



General Outline

These are the details for the Hill Skills 1 & 2 weekend courses taking place in the Peak District National Park.

Plan

Day 1 we'll meet up and head immediately into the café (Bronze only). Here we'll talk about the day ahead and have a look at the map and at the day's route. After talking about kit for the hill we'll head out for the day and practice those navigation skills.

Day 2 – out on the hill again – to finish by 4pm.

Meeting up times

Please text or call me if there are any problems. My no. is 07791860163. Beware – there may be no signal once in the area.

Bronze / Hill Skills 1

Meet up in the morning at 0930 in the [Hathersage pool café on Oddfellows Rd.](#)

Silver / Hill Skills 2

Meet at 0930 at the roadside car park by the Grouse Inn (S11 7TZ) at grid reference SK 258 779. [See here for directions.](#)

Food

As you please – but you will need to bring good food for Saturday and Sunday – make sure you pack sandwiches and snacks such as dried fruit and nuts (better than chocolate). In the evening – we can eat at the pub that serves the usual pub food.

Equipment

a. Main rules of thumb:

On the hill it could be as cold as -5°C in the wind chill – so bring warm kit

Expect rain / snow

Expect it to be cold at night time.

Steer clear of all things cotton (no jeans on the hill!)

Whatever you use, make sure it's comfortable.

b. You will need:

Day-sack (lined with a plastic bag)

Water bottle with about 1 litre of water

Full set of waterproofs

Comfortable boots to walk in

Torch

Personal 1st Aid kit including blister kit (Compede for example)

Camera

c. Optional items if you have them:

OS Map sheets 1:50,000 No.110 & 119

Walking poles

Compass

Accommodation

From campsites and barns to youth hostels and B&B's - it's all to be had in Castleton.

Camping and Bunkhouse

Pindale Farm Outdoor Centre
Pindale Farm, Pindale Road, Hope,
Derbyshire, S33 6RN
Tel: 01433 620111

YHA

Castleton, Hope Valley,
Derbyshire S33 8WG
Phone: 0870 770 5758
castleton@yha.org.uk

B&B

Bargate Cottage
Market Place, Castleton,
S33 8WQ
Tel: 01433 620201

Ye Olde Cheshire Cheese Inn
How Lane, Castleton, Hope Valley,
S33 8WJ
Tel: 01433 620330

Causeway House
Back Street, Castleton,
S33 8WE
Tel: 01433 623291

Cryer House
Castle Street,
Castleton, S33 8WG
Tel: 01433 620244

Willow Croft
Pindale Road, Hope Valley, Castleton,
Buxton, Derbyshire, S33 8WU
Tel: 01433 620400

Public transport:

Take the train to Hope (in the Hope Valley, Derbyshire) and from there you can walk to Castleton (2 miles), get a taxi or take the 272 bus.

Taxis will need to be pre-booked – try these numbers:

Ryders Taxis - 07805 029226
SOS Taxis - 01433 650975
Paul's Hire - 07972 583586

Questions

Ok that's it I think – please fire away if you have any questions.