



A Thursday night classic, this route goes up Sandy Heys, along the edge path past the Downfall and along to Kinder Low Trig. There are a number of possible variations but the core route is 13.4km (8.4 miles) and 630m climb with a high point of 633m. Almost a third of the run is above 600m.

Start in the Royal car park (1), turn right past the pub and go up the steps to Kinder Road. Turn right and continue up the road for around 400m until you come to the left turn onto Snake Path (2), which leads up past Twenty Trees to the open moor. There are a number of gates and stiles to cross but the path is obvious. Bear right as you go through the fell gate, following the track to the Shooting Cabin (3).

Turn right just before the cabin and take the higher path out towards White Brow. The bridleway is signed down the hill but you want the small path that contours above it. As you come round the corner of White Brow, at the corner of the wall, take the rough path that descends steeply down to Benny's Bridge (4) at the end of the reservoir.

Cross the bridge and follow the path ahead of you, up the first steep climb, and start the long ascent of Sandy Heys (5). The fastest known Pennine time from the bridge to the edge path at the top is under 10 minutes.

On finally reaching the edge path, turn right and follow this along to the Downfall. Cross the river Kinder and continue following the edge path to Red Brook (6). From here, you can shorten the route slightly by dropping down the Three Knolls path to the gate below Kinder Low End (8).

Otherwise, continue following the edge path until you reach Kinder Low Trig (7). From here, head SW, past a large cairn to join the path out to Kinder Low End. Once the flagstones end, continue on the path and down the steps to the gate at the bottom (8).

Go through the gate and follow the path to the right, to another gate in the wall. Go through this gate, across the field, through the gap in the wall and continue down Tunstead fields. In the dark, the path isn't always obvious at first but it becomes more distinct as you approach the first stile.

Go down through the fields before joining the road by the houses at the bottom. Go straight on at the crossroads and follow the road round to the campsite by Bowden Bridge (9). Continue on the left side of the stream, past the campsite, and head back into Hayfield.

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