

Details

Grade: 2

Distance: 5.7 miles / 9km

Elevation Gain: 700 ft / 200 metres

Start/Finish: Curbar Gap Car Park, grid ref SK 262 747, nearest postcode S32 3YR (300 metres away)

Hazards: Two road crossings of an 'A' road, some steep and rocky sections, may be slippery if wet, route-finding challenging in foggy conditions

The Route

This wonderful route explores some of the dramatic rocky edges that run along the eastern side of the Peak District. It's a circular route from Curbar Gap which offers some great high level running with superb views across the valleys and villages below, as well as some classic moorland with a really remote feel. The route is on well-trodden paths that are generally easy to follow, although not all turns are well signed.

Start

From **Curbar Gap car park** turn left along the path that leads from the rear of the car park.

Distance to next instruction (m): 110

0.1km from Start

Turn **right fork** to go through white gate. Then **bear slightly left** to follow the well-defined path that heads up across the moorland.

Distance to next instruction (m): 240

0.4km from Start

Continue on the path with **Curbar Edge** now on your left hand side.

Distance to next instruction (m): 940

1.3km from Start

Stay on the main path as it swings right downhill away from the edge, and then back left to continue in the same direction onto **Froggatt Edge**.

Distance to next instruction (m): 1570

2.9 km from Start

Go through gate and continue on same path until you reach a gate at the main road (**A625**)

Distance to next instruction (m): 840

3.7km from Start

Turn right along the road towards a small gate on opposite side approximately 60 metres away; crossing the road with **CARE**.

Distance to next instruction (m): 60

3.8km from Start

Go through the gate and follow the footpath as it drops down to cross a stream with **CARE**, and then back uphill on the far side.

Distance to next instruction (m): 180

3.9km from Start

Bear right and take footpath which passes small parking area and continue through woods.

Distance to next instruction (m): 110

4.1km from Start

Turn right to take footpath up across fields toward the road next to the **Grouse Inn** pub.

Distance to next instruction (m): 330

4.4km from Start

Turn left along the road (**A625**). Take **CARE** for traffic.

Distance to next instruction (m): 80

4.5km from Start

Cross road with **CARE** and **turn right** on bridleway that heads uphill and into trees.

Distance to next instruction (m): 400

4.9km from Start

As bridleway swings left go **straight on uphill** with a wall on your right hand side.

Distance to next instruction (m): 380

5.2km from Start

On reaching a path junction as the gradient starts to level, **turn right** to head along **White Edge**. As you continue along White Edge you will be able to look back down onto Froggatt and Curbar Edge on your right.

Distance to next instruction (m): 2180

7.4km from Start

Either continue along the edge or take a short detour to visit the **trig point** (the highest point on White Edge), which is up to your left.

Distance to next instruction (m): 930

8.4km from Start

On reaching a path junction at the corner of a walled enclosure, **turn right** and head steeply downhill.

Distance to next instruction (m): 180

8.5km from Start

Cross **Sandyford Brook** and continue on same path as it climbs uphill.

Distance to next instruction (m): 370

8.9km from Start

Continue **straight on** towards a gate at the road.

Distance to next instruction (m): 100

9.0km from Start

Go through gate to reach the finish back at **Curbar Gap car park**.

This route was brought to you by **Let's Go Peak District** in collaboration with **Peak Running**

