

Portman Charity Hike

May 20th 2023 Walk Starts 9am

Kinder Scout from Edale walk (circular, 12.7km)

MEETING POINT & PARKING:

- Meeting from 8.30am, walk starts at 9am
- Bowden Bridge Car Park, 165 Kinder Rd, High Peak. **SK22 2LJ**
- The pay machine takes cards and all-day parking is £4.75

CLOTHING:

The British weather is unpredictable at best, so always plan for the worst when deciding what kit to take. Always better to have extra clothing in your rucksack.

- Waterproof jacket
- Fleece
- Gloves
- Hat
- Rucksack
- Walking boots

Please avoid wearing trainers as they won't keep your feet dry (think long wet grass, boggy moorland, streams and muddy fields) and they offer very little ankle support on rough paths (mountain walks especially), making twisting an ankle far easier.

FOOD:

- The hike will include a picnic style lunch stop where you'll need to bring your own food
- Energy food such as snack bars and sweets always go down well
- Note that although there may be pub stops, it is unlikely that there will be time to eat at pubs, as the pubs may be very busy, or there may be a large group walking

DRINK:

- Drinks to keep you hydrated for the hike (2-3 litres)
- Flask tea/coffee always a good shout

Refreshments and well-deserved beverages will be provided by Portman at the finish line

PUBLIC TRANSPORT:

- The Hope Valley Train Line between Sheffield and Manchester stops at Edale.

HOW LONG DOES IT TAKE:

- Allow a good 4-6 hours to do this walk

TOTAL ASCENT:

- 634 metres

ACCESSIBILITY:

- Not pram or wheelchair friendly at all. Steep rocky sections. You need to be sturdy on your feet.

CHILDREN:

- Only attempt this hike with young kids if they are used to hiking.

FACILITIES:

- There are public toilets at Edale car park
- There are also two pubs in Edale (The Old Nag's Head and The Ramblers), and a café (Newfold Farm Cafe)
- On the walk itself there are no facilities

