

JUNE 2ND 2019

PEAK EPIC

THE ULTIMATE SPORTIVE CHALLENGE

Welcome to the road book for the 7th edition of the *PEAK EPIC*. The event takes place on Sunday 2nd June 2019 from the market town of Bakewell in the heart of the Peak District National Park. This guide will tell you all you need to know about the event including timings, awards, signage, location, routes, profiles and technical climb information.

The *PEAK EPIC* is one of the UK's most challenging road cycling events, comparable to the Fred Whitton and Dragon Ride.

For event on line entries and all other information [click here](#)

This event is a British Cycling Registered Sportive.



ROADBOOK

**DARK
WHITE**
CYCLING EVENTS

PRIMAL
igloo
cycles



si SPORTident
Event Timing Solutions

RESPICE
PHOTOGRAPHY

Route Overview

From the start on the outskirts of Bakewell both routes initially head north east into the Chatsworth Estate and through the pretty village of Pilsley; look out for how all Chatsworth houses have distinctive blue painted woodwork adorning them. Now bearing west riders will ascend the spectacular Longstone Edge climb before dropping down to the Wye Valley via Monsal Head. At the picturesque village of Litton our **OTE** powered feed-station will see the routes split with the medium riders heading to Miller's Dale; the long route heads towards Hathersage via Abney. Climbs of Higger Tor and Bolehill quickly follow which will bring riders a stones throw from the famous Stanage Edge. After the steep ascent of Bradwell Moor, the route drops back down to the Hope Valley and the second feed-station at Hope Sports Club (this has previously been at Edale Village Hall) - please note all riders must turn off the road into the sports club car park to visit the checkpoint even if you don't require any sustenance! The route then meanders up the Vale of Edale to the foot of 7th climb - Mam Nick.

Shortly after the ascent of Mam Nick with its superb northerly views of the Dark Peak and the Kinder Plateau long route riders will be re-joined by medium route riders who after climbing out of Miller's Dale up to Wormhill will have headed north via Peak Forest. The next climb out the back of Chapel is slightly shorter than previous years as the route takes a slightly different way towards the picturesque village of Combs with the medium route splitting before you get to the village this time. The long route then heads sharply upwards via Hanging Rocks before rejoining the medium route for the long ascent up to Pym Chair. At the top be sure to take in the breathtaking scenery before descending down to Errwood Reservoir.

At the head of the Goyt Valley enjoy the treat of another feed-station. From here the medium route heads eastwards across open moorland with some big Peakland views to savour towards Earl Sterndale via Axe Edge. The long route riders continue to head westwards up to the infamous Cat & Fiddle Pub followed by some great riding down into Macclesfield Forest thereafter climbing up to High Moor via the village of Langley. The final feed-station awaits at the highest village in Britain (Flash) before a long fast descent brings riders back into Derbyshire and to the foot of the Crowdecote climb, a tough final climb that will undoubtedly test out any tired legs!

The routes rejoin for the final run for home just west of Earl Sterndale. However don't be fooled into thinking it is all easy and downhill to the finish line a couple of short climbs including a particularly nasty final kicker out of Lathkill Dale will ensure nobody finishes with fresh legs!

At the finish enjoy some well earned tea, coffee, cake and savoury snacks; showers and changing facilities are available.

Start Location: Lady Manners School, Bakewell,
Derbyshire, DE45 1JA ([click for map](#))

Start time:

LONG: anytime between **7:30am – 9:00am**

MED: anytime between **8:00am – 9:30am**

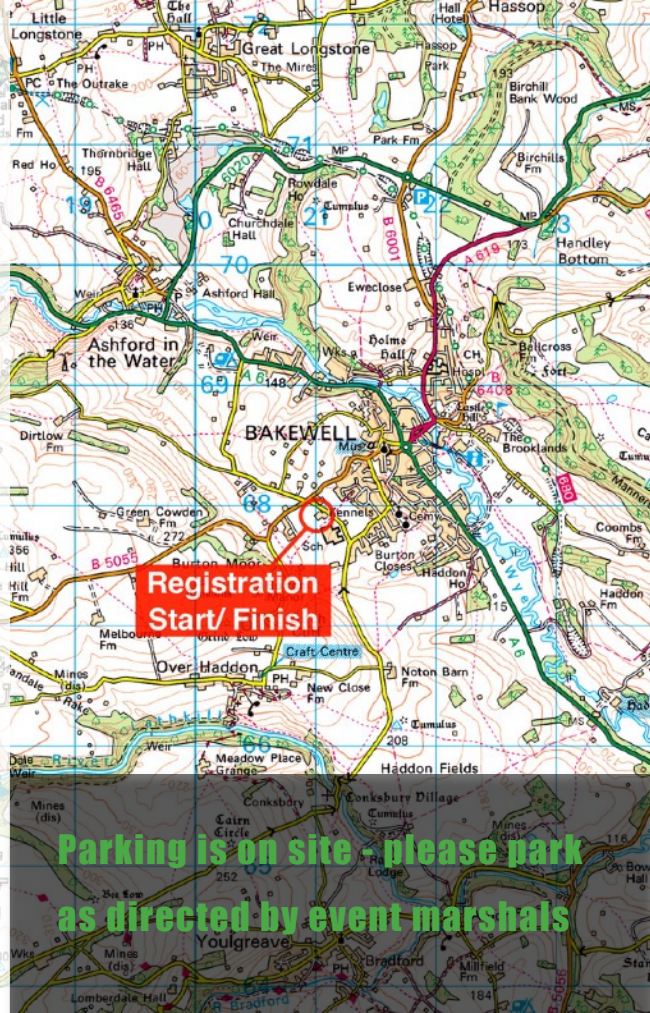
****We strongly advise all riders of the long route to start before 8:30am to ensure they reach the cut off times at the feed-stations - see page 5 of this guide for more details****

Finish closes at 6:30pm

Registration opens at **7:00am**

At **registration** you will have to **sign on**, where you will be provided with a **SPORTident Si Card** timing chip (a 'dibber') and a detailed **route map**.

The detailed **route map** will include positions of the **feed-stations/control-points**, **public toilets** and **route split points**. This is your own personal guide to the route, the route will be clearly marked but if you are ever unsure of where you are please refer to your map. **Please keep your map with you** for the duration of the event.



SPORTident
Event Timing Solutions

SPORTident timing is **ultra reliable**, **weatherproof** and provides you, the rider, with an **instant post-event time**. It consists of an **Si card** or 'dibber' (a small plastic tag about 2" long with a timing chip in it) and the use of **control boxes**. The dibber records the time whenever you "dib" into a **control box**.

You are **required** to "dib" at the following places:

1. **START** - To start your ride time
2. **FINISH** - To stop your rider time
3. **DOWNLOAD BOX (BACK AT REGISTRATION)** - to download/print your time.

IMPORTANT!!

TIMING CHIPS/DIBBERS MUST BE RETURNED TO THE REGISTRATION DESK AFTER YOU HAVE BEEN THROUGH THE FINISH, IF YOU DON'T
(A) YOU WILL NOT BE CLASSED AS A FINISHER AND
(B) YOU WILL BE INVOICED FOR THE COST OF THE DIBBER (APPROX £30).

****The key thing to remember is dibbing is compulsory - NO EXCUSES!****

Course Signage

The **PEAK EPIC** route will be signed with distinctive **blue arrows** on a **yellow background** attached to **lampposts/signposts/telegraph poles**.

The route will be **well signed** however on long sections of unbroken road where the **route is obviously straight on** then it **won't be signed - just keep going straight!** At difficult junctions where navigation isn't easy we will put out **confirmation arrows** after the junctions.

All route splits will be clearly marked with **distinctive split arrow signs** - these will be followed by **route confirmation signs** designating which route you are now following. If at any point you are unsure as to your location or think you may have gone off route please **refer to the map** provided. **Do not** continue on hoping to re-find the route, the Peak District is very easy to get lost in!

Care signs will be placed at the side of the road before **dangerous junctions/descents** - please adhere to them - they are there for your safety! Some of the descents are steep please take care and remember it is not a race!

Please respect all other road users at all times!

START - TIMING BOX

START

FINISH - TIMING BOX

FINISH

SLOW DOWN HAZARD AHEAD

CARE

OFFICIAL CLIMB START



PEAK EPIC
THE ULTIMATE SPORTIVE CHALLENGE

Flash

3.1km

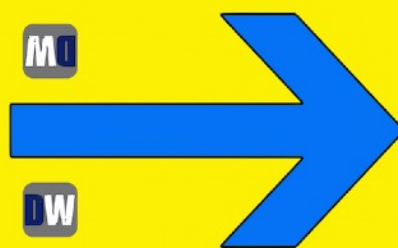
Ascent **186m**

Max **11%**

5.9%

**DARK
WHITE**
EYEWEAR

COURSE ARROWS ALL ROUTES



EXAMPLE SPLIT SIGN

LONG



MEDIUM



PEAK EPIC
THE ULTIMATE SPORTIVE CHALLENGE

FEED-STATION AHEAD

**DRINKS
AHEAD**



OFFICIAL CLIMB SUMMIT

Climb Summit



DW

Feed-Stations



At all feed-stations there will be a range **OTE** sport nutrition products, water and fruit squash and some superb **Tippie Tails Total Fruit Cake**.

Litton | All routes 27.5 km/17 miles - basic supplies - village hall toilets

OTE sports nutrition (gels, flapjacks, energy drink), Tippie tails Total Fruit Cake, water & squash

Hope* | Long only - 68.5 km/42.6 miles - all supplies - toilets

*New location for 2018. Savoury food and snacks, fruit, biscuits, OTE sports nutrition (gels, flapjacks, energy drink), Tippie tails Total Fruit Cake, water & squash.

Derbyshire Bridge | Long - 113.6 km/70.6 miles - med - 71.8 km/44.6 miles - all supplies

Savoury food and snacks, fruit, biscuits, OTE sports nutrition (gels, flapjacks, energy drink), Tippie tails Total Fruit Cake, water & squash.

Flash | Long only 136.6 km/84.9 miles - village hall toilets - basic supplies plus hot drinks

Hot drinks, savoury snacks, fruit, OTE sports nutrition (gels, flapjacks, energy drink), Tippie tails Total Fruit Cake, water & squash

FEED-STATION SUPPLIES ARE NOT UNLIMITED i.e. they are not all you can eat buffets! All efforts have been made to **provide** all **riders** with **sufficient sustenance** to get you around the routes however **stock cannot be guaranteed**. **Please take responsibly** and **consider** your fellow **riders** who have yet to visit the feed-stations.

FEED-STATION CUT OFF TIMES

LITTON: 11:30am long/med

HOPE: 1pm long only

DERBYSHIRE BRIDGE: 3:30pm long/med

FLASH: 5:00pm long only

All riders **must** reach the feed-station **BEFORE** the **cut off time**. If you **fail to reach** the **feed-station** before the prescribed **cut off time** you will need to head directly back to the start/finish point using the event map as supplied.



Colin from **Respice Photography** is in charge of event photography. Photos will be uploaded & available to [purchase here](https://www.respicephoto.smugmug.com).

[respicephoto.smugmug.com](https://www.respicephoto.smugmug.com)

Kit Requirements

NO HELMET NO RIDE!

- **Helmet** - hard shell helmets conforming to CE standard EN1078 (not caving, climbing or canoeing types)
- **Bike** - must be roadworthy and in good working order. Front & rear lights are strongly recommended particularly in poor visibility.
- **Clothing** - dress according to the weather, bright clothing is best. Riders inappropriately dressed for the prevailing conditions won't be allowed to start!
- **Form of ID** - in case of emergencies
- **Mobile Phone** - fully charged!
- **Watch** - a mobile phone is adequate
- **Emergency Money**
- **Spare inner tube**
- **Road Pump**
- **Multi-tool** - including a chain tool
- **Tyre Levers**

Self sufficient

You are **expected** to be **self sufficient** and able to cope with **punctures** and **minor mechanicals** etc.

****Show some camaraderie and help out fellow riders in need!****

In the event of a **major mechanical** there is an **emergency support vehicle available**. If you do have any major problems please **contact HQ** (emergency numbers are on the reverse of the map handed out at registration).

Please be warned that it may take some time for the emergency support vehicle to reach you. **NB - any medical emergencies will always take priority over mechanical issues.**

Local Bike Shops

For any last minute bike issues/requirements here is a list of bike shops in the area

Stanley Fearn Cycles - Matlock

Igloo Cycles - Chatsworth Road - Chesterfield

The Bike Factory - Whaley Bridge

ANYONE SEEN TO BE DOING ANY OF THE FOLLOWING WILL BE EXCLUDED:

LITTERING - litter bags are provided at the feed stations so there is no excuse!! Keep litter/wrappers/cartons etc in your pockets until you reach a feed-station (or the finish).

URINATING IN PUBLIC - please use the marked public toilets on the map and refrain from urinating in public!

ABUSIVE TO OTHER RIDERS OR ROAD USERS - always be respectful to all other road users and take particular care when passing horses & riders.

SEEN TO BE RACING - sportives are non-competitive challenge events - if you want to race one another please take part in road racing events!

TAKING SHORT CUTS - if you don't stick to the route you will not be classified as a finisher.

Please make sure you read all the event **rules & regulations**



Route Conditions

All Dark & White Cycling sportives are predominantly held on **quiet/narrow country lanes** which can in places be a little **broken** and **rough**. Look out for strips of **gravel** down the middle and at the edges of chipped and sprayed roads. Also watch out for **mud** on the road if the local farmers have been in and out of fields.

We will do our best to put “**Care**” signs up if there are any dangerous sections but **please** always **take care** on descents and don't be surprised to come across a road filled with **tractors, cows, sheep, horses or walkers!**

Please **show respect to all riders and all other road users** - the event roads are open to all traffic. Whilst riding on the smaller lanes or where **traffic** is **busy** please ride in **single file**. Please also be particularly careful of **horses & riders** and warn them of your approach and then pass quietly and carefully.



CARE signs are there for a reason **PLEASE ADHERE TO THEM**

Abandoning you event

If for any reason you are **unable** to **continue** but still able to ride **please return** to the **HQ** using your map as navigation.

All riders who decide to abandon **MUST** return to **HQ** to return your ‘dibber’ and inform us your abandonment. **We don't** want to be out **searching for anyone** after the **event has finished!**

GOLDEN RULE: All riders must report to HQ/registration to return your Si dibber and let us know you are safe. NO EXCUSES!

Emergency numbers

We hope you don't need these but they can be found on the back of your route map handed out at registration. If you are in need of immediate medical attention please do not hesitate to phone the emergency services directly on 999 or 112. (NB - please can you let someone know at Event HQ if you have done this)

Local Accident and Emergency Hospital

Hopefully no one will need one but here are details of local A&E's:

Chesterfield Royal Hospital, Calow, Chesterfield, Derbyshire, S44 5BL 01246 277271

Royal Derby Hospital, Uttoxeter New Rd, Derby DE22 3NE 01332 340131

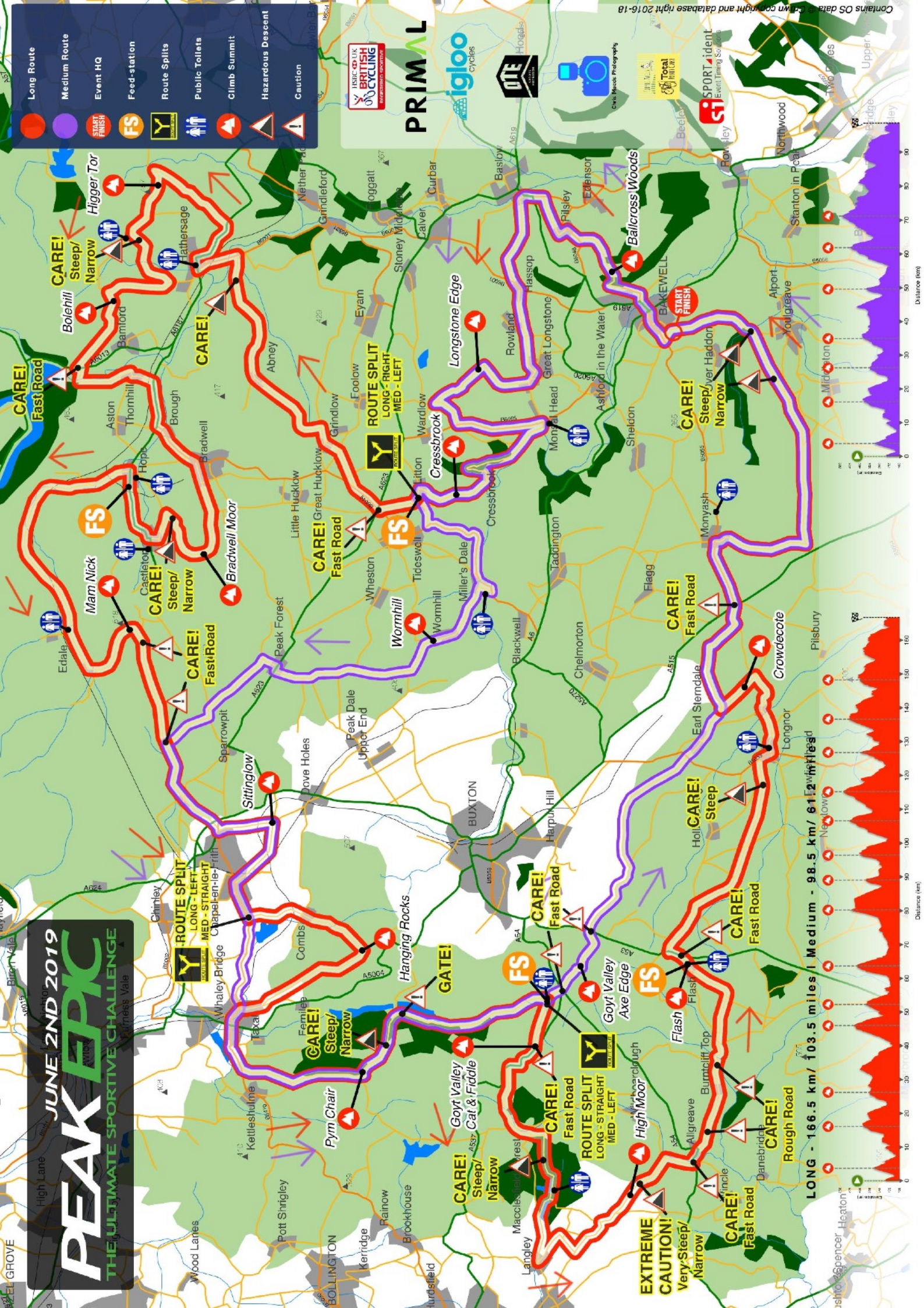
Minor Injuries Unit, Buxton Cottage Hospital, London Road, Buxton SK17 9NJ 01298 212208

Macclesfield District General Hospital, Victoria Road, Macclesfield, Cheshire, SK10 3BL 01625 421000



High Lane
JUNE 2ND 2019
PEAK **EPC**
THE ULTIMATE SPORTIVE CHALLENGE

High Lane
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THE ULTIMATE SPORTIVE CHALLENGE



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Timing Awards

PEAK EPIC LONG

DISTANCE - 166.5 km/103.5 miles

CLIMBS - 14

ASCENT - ~4000m/13123ft

PEAK EPIC MEDIUM

DISTANCE - 98.5/61.2miles

CLIMBS - 7

ASCENT - ~2000m/6562ft

2018 Rider Times

LONG MEN

PLATINUM - Sub 7hr

GOLD - Sub 8hr

SILVER - Sub 9hr

BRONZE - 9hr+

LONG WOMEN

PLATINUM - Sub 8hr

GOLD - Sub 9hr

SILVER - Sub 10hr

BRONZE - 10hr+

MEDIUM MEN

GOLD - Sub 4hr 30

SILVER - Sub 5hr 20

BRONZE - 5hr 20+

MEDIUM WOMEN

GOLD - Sub 5hr 15

SILVER - Sub 6hr 05

BRONZE - 6hr 05+

Event Certificate

Every **PEAK EPIC** finisher will receive either a **Gold**, **Silver** or **Bronze** certificate.

There is a **PLATINUM** award for any finisher of the long route to complete the course in **7hrs (men) 8hrs (women)**

At the finish

Dib in the **control box** at the finish point to **stop** the clock on your ride then make your way back to **HQ (registration)**. Return you dibber, download your **time** and receive your **finishing certificate**.

Now it is time to relax, chat and reminisce....

PRIMAL

Post ride refreshments

Tea, Coffee, Squash, Water, Savoury Snacks, Crisps, Cake, Biscuits and
Tippie Tails Total Fruit Cake



This is a **British Cycling registered** and **supported event** - for more details on becoming a British Cycling member with all the associated benefits [Click here for more](#)

VISIT THE INSIGHT ZONE
AND ROLL OFF THE START
LINE WITH CONFIDENCE



Hazardous descents



The **PEAK EPIC** is held principally on small steep lanes - whilst relatively traffic free they are narrow often with a rough road surface and require caution from all riders to descend safely and courteously. All riders must be ready and able to stop at any point whilst descending as there may well be livestock, walkers, horse riders, cyclists or cars on the roads. We will ensure that adequate caution/care signs are placed to warn you but riders must take care when descending at all times.

Abney Moor - Plough Inn

Relatively wide but fast descent. Can be busy with traffic. Horses and walkers frequently spread across road. Dangerous T-junction joining B6001 at bottom of descent please take care.

North Lees Estate

Very narrow and steep. CAUTION! Two cattle grids: one at the top & one towards the bottom after a blind right hander. If wet descend with extra care as water flows down the road.

Bamford Edge

Extra care needed at the bottom of the descent. Fast straight descent that finishes with a T-junction on to the A6013.

Bradwell Moor - Castleton

Top section relatively wide, good road surface but open to crosswinds. Narrows and steepens half way down with blind corners often with some gravel on the road. Riders must be prepared and be able to stop.

Hanging Rocks - Whaley Bridge

Narrow road - relatively good visibility but bumpy road surface, used daily by farm traffic so road surface almost always has mud and gravel on to it.

Pym Chair - Errwood Reservoir

Fast, quite steep descent with a few bumps. Riders need to show extreme caution in the wet for the two right handers towards bottom.

Drop down through Macclesfield Forest

Steep section at the top with overhanging trees makes road surface greasy. Can be busy with visitors to the forest, riders should expect to come across traffic and other road users. Beware of a few pot holes.

High Moor switch backs (nr. Wildboarclough)

Steep tight S bends. Riders need to approach the descent slowly and be prepared to stop as bends are blind. Road surface rough in places expect gravel & mud in wet conditions.

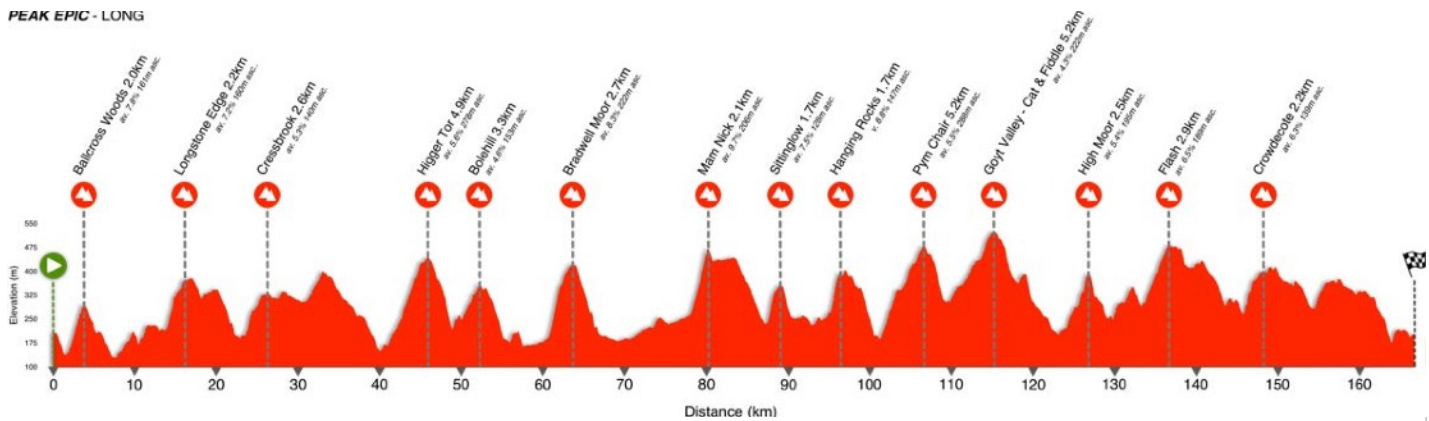
Final drop into Lathkill Dale

Fast descent that steepens and narrows as you descend into Lathkill. Take care and expect to come across oncoming traffic. Road surface is relatively good.

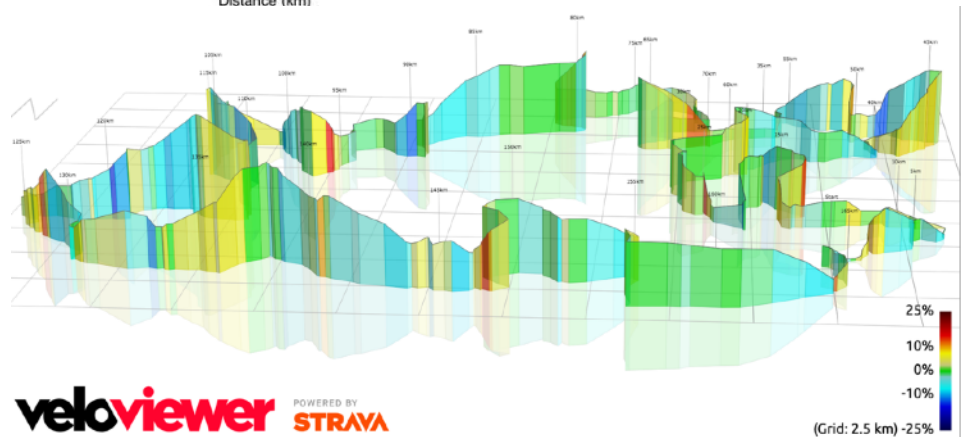
Route profiles



PEAK EPIC - LONG

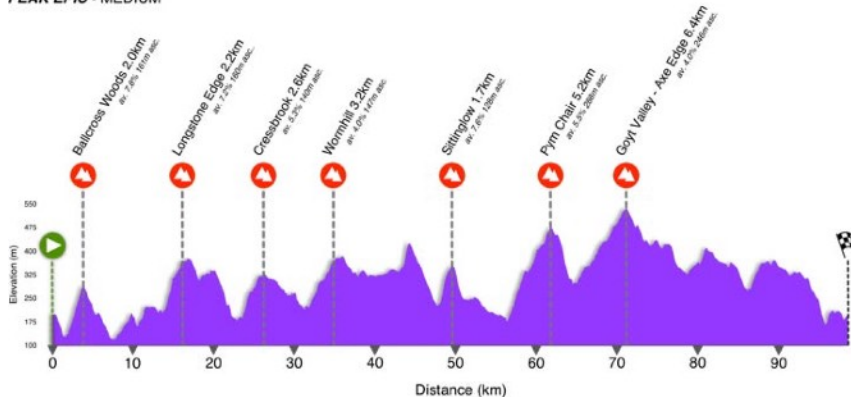


[Click to view the route in VeloViewer](#)



veloviewer POWERED BY STRAVA

PEAK EPIC - MEDIUM



[Click to view the route in VeloViewer](#)

En route you will find signs at the bottom of each climb informing you of the average gradient, metres of ascent & length of climb. The top of the climb will be signified by climb summit signs.

See the following pages for detailed climb information & course planners comments.

Flash

3.1km

Climb Summit 86m

5.9%

W

DAVE WHITE

Ballcross Woods

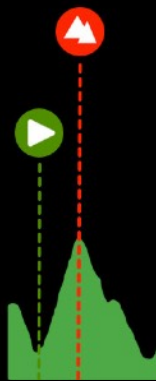
2.0 km | 1.2 miles

Ascent 161 m

Av. Gradient 8.0%

Max 20%

Starts at 1.7 km (all routes)



All Routes - [Click to view climb in VeloViewer](#)

A hard start to the day, one that very much sets the tone of the **PEAK EPIC**. At 2 km in length it is far from the longest climb but cold legs and gradients up to 20% will make it a toughie. Once you reach Bakewell Station the climb proper starts, the road turns right, narrows and steepens pitching upwards towards Bakewell Golf Course. Passing through the golf course the road continues up along the edge of Ballcross Woods until a steep hairpin right cuts the road back into the woods. At this point the gradient slackens giving your legs a well earned breather. Finally you'll emerge out the trees and all that is left is short steep pitch to crest the top of the climb. One down 13 to go!

Longstone Edge

2.2 km | 1.36 miles

Ascent 154 m

Av. Gradient 7.0%

Max 25%

Starts at 13.9 km (all routes)



All Routes - [Click to view climb in VeloViewer](#)

Though only officially 2.2km in length you will have climbed (with a few short downs) for almost 6km before reaching the foot of the climb so by the time you get to the top it will have felt like you've been climbing forever! The climb like many on this route has two distinct sections: the first 1km is steep with pitches up to 19%; the second, once you reach the cattle grid is much easier with the road contouring along the edge rather than tackling it straight on. The views throughout the route are stunning but your view to your right as you contour the edge is a real corker.

Cressbrook

2.6 km | 1.6 miles

Ascent 140 m

Av. Gradient 5.3%

Max 15%

Starts at 23.6 km (all routes)



All Routes - [Click to view climb in VeloViewer](#)

Another local favourite, there is something about the first 1-1.5km of this climb that makes you think you are somewhere in the Alps. The steep valley, the road shaded by trees, the big drop to one side, hairpin and small village perched on hillside all conjure up the essence of alpine climbs. However you quickly come back to reality once you leave Cressbrook as the climb flattens and you're thrown back into distinctly rural farming landscape.

The tip to climbing Cressbrook is to not go too hard on the first 1km up to the hairpin. It's easy to get carried away but this first 1km is steep and it's easy to push yourself into the red. Go steady to begin with then speed up as the gradient slackens.

Wormhill

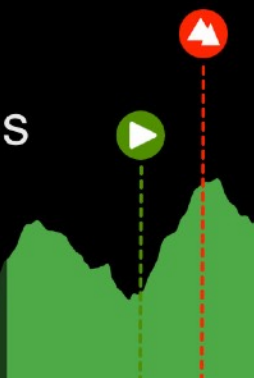
3.2km | 1.97 miles

Ascent 149m

Av. Gradient 4.7%

Max 16%

Starts at 31.7km (medium route only)



Medium - [Click to view climb in VeloViewer](#)

In the old railway village of Millers Dale the medium route splits from short and begins the picturesque climb up to Wormhill. A couple of hairpins take you up and out of the village at which point you won't believe the climb is only 4.7% average. However once the early km is out of the way the road flattens and even goes downhill, providing a well timed respite. But do not get too comfortable as the road begins to ascend upwards up and through the farming village of Wormhill where the final pitch is much steeper than it appears!

Higger Tor

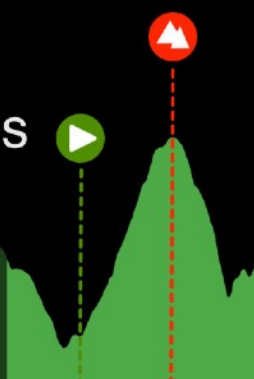
4.9 km | 3.1 miles

Ascent 278 m

Av. Gradient 5.6%

Max 13%

Starts at 41 km (long route only)



Long - [Click to view climb in VeloViewer](#)

A Dark Peak classic, long (relatively speaking) at 4.9km ascending nearly 280m. It ticks all the boxes: not too steep, great views and an epic feel that gives you that real sense of achievement once you reach the top! The only downfall is the road can be busy, particularly on the way out of Hathersage so take care. The tip to climbing Higger Tor, as with many climbs is don't get carried away on the early slopes, once you turn left onto Fiddler's Elbow the road does not slacken for more than 2km just slowly getting steeper and steeper. It is very easy to make the mistake of not keeping enough in the tank for the final pitch and ending up crawling your way to the top.

Bolehill

3.2 km | 2.0 miles

Ascent 158 m

Av. Gradient 5.0%

Max 15%

Starts at 48.8 km (long route only)

Long - [Click to view climb in VeloViewer](#)

This isn't the hardest of climbs with plenty of flatter even downhill sections to recover on but it does have the odd stingy section including a tough final 250m pitch of >10%. Starting from the North Lees Estate nestled in a steep valley the climbing begins with a short 8% ramp before settling into a very manageable gradient 1-5%. About 1km in at Birley Farm turn right and the gradient steepens as you make your way back up towards Stanage Edge. Just before you reach the bottom of Stanage Edge a left turn presents you with a steep final pitch to the top of Bolehill. A climb to conserve as much energy as possible as the next 4 climbs all have ramps above 20%

Bradwell Moor

2.7 km | 1.7 miles

Ascent 222 m

Av. Gradient 8.3%

Max 25%

Starts at 60.6 km (long route only)

Long - [Click to view climb in VeloViewer](#)

A real b*stard of a climb, one of the toughest on the **PEAK EPIC**. The first 1km is steep, very steep, averaging around 13%. It initially has an Ardenne classic feel about it, narrow back streets, 20% gradients before finally leaving the village behind and emerging back out into the countryside. If a westerly wind is blowing things get nasty, the steep part will be protected but as the gradient slackens the road becomes more exposed making the remainder of the hill far harder than the gradient belies.

Mam Nick

2.1 km | 1.3 miles

Ascent 206 m

Av. Gradient 9.8%

Max 22%

Starts at 78.4 km (long route only)

Long - [Click to view climb in VeloViewer](#)

Much like Longstone Edge, you have to do some climbing just to reach the start of the official climb. Once you pass through Hope the road gently ascends up the Vale of Edale to the village of Edale itself. An iconic Peak District climb which is so spectacular that it was even being used for the filming of a MINI car commercial during the 2014 event. However despite it's beauty I imagine the almost 10% average gradient will make the 2.1km a pretty unenjoyable affair! Very steep ramps punctuate the entire climb however there are moments where the gradient does slacken allowing you brief respites to recover.

Sittinglow

1.7 km | 1.1 miles

Ascent 128m

Av. Gradient 7.6%

Max 20%

Starts at 87.4 km (long route) 47.8 km (medium)

Long - [Click to view climb in VeloViewer](#)

After the long descent off Rushup Edge it is time to hit climb number 8: coming in at half distance this is quite a tough test in particular the first 1km which has a long sustained section of 19%. This section will have you out of the saddle pushing your heart rate back towards its max so not a time to think about only being half way in. Once the first 1km is out of the way the final stretch is relatively easy giving you time to catch your breath and return to a more sustainable pace. Over the top of the climb recover as much as possible because the next climb will have you maxing out once again.

Hanging Rocks

1.7 km | 1.06 miles

Ascent 150m

Av. Gradient 8.8%

Max 25%

Starts at 94.7 km (long route only)

Long - [Click to view climb in VeloViewer](#)

A hidden gem. One that until the **PEAK EPIC** only the locals knew about but avoided because of how steep it is! It all begins sedately enough for the first 0.5km after that things start to get serious. Up to and above the 20% mark. It is not too long and just at that point when you are reaching breaking point it comes to the end. Once over this there is only one more really steep climb to go! Phew!!

Pym Chair

5.2 km | 3.2 miles

Ascent 296m

Av. Gradient 5.7%

Max 15%

Starts at 101.2 km (long route) 56.6 km (medium)

Long & Medium - [Click to view climb in VeloViewer](#)

The longest climb of the **PEAK EPIC** at 5.2km ascending 296m i.e. almost 1000ft. Starting out at the Whaley Bridge cross roads the climb begins on the busy main road towards Macclesfield but after 1km it turns off back onto the small lanes that you will have become accustomed to. After the steep climbs that have preceded Pym Chair the 'shallower' gradients will come as a relief to your now very weary legs. The long steady ascent will bring you out onto the wild moors of the Western Peaks finally cresting the second highest peak of the route. Only 4 climbs to go now!

Goyt Valley - Cat & Fiddle

5.2 km | 3.23 miles

Ascent 228 m

Av. Gradient 4.3%

Max 13%

Starts at 109.8 km (long route only)

Long - [Click to view climb in VeloViewer](#)

A short descent off the top of Pym Chair and it is straight back into climbing mode as you make your way up the Goyt Valley to the top of the Cat & Fiddle. This road is breathtaking, starting out riding along the edge of the Errwood Reservoir before taking the one way road up the picturesque Goyt Valley. The shallow average gradient of the first part of the climb means you can relax and enjoy your surroundings slowly winding your way up to Derbyshire Bridge. Once you cross the Derbyshire Bridge the climbing is not over: a final km awaits with a little more testing gradient to take you up to the Cat & Fiddle - the highest point of the Peak Epic long route at 515m/1690ft.

Goyt Valley - Axe Edge

6.4km | 4.0 miles

Ascent 247m

Av. Gradient 3.9%

Max 12%

Starts at 65km (medium route only)

Medium - [Click to view climb in VeloViewer](#)

A stunning climb which also happens to be the longest in distance of all the climbs found within the Peak Epic. The Axe Edge addition of the Goyt Valley climb follows the same route initially as the long route. Once you reach the feed-station at Derbyshire Bridge, the medium route splits off from the long route continuing to climb up to and onto Axe Edge reaching the giddy heights of 537m or 1762ft!!

High Moor

3.6 km | 2.2 miles

Ascent 195 m

Av. Gradient 5.4%

Max 21%

Starts at 123 km (long route only)

Long - [Click to view climb in VeloViewer](#)

After a long fast descent through Macclesfield Forest it's time to start climbing once again. 3.7km long with a typical varying gradient the climb averages 5.4% finishing with a steep final 500m pitch averaging around 9% peaking at 21%. Look out for the standing stone which marks the top of High Moor - once this comes into sight you know you are almost there. Over the crest heave a big sigh of relief as there are now only 2 more categorised climbs to go! Having felt like it was never going to come to an end now you are heading due east and the finish line suddenly starts to feel closer (even if it is still 40km away!)

Flash

3.1 km | 1.9 miles

Ascent 186m

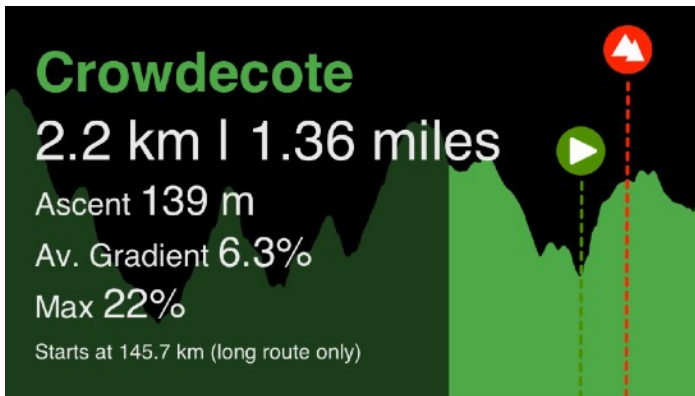
Av. Gradient 5.9%

Max 11%

Starts at 133.6 km (long route only)

Long - [Click to view climb in VeloViewer](#)

The finish line is getting closer, now less than 33km to go and it's time to count down those climbs. This climb can almost be described as pleasant with no really steep sections - the road just makes its way steadily up to Flash the highest village in England. The legs will be extremely weary by now though so even 11% pitches are going to feel tough. If the wind is blowing from the west as it often does the good news is that it will be a tailwind and in truth predominantly a tailwind all the way back to Bakewell.



Long

A relatively new edition to the PEAK EPIC provides one final 20%+ test. Crowdecote is one of those daunting looking climbs, as you descend down to the River Dove below it looks very imposing with all its hairpins in sight and it can appear much bigger and scarier than it actually is. Whilst it is very steep, especially on the hairpins, the worst part is relatively short, however after 146km it might well feel like Alpe d'Huez. Once you pass over the steep section the road continues to drag upwards for about 500m to the climb summit.

Hurrah that is all the 14 categorised PEAK EPIC climbs completed! However it isn't quite all downhill to the finish a couple of smaller climbs remain between you and the finish line.