

Trip notes:

Dark Peak Delights Weekend, 14-16 August 2020

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 the longer day, heading over towards Ladybower Reservoir, taking in a few classic descents along the way (approximately 38km with 900m of ascent). The Sunday will be a slightly shorter day, with a short but sharp loop of Mam Tor, Rushup Edge, Roych Clough and a descent of the infamous Jacob's Ladder to finish – probably the ultimate Dark Peak outing and one of the best day rides in England (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.

There is also a pub within reasonable walking distance if anybody fancies slipping out for a quick beer at any time. But remember, we'll keep you in drinks in the barn!

Dinner will be served at 8 on Friday evening to allow people time to arrive and Jo, our chef, time to prepare. We will have access to Nab View from 5pm and it would be really helpful if you can let us know your rough eta.

Please remember to bring a sleeping bag and a towel.

Nab View
Ollerbrook Farm
Edale
Hope Valley
S33 7ZG

Telephone: 01433 670235

Mobile :07971 865944

<http://ollerbrookfarm.co.uk/directions/>

Bike washing

There is a hose available and we have a complete cleaning kit for you to use - supplied by Fenwick's Bike Products.

KIT LIST

The weather in the mountains can be quite fickle, even this time of year - although hopefully it won't! So it's possible you'll need to carry more than you would on a typical trail centre day.

Riding kit

We want you to be comfortable and enjoy your weekend so having the right kit is quite important. Please let us know at the briefing on Friday night (or before) if there's anything you haven't got that you may need.

ESSENTIAL - PLEASE MAKE SURE YOU HAVE THE FOLLOWING...

- Hydration pack big enough to carry everything in the list below – suggested size 15L to 20L
- Mini pump for your valve type
- Inner tube (even if you use tubeless)
- Tubeless repair kit (if you use tubeless)
- Puncture patches (if you don't use tubeless)
- Tyre levers
- Multi-tool
- 1 set of spare brake pads
- Rear gear hanger for your bike
- Power link for your chain type and speed
- Any medication you need

RECOMMENDED...

- Dry bag to keep everything dry inside your pack
- Cable ties
- Duct tape (we suggest wrapping 1m around your pump)
- Mobile phone - in a waterproof case or plastic bag
- Small personal first aid kit

YOU'LL ALSO NEED TO CARRY...

- Water and snacks – gels, energy bars, jelly babies etc
- Lunch (this will be provided but you'll need to carry it)

Clothing

ESSENTIAL - PLEASE MAKE SURE YOU HAVE THE FOLLOWING...

- Helmet
- Waterproof jacket
- Insulated jacket or very warm emergency layer
- MTB shoes (you must be able to walk in them!)

RECOMMENDED

- Knee and elbow pads
- Cycling shorts and/or waterproof shorts (or trousers)
- Wicking base layer or cycling jersey
- Mid layer (fleece or soft shell)
- Woolly hat or buff
- Riding glasses
- Gloves (worth having a spare pair if it's wet)
- Waterproof socks

BIKES

Your bike needs to be ready for the rigours of the mountains – steep and rocky climbs and very rough descents. A lightweight x-country bike probably 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.

Please let us know if you would like to bring an E-mtb

Tyres are important too. Lightweight racing tyres are easily torn. We recommend good trail or all-mountain tyres such as Maxxis High Rollers/Minion DHR/DHF.

Please make sure your bike is ready for 3 days of hard riding. Anything that looks slightly suspect will almost certainly break.

There are good bike shops locally if you need any spares.

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 therefore 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 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 we'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.