

ONCE UPON A SMILE EDALE SKYLINE 2025

The beautiful Peak District National Park plays host to this legendary challenge - The Edale Skyline. You'll be summiting 7 main peaks, over roughly 21.5 miles and nearly 1500m of ascent throughout the day. There are lengthy sections of rolling cross country paths in between the peaks and some breathtaking moor-tops. On a clear day you can see the whole route laid out before you!

You'll be joined by experienced, supportive and friendly Mountain Leaders along the way, who will be there to assist and advise you along the route.

We recommend you journey to the area the day before, to make the most of your challenge and to make sure you're fresh and prepared. We recommend you stay on after too - please don't plan to drive more than an hour after the challenge. Basing yourself close to Hope for this event is the best place for ease of access to the start point.

Saturday 28th June 2025

- 6.00am** **Arrive at the event start, Hope**
Parking for this event is in the public, pay and display carpark: Castleton Rd, Hope S33 6SB
[///breathing.butchers.amount](http://breathing.butchers.amount)
If this carpark is full, please use the on-street parking further down Castleton Rd (taking care of parking restrictions, if in place)
- 6.30am** Welcome, kit check & Safety Brief
- 7.00am** Latest walk start time
2km in **Train & Trek** group catch their lift in our dedicated minibus
Full Distance group continue their ascent to the skyline!
- 8.30am** **Train & Trek** group start walking out from Edale
There may be a short wait here, to make sure both groups meet on the tops at a similar time. We'll wait by the café, up on the tops, so you don't get cold.
- 10.30am** **Both Groups** meet at Ringing Roger point (on the skyline) to continue the challenge together
- 7.00pm+** Finish back into Hope
Challenge Complete!

*these times change closer to the event date or on the day due to weather and safety. Your dedicated Mountain Leaders will keep you informed and will prioritise your safety during this event.

Parking for this event is in the public car park and Castleton Road, as mentioned above. Your parking is not included in your event registration fee - please come prepared to pay & display.

ROUTE

Route choices can change on the day depending on the weather and the judgment of your experienced and qualified Leaders who will always make choices with the safety of the group as a top priority.

Full Skyline (for 11yrs+)

Circular: Starting and ending in Hope

Distance: 21.5 miles round trip/34km

Total Ascent: 1130metres/3710 ft

Train & Trek

Circular: Starting and ending in Hope

Distance: 13 miles round trip/22km

Total Ascent: 800 metres/2625 ft

Adventure: 2km in we'll catch the train to Edale. We'll then head up the valley to join the rest of the group and finish all together back in Hope.

FOOD

You'll need to start the day with a big, filling breakfast, at least an hour before your walk start-time. You need to carry at least 2 litres of water, plus juice drinks. Please bring your own lunch and always pack a variety of foods – both savoury and sweet that will sustain you during the day. Choose complex carbohydrates and whole foods, rather than overly sweet items. Foods like malt loaf, mixed fruit and nuts, cheese and ham, oat cakes, raw fruit bars, dark chocolate, filled wraps, mini pork pies or sausage rolls will last well on the hill and sustain you over a number of hours. Please contact us if you need further advice on nutrition for your day.

TRANSPORT & ACCOMMODATION

Transport, parking and accommodation are to be organised by yourselves.

HEALTH & FITNESS

To enjoy and succeed in this event you need to be in good physical condition and able to withstand sustained activity over several hours, including steep ascents and descents. We recommend you partake in active walking/running/swimming/cycling at least 3 times a week to fully enjoy this mountain walk. We will cover high-level terrain which is rocky and uneven underfoot and remember to include 'hills' in any training you do – The Peak District is not flat! Your muscles and heart need to be used to getting out of breath and working hard. A sense of humour to cope with any adverse weather conditions is also quite beneficial! Please fill out the booking form with any health and medical details and contact us to discuss any issues if needed.

WEATHER & SAFETY

Regardless of the time of year, we may experience clouds, rain, wind, sun, and even snow! The temperatures can be much cooler higher on the mountain tops, so having layers that you can add to and take off will work. Please ensure you have all the required equipment as specified in the Kit List – this is for your safe enjoyment of the mountain environment, and to protect you from unexpected weather conditions. Your well-experienced and qualified Mountain Leader will carry all necessary group safety equipment. They will also be qualified in Emergency First Aid.

DOGS

Well behaved on-lead dogs are welcome on this challenge. Dogs need to be on-lead at all times, no matter how well behaved they are, as we will be walking through areas with livestock. Please bring plenty of poo bags, we need to leave no trace. Consider if you and your dog will enjoy the day together, dogs who struggle not to pull on the lead might be best left at home. Please also consider the weather and if your dog will be safe and happy.

KIT LIST

Please make sure you pack according to this list. Remember that layers are the key, allowing you to adjust your temperature more easily. You may be refused participation if your kit is not adequate for the weather conditions.

Equipment

Item required	Got	Packed
Rucksack at least 25 litres		
Rucksack liner (or bin bag) to keep rain out!		
Trekking poles highly recommended for tired legs on descent		
Suncream/sunglasses/sun hat		
Mobile phone in sealed plastic bag		
First Aid Kit personal blister protection /Compeed, ibuprofen/painkillers, plasters		

Food / Drink

Item required	Got	Packed
2 x 1 litre reusable water bottles (filled with water to start)		
Packed lunch		
Snacks / extra juice drinks		
Plastic bag to take your rubbish home		

Clothing

Item required	Got	Packed
Base layer or T-shirt (not cotton)		
Walking trousers (not jeans and avoid lots of pockets/zips, if possible*)		
Fleece jacket or top		
Spare warm layer in rucksack		
Waterproof jacket		
Waterproof trousers (separate to your walking trousers)		
Warm hat		
Warm gloves		

Footwear

Item required	Got	Packed
Sturdy, comfy, waterproof walking boots with ankle support		
Comfortable walking socks + spare pair		

