



This route goes out along the Dragon's Back, over Famine & South Head before dropping down to the Sett Crossing and up to Edale Cross before coming back through the fields. It's around 12km (7.5 miles) with 540m climb and a high point of 541m, although the route does not stay this high for long. The run can be easily extended from Edale Cross to include Kinder Low Trig making the route 13km (8.1 miles) with 620m climb and giving a high point of 633m.

Turn right out of the Royal car park **(1)**, up the steps to Kinder Road, then, after approximately 200m, turn right down Spring Vale Road, across the footbridge and up to Valley Road. Turn left and follow the road until it becomes a footpath, at which point, take the right hand fork, go through a gate and follow the path as it climbs along the bottom of Elle Bank to Christine's Gate **(2)**.

Go through the gate and take the small trod up the steep bank to your right. Follow this to the wall corner at the top and continue along the Dragon's Back to where it meets the Pennine Bridleway. Cross the bridleway, go over the ladder stile and follow the path up the steep climb to Famine. Follow the path along the wall to the summit and then continue over the stile, run down to re-cross the bridleway, and climb up to South Head summit **(3)**.

Drop down from South Head, cross the bridleway again and follow the path along the wall through the boggy ground until you reach the stile at the start of the flagstones **(4)**. Cross the stile and turn left down the fence, along a small trod, and follow this as it drops steeply down to the Sett Crossing **(5)**. Cross the stream in front of you and climb steeply up the bank on the other side. The small trod continues all the way up the long climb, before crossing a broken wall and turning right to follow this to the main track below Edale Cross **(6)**.

From here, it is possible to extend the run by going through the gate on the far side of the main track and following the path, keeping left round Swines Back, to where it joins the flagstones coming from Kinder Low End. Turn right here and follow the path to the large cairn before heading across to the Trig point **(7a)**. Retrace your steps to the flagstones and follow these down Kinder Low End and then descend the path that leads, via the steps, to the gate. 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. You re-join the shorter route at point **(8)** below.

To take the shorter route from Edale Cross, turn left down the track to Stony Ford, go over the stile to the right, and follow the path, bearing left at the fork and continuing down to the ladder stile **(7)**. Cross the stile and follow the path through the fields, crossing another three stiles, before you reach the path coming down Tunstead fields **(8)**.

Go over the stile and continue 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.