

## **BMC Peak Area Hill Walk**

### **Saturday 9 July 2022**

### **Rushton Spencer and Gun Hill**

**BMC members are invited to join a peer-led walk delivered by BMC Peak Area volunteers.**

This walk is being led by local BMC member Mark Royall, supported by area hill walking rep, Austin Knott. Thank you for taking an interest in our walk, we're looking forward to enjoying a really good day together!

If you've not already done so you can grab a place on the walk here:

<https://www.eventbrite.co.uk/e/bmc-peak-area-walk-rushton-spencer-to-gun-hill-tickets-357897700657>

Places are limited, so if you (or a member of your party) later change your mind and decide not to come, please be sure to let us know straight away, so we can release your place to someone else.

#### **Start Time**

Saturday 9 July 2022, 9.45 am for 10.00am start.

#### **Meeting point**

Rushton Spencer - Old Railway Station Car Park just off Station Lane, SK11 0QU, down a short lane between The Knot Inn and the Old Station itself (but not to be confused with their own car park directly behind the pub).

OS Grid Ref SJ 93618 62416

Google Pin: <https://goo.gl/maps/rRjhPRjKqZrX7W9fA>

There are no facilities at the start point or on the route.

Rushton Spencer is on a bus route, timetables can be checked here:

<https://bustimes.org/localities/rushton-spencer>. If you intend to use the bus please let us know.

#### **The route**

The walk is approx 20km, 450m ascent (12 miles, 1500 ft ascent) using established paths and tracks with some areas of open moorland and should take around 4-5 hours, including stops. Participants should wear usual clothing appropriate for a day walking in the hills and bring their own food and drink for a full hill day as well as some treats for the walk leaders! Our route will take us around part of the south western border of the Peak District National Park. It's a varied walk taking in part of the Staffordshire Way, and fabulous views throughout but especially across Rudyard Lake and the route up and across Gun Hill.

We should be back in Rushton Spencer by 3.30pm -4.00pm and intend to finish at The Royal Oak PH, which is close to the starting point, for a debrief and replacing fluids and essential vitamins. The pub is community owned and we hope that everyone would like to support this venture by stopping for a tea, coffee, drink or even a meal. <https://www.royaloakrushton.co.uk/>

### **Travelling to and from the event**

Participants are asked to note current Coronavirus regulations and guidelines about the use of transport (both public and private) and to adhere to those that are in place at the time.

### **What to bring**

Participants will be expected to wear supportive walking boots/shoes with grippy soles and to wear or carry weather resistant clothing (including gloves and headwear) suitable for the conditions prevailing on the day (remember even in summer it can be substantially colder up high than it is in the valley) which could be anywhere between warm and sunny (meaning sun hats, plenty of water and maybe even sun-cream) to cold, wet and windy (meaning warm clothing and waterproofs) and to also carry sufficient food and water (or other suitable drinks) for a full-day hill walk. There will not be any opportunities to buy refreshments during the walk itself, although we intend to end the walk close to the start point at The Royal Oak PH.

Although the walk is planned to finish well within the hours of available daylight, participants may like to bring a small torch/head torch in case an emergency results in a very severe delay to the walk.

### **Who can come**

This walk is open to BMC members and accompanying friends. U18s are welcome provided they are accompanied by a responsible adult.

All participants must book a place in advance using

<https://www.eventbrite.co.uk/e/bmc-peak-area-walk-rushton-spencer-to-gun-hill-tickets-357897700657>

Dogs on leads are welcome but please let the walk leaders know in advance of the day, if you intend to bring a dog.

This walk is being organised in line with the BMC's COVID-19 guidelines for groups of outdoor climbers & hill walkers <https://www.thebmc.co.uk/clubs-huts-meets-and-current-covid19-restrictions>. Please also check the government's current Covid related rules and guidance, too: <https://www.gov.uk/coronavirus>

Please do not attend this walk if:

You have any of the recognised symptoms of respiratory infections including COVID-19, which are:

- continuous cough
- high temperature, fever or chills
- shortness of breath
- loss of, or change in, your normal sense of taste or smell
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

You have been diagnosed with COVID-19 recently or have reason to suspect that you are presently suffering from COVID-19.

**You MUST let us know you are coming.** Names and a contact number for all participants are required prior to the event, please book using:  
<https://www.eventbrite.co.uk/e/bmc-peak-area-walk-rushton-spencer-to-gun-hill-tickets-357897700657>.

### **Health issues**

If you have health issues that you believe might affect your ability to complete the walk safely then please let us know in advance. Please remember to carry any medications that you may need and, if appropriate, let the leader know where to find them for you, if that might prove necessary.

### **BMC Participation Statement**

This is an approved BMC event.

The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

### **Any Questions?**

Please email Austin Knott on [austin@walkthemoorlands](mailto:austin@walkthemoorlands) or 07421 369600 on the day.

AK/MR 10.6.22