggestions for improvement please let us know by emailing: info@peakrunning.co.uk

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Peak District Birthday Bash: Section 1: Castleton to Hayfield

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From the START exit the Peak District Visitor Centre area via the rear of the car park via the footpath and continue onto narrow street (Eades Fold) next to stream. <i>Note : Race HQ on race day is the Peveril Centre, 50-metres to the west of the Visitor Centre along Buxton Road (A6187)</i>	200
0.2	Turn left onto Hollowford Road to head north out of the village.	500
0.7	Take left fork to continue on Hollowford Road .	850
1.6	As lane bends left go straight on through gate onto stony tree lined footpath.	250
1.8	Go through gate and take prominent path diagonally left uphill towards the col in the Great Ridge at Hollins Cross .	570
2.4	On reaching the ridge at Hollins Cross turn left to follow path along stone slabs.	900
3.3	Bear right off slabbed path at 'Bikes' sign to follow bridleway that runs adjacent to the fence over to your right.	640
3.9	Go through gate onto road adjacent to bus stop, and head to gate on other side of road 60-metres ahead . Take CARE crossing road .	60
4.0	Go over stile next to gate and turn very sharp left to go around gate and uphill on footpath parallel to road.	30
4.0	Turn right onto path which goes steeply uphill in a small gully .	120
4.1	At top of gully continue on path as it heads slightly right onto top of ridge leading to Lords Seat / Rushup Edge .	310
4.4	Continue on footpath along ridge, with the fence line on your left .	1740
6.2	Continue straight on along path with wall on your left .	660
6.8	Continue on stony track parallel to wall as it drops gradually downhill	750
7.6	Go through bridle gate and continue on path running parallel to road	140
7.7	Turn right onto Pennine Bridleway (main track) towards Hayfield	2280

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
10.0	Continue on Pennine Bridleway as it crosses a river and s-bends to the left then right and climbs uphill.	800
10.8	Go through gate and continue straight on .	810
11.6	Go straight on at track junction to continue along Pennine Bridleway (sign posted South Head).	480
12.1	Go straight on staying on main track.	1210
13.3	Continue on Pennine Bridleway as it turns right and heads gradually downhill. Hayfield village now visible in the valley ahead.	430
13.7	Leave the Pennine Bridleway at this point: go straight on along track between high walls .	700
14.4	Take right fork on narrower path which heads diagonally down to meet the road.	70
14.5	Turn right and follow road.	580
15.1	At Highgate Farm turn right , following footpath sign along lane for 20-metres to bench on left hand side.	20
15.1	Drop down to left at bench and follow footpath downhill between walls .	200
15.3	At houses bear right to go through small gateway and continue downhill on footpath (slippery if wet)	140
15.4	At bottom of path turn sharp right to follow road past cottages.	360
15.8	Turn left to go over footbridge and then bear right to head diagonally up a steep path to the road.	200
16.0	Turn right and follow the road, using the pavement on the left hand side.	500
16.6	Bear left to enter the car park at Bowden Bridge Quarry (Checkpoint 1) .	
	Note: This is a change to the Checkpoint location in previous years.	

Distances are approximate.

TO BE USED IN CONJUNCTION WITH A MAP OF THE AREA

Peak District Birthday Bash: Section 2: Hayfield to Edale

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
	<i>Note: Bowden Bridge was the gathering point for the Kinder Scout Mass Trespass in 1932. Information board in car park and plaque on rocks at rear.</i>	0
0.0	From Bowden Bridge Quarry (Checkpoint 1) continue east along Kinder Road .	810
0.8	At Kinder Reservoir gate turn right to follow lane over bridge and along other side of river .	80
0.9	As lane starts to bends right away from river, bear slightly left to follow footpath along side of river .	290
1.2	Turn left to go over footbridge and then straight on to re-meet Kinder Reservoir access road.	80
1.3	Turn right through smaller gate and take cobbled footpath uphill towards White Brow .	290
1.6	Turn sharp left to take bridleway uphill, with wall on your left hand side.	230
1.8	At path junction go through gate and turn right along bridleway towards William Clough .	680
2.5	Take left fork and continue on higher path (do NOT drop down to corner of reservoir).	440
2.9	Cross stream and continue on public footpath (most well trodden path) in same direction as it heads up into William Clough , crossing the stream a number of times as you ascend.	1100
4.0	Bear slightly right to go up steps on footpath running alongside upper reaches of William Clough.	160
4.2	At large cairn (pile of stones) fork right to take slabbed path and continue up steep climb up onto the side of Kinder Scout . You are now on the Pennine Way .	300
4.5	As path starts to level out, continue on main path along the edge of Kinder Scout on the Pennine Way , with the steep ground of the escarpment on your right .	890
5.4	Continue on the main path along the edge of the escarpment as it bends left and heads towards Kinder Downfall .	1400
6.8	On reaching the head of the valley at Kinder Downfall , cross over stream and turn right to continue along edge of escarpment. Look for cairn (pile of stones) indicating direction of main path (Pennine Way).	1050
7.8	Cross the head of the valley and continue on most well trodden path along the edge of the escarpment.	750
8.6	At path junction at cairn (pile of rocks) turn left and follow rocky path as it goes up a small rise and round to the right behind a rocky outcrop .	630

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
9.2	Continue on most well trodden path as it heads towards Kinder Low trig point, 200 metres ahead	200
9.4	At Kinder Low trig point bear right onto well trodden path across the plateau and head south downhill towards Edale Rocks (very large rocks that are square in shape)	320
9.7	At Edale Rocks continue on path past the left hand side of rocks and downhill into wide area of slightly lower ground.	250
10.0	At path junction (with large cairn) bear right onto slabbed path going uphill.	150
10.1	Take left fork to drop down to path junction 160 metres ahead	150
10.3	Take left fork to take slab path heading down into valley towards Jacob's Ladder .	680
10.9	At stone fustrum turn left to follow public footpath down Jacob's Ladder (caution - very steep path in places).	320
11.3	Go over the Packhorse Bridge and continue along Pennine Way through valley on the other side.	1800
13.1	Opposite red telephone box, turn left into Upper Booth farm - signposted Pennine Way Edale 1 1/4 miles.	50
13.1	Follow track through farm yard as it turns right and then left (ignore gate onto footpath directly ahead as you leave farm yard).	50
13.2	Turn right to follow footpath signposted to Edale .	200
13.4	Go through gate and follow main footpath as it bears left and climbs uphill.	400
13.8	Go through gate and continue uphill on most prominent path .	160
13.9	Go through small gate and continue straight on across fields towards Edale (Lose Hill is visible in the distance in front of you).	990
14.9	Turn right and follow Pennine Way downhill with stream on your left.	350
15.3	On emerging opposite the Nags Head (official start of the Pennine Way) turn right and head down the road - signposted Edale Station	700
16.0	50 metres after passing under the railway bridge turn left up some steps into Edale car park. Edale Village Hall (Checkpoint 2) is on your left beyond the public toilets.	400

Distances are approximate.

TO BE USED IN CONJUNCTION WITH A MAP OF THE AREA

Peak District Birthday Bash: Section 3: Edale to Bamford (70k Route only)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From Edale Village Hall (Checkpoint 2) , return to the bottom of steps next to the public toilets. Turn right to head back up the road for 400 metres .	480
0.5	Turn right to take footpath along side of grave yard.	40
0.5	Cross bridge and continue straight on footpath.	380
0.9	Continue straight on through farm yard , past buildings and onto the lane beyond (signposted Nether Booth and Youth Hostel).	390
1.3	At Cotfield Farm take right fork to continue straight ahead on public footpath running below farm buildings .	180
1.5	Go through gate and continue straight ahead on track across fields .	300
1.8	As path merges onto farm track continue straight on track.	130
1.9	As track bends right, take footpath straight ahead along left hand edge of field .	460
2.4	Turn left to head up tarmac track towards YHA Edale Activity Centre .	420
2.8	On approach to Edale Activity Centre , as driveway bends left go straight on towards steps with wooden fence on your right.	60
2.8	Follow footpath to right of buildings , signposted Footpath and Overflow Car Park .	50
2.9	Drop down steps to the right to follow footpath across footbridge and along other side of valley .	300
3.2	Continue along most well trodden path adjacent to wall on your right hand side.	400
3.6	Cross stream and turn right to follow footpath closest to stream as it drops downhill towards track visible further down.	60
3.7	Go through gate, over stream and drop down to track .	50
3.7	At the junction with the track, take the left fork to follow the sign posted Public Bridleway uphill.	440
4.1	Continue straight on main bridleway, signposted Jaggers Clough .	500

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
4.6	Continue on main bridleway as it bends left through a gate and drops down hill into Jaggers Clough .	300
4.9	Stay on main bridleway as it switches back and continues downhill.	140
5.1	Go through gate, cross stream and continue on bridleway as it climbs up the other side of the clough.	470
5.6	Continue straight on bridleway.	190
5.7	At cross-roads of path, turn right to follow stony track towards Hope Cross .	250
6.0	At Hope Cross (stone pillar on left hand side of path), continue straight on staying on main track .	720
6.7	Go through gate and take left fork on track heading uphill towards the ridge.	310
7.0	As a grassy path merges from your left continue straight on with wall and trees on your left .	680
7.7	Continue on main track as it meanders along the ridge towards Win Hill .	2000
9.7	Take left fork to follow path which heads diagonally left to go uphill towards summit of Win Hill .	150
9.9	Continue straight on path (or take a minor detour to your left to visit and enjoy the view from Win Hill trig point).	90
9.9	Stay on path as it bears slightly right and drops downhill .	110
10.1	Go through gap in wall and continue in same direction downhill into woodland .	390
10.4	When reaching the fence in the woods, turn right to follow path, keeping wire fence on your left (NOT through metal gate) .	480
10.9	Take left fork to follow grassy path which is starting to drop downhill. Bamford village is visible in the valley below to your left.	280
11.2	Turn left to follow footpath signposted to Thornhill , as it drops down and follows wall around to the right .	440
11.6	At footpath junction (just past spaced out stepping stones) bear left to continue on footpath towards Thornhill .	370

Distances are approximate.

TO BE USED IN CONJUNCTION WITH A MAP OF THE AREA

Peak District Birthday Bash: Section 3: Edale to Bamford continued (70k Route only)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
12.0	Immediately before a house where the path becomes a track, turn left on public footpath past squeeze stile.	180
12.2	At path junction turn right and take lower path towards house, signposted to Bamford.	70
12.3	At house, cross road and go through small gate diagonally opposite , signposted to Bamford Mill. (Slippery if wet).	80
12.3	Go straight on across Thornhill Trail and continue on footpath opposite , which drops down to the right.	80
12.4	As path meets track, turn right on public footpath along track.	110
12.5	Bear left through squeeze stile or gate and take footpath which heads diagonally right across fields towards village.	390
12.9	On far side of second field, go through gate and head over footbridge and stepping stones at Bamford Mill.	120
13.0	Turn right along tarmac track for 20 metres and then turn left up track (signed 'narrow track, access only').	320
13.4	At main road turn left and follow pavement along left hand side of road.	120
13.5	Cross road (with CARE) to reach The Anglers Rest (Checkpoint 3).	

Peak District Birthday Bash: Section 3a: Edale to Castleton (35k Route only)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From the Edale Village Hall (Checkpoint 2) return to the bottom of the steps next to the public toilets and turn left down the road .	150
0.2	At the t-junction, turn right and continue on the road for 70 metres . Take CARE crossing road .	70
0.2	Turn left to take lane towards Harden Clough Farm .	650
0.9	Continue on lane as it drops down, through an 's' bend and starts to climb again.	250
1.1	Just before farm house, turn left through gate and immediately left again to go through second gate and take footpath that traverses along the side of valley.	280
1.4	Go through gate and continue on grassy path which then becomes more stoney, and gradually rises up diagonally towards the Great Ridge at Hollins Cross .	800
2.2	At Hollins Cross go past the stone monument and through gate to take path that bends around to the left and steeply downhill diagonally . You are now retracing your steps from the start of the 35k route and can see Castleton in valley below.	640
2.8	At fence line at bottom of diagonal path, go through gate to continue downhill on stony tree lined path .	180
3.0	Go straight on and follow Hollowford Road down towards Castleton .	1380
4.4	Turn right along Eads Fold and follow path round to the Peak District Visitors Centre and the FINISH . <i>Note : Race HQ and the finish on race day is the Peveril Centre, 50-metres to the west of the Visitor Centre along Buxton Road (A6187). If doing the route at other times the finish is the Peak District Visitor Centre.</i>	

Peak District Birthday Bash: Section 4: Bamford to Hathersage (70k route only)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From The Anglers Rest (Checkpoint 3) head along the lane (Taggs Knoll) away from the main road.	60
0.1	At cross roads turn left on lane heading uphill.	160
0.2	Bear right to go steeply uphill (35%!!) on narrow ' Quiet Lane '. (Note: 'Road Closed' signs may be in place but at the time of writing it is open for users on foot).	500
0.7	At top of lane, turn right and follow road .	1340
2.1	At t-junction, turn left and continue on road .	290
2.4	At car park where road bends right, go straight on past barrier to follow track towards Stanage Edge which is visible up above.	550
2.9	Continue on main track as it bends right to skirt its way below and gradually up onto Stanage Edge .	1070
4.0	Fork right at 'Access Land' sign to continue on path closest to the edge on your right hand side.	300
4.3	Continue straight on , tracking the edge on your right hand side .	1830
6.1	Just past the trig point at the southern end of Stanage Edge , take path on the left which drops down to a short section with stone slabs .	160
6.3	Bear right to follow path as it drops steeply down between rocks , heading for the prominent path below which goes across the moorland towards Upper Burbage .	710
7.0	On reaching the road, follow footpath along left hand side of road for 100 metres and then cross road (with CARE) into car park.	160
7.1	Go through metal pedestrian gate on far side of car park and bear right to take the higher, rocky, path .	330
7.5	Continue in same direction as path drops down slightly and the contours along the hill side towards Higger Tor .	640
8.1	As the path starts to level on climb up Higger Tor turn very sharp right to switch back onto path heading down towards road .	200
8.3	Turn right along the right hand side of the road for 100 metres .	110

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
8.4	Cross road (with CARE) , go through gate on far side and sharp left to follow footpath which is heads down into valley .	590
9.0	Go through gate and continue straight on downhill towards farm.	330
9.3	Turn left to take public footpath along track heading towards farm buildings.	200
9.5	Continue past farm with buildings on your right hand side.	60
9.6	Once past buidings, turn right onto footpath into small wooded area.	60
9.7	Go through small gate in wall and bear right to follow foopath across field, over stile and onto moorland area.	490
10.1	Go through gate into yard of house and bear left onto tarmac track going through gate on far side (press button to operate gate to exit house grounds).	130
10.3	As tarmac track bends left, go straight ahead on footpath alongside the wall.	180
10.5	Drop down to your left to go through pedestrian gate and continue on rocky footpath between wall and trees.	300
10.8	Drop diagonally left to take footpath downhill, and follow it all the way to the road .	500
11.3	Cross road (with CARE) and turn right along pavement on far side.	170
11.4	Turn left to go downhill on Crossland Road .	200
11.6	At bottom of hill follow road around as it bends 90 degrees to the left .	160
11.8	The Memorial Hall (Checkpoint 4) is on your left , just beyond Hathersage swimming pool.	

Distances are approximate.

TO BE USED IN CONJUNCTION WITH A MAP OF THE AREA

Peak District Birthday Bash: Section 5: Hathersage to Bradwell (70k route only)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From the Memorial Hall (Checkpoint 4) , continue to the end of Oldfellows Road and turn left along the main road (B6001).	50
0.1	Continue along B6001 road , going under the railway bridge, across the river at Leadmill Bridge and past the Plough pub .	1070
1.1	Turn right to head uphill on minor road.	600
1.7	Just after 'Strictly No Parking' sign, take right fork onto tarmac track and through gateway.	240
2.0	At end of tarmac track continue straight onto grass track going gradually downhill.	290
2.3	Go through gate and continue straight on along path in same direction along right hand edge of fields .	280
2.5	Go through gate and continue on path as it turns slightly right to follow edge of field with woodland on right .	160
2.7	Go through gate and continue straight on through woodland	240
	Until at least 17th May 2025 you must follow a diversion	
	as described in the highlighted section below.	
	This is due to a section of path being closed for safety reasons	
	because of damaged footbridge.	
2.9	Turn right to cross stream and follow public footpath uphill through woods in a northerly direction.	230
3.2	At top of wood continue straight on uphill on footpath along right hand side of field to reach the road.	280
3.4	Turn left and follow minor road.	710
4.2	Turn right at finger post to follow a stony track.	20

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
4.2	Continue on stony track as it winds around to the left and uphill. <i>(You are now back on the original route).</i>	180
4.4	As main track starts to rise more steeply, take left fork to follow (signed) public footpath.	210
4.6	Go over stile and follow footpath , which bends right at end of wall, to meet track at top of small rise .	50
4.6	As footpath meets the track, turn right and follow the track as it bends around to the left and becomes more grassy.	160
4.8	At cross roads with another track, go straight on following public footpath sign (yellow arrow) up towards moorland.	290
5.1	Go over stile and continue on well trodden path in same direction .	400
5.5	At cross roads with another track, go straight on following public footpath signed towards Bradwell .	260
5.7	Go over stile or through gate and continue on track with stone wall on your left .	280
6.0	Continue in same direction on track keeping the wall on your left .	380
6.4	Go through gateway with decrepit stile and continue in same direction .	170
6.6	Go over stile or through gate, and at end of wall bear left and continue for 30 metres to meet a stony track .	70
6.6	Turn left and follow stony track.	490
7.1	Go through gate at track junction and continue straight on along track.	700
7.8	Just before the track gets to a dip and starts to rise again, turn left onto footpath at finger post. Go over stile and through gate immediately on the other side of the wall, and continue along left hand side of fields .	310
8.1	As path starts to drop, go through metal gate and take footpath steep downhill with wall on your left . Bradwell and Hope Cement Works visible down below.	350
8.5	Turn very sharp left onto path which is coming along the hill side, and continue downhill . <i>Slippery if wet.</i>	160
8.6	Drop down to your left to go through bridle gate , and continue on track , which soon becomes a surfaced road heading down into Bradwell village.	400

Distances are approximate.

TO BE USED IN CONJUNCTION WITH A MAP OF THE AREA

Peak District Birthday Bash: Section 5: Hathersage to Bradwell (70k route only)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
9.0	Continue straight on past Ford Cottage .	90
9.1	Bear right to go past bollards and down steps on path on right hand side of cottages, and continue to main road .	120
9.2	Turn right opposite the Shoulder of Mutton pub and continue along main road through traffic lights. Stay on pavement and cross road (with CARE) near traffic lights .	430
9.6	Bear left off main road to head up Town Lane .	150
9.8	At cross roads at top of Town Lane turn left to follow Small Dale as it bends around to the right and uphill.	100
9.9	Arrive at The Bowling Green pub (Checkpoint 5) on your right.	

Peak District Birthday Bash: Section 6: Bradwell to Castleton (70k route only)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From The Bowling Green (Checkpoint 5) continue up the hill on Small Dale.	650
0.7	At fork in the road take the right fork to continue uphill.	700
1.4	At the road t-junction cross diagonally right to take footpath over stile and across fields.	350
1.7	In the second field head to far right hand corner to go over stile which is hidden in field corner , and continue with wall on your right hand side.	100
1.8	Bear slightly left before end of field to go over stile next to gate , and continue along right hand edge of field .	250
2.1	With path now parallel with road (on other side of wall), go over stile and continue in same direction as path diverges away from road.	640
2.7	Go over stile and continue in same direction across 2 more fields	420
3.1	Go over stile and turn left along stony track .	290
3.4	Straight on through gate and continue along stony track.	370
3.8	At cross roads of tracks turn right to join the Limestone Way , going over stile or through gate.	30
3.8	Take the right fork following the Public Bridleway signpost. Summit of Win Hill is visible in the distance ahead.	420
4.2	As path dips down to a path junction turn right to take path signposted Public Bridleway to Cave Dale .	80
4.3	Go through gate and follow most prominent path as in meanders down into Cave Dale . Slippery if wet .	520
4.8	Take right fork to continue down hill through Cave Dale . Steep in places and slippery if wet .	1410
6.2	On emerging from bottom of Cave Dale turn left on Pindale Road and bear left at the village green .	100
6.3	Go straight on along narrow road signposted to Peak Cavern past fish and chip shop.	160
6.5	Immediatey before bridge turn right to follow footpath with stream on your left .	120

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Distances are approximate.

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