

Stage 5 - 50m / Relay Duffield - Dale Detailed Description 8.3

MILES

1. Cross over onto the pavement and continue uphill on **EATON BANK**. A top of hill takes the first road **L** by a bridle path and **DN** sign, turning **R** at the end up some very steep steps signposted **WHITAKER LANE**. At the top of the hill turn slightly left through the hedge (**DN, MS**), ignore right **DN, MS**. Follow the path alongside the hedge across fields, with gates keeping hedge on your right as you heading down to the trees continuing along
2. Take the path downhill, joining **WHITAKER LANE** and emerging on **ALFRETON ROAD**. Turn **L**, cross over and take path after about 250 yards just before the **COXBENCH** sign. (**DN, MS sign post**). Follow this good path to the B6179 then straight across continuing under the A38. Follow path uphill with hedge on **L** and pass a **DN** sign to emerge on a metalled road **MOOR LANE**.
3. Turn **L** and follow the metalled road as it becomes a track, ignoring stile on **R** where **MS** leaves. Ignore a **R** fork uphill, **DN** 20 yards after junction on post to **L**, eventually reaching houses on the **R** and a metalled road.

50 yards after **SANDY LANE** Road joins from the **L** (**DN**) look for a footpath sign on the **R** between houses (**DN**).
4. Follow path until it finishes through gardens and back of houses, then turn right along **QUARRY ROAD**. After 100 yards a bus shelter is on the **L**, and just after take a stile onto a path heading diagonally **R** to the **L** hand side of the farm buildings (**DN**) and brown metal gate. Go around the edge of the farm and diagonally **R** to a stile onto the farm road. Immediately opposite is a metal gate. Do not go through this gate, **ignore broken DN marker** instead continue along the farm track marked by the farmer footpath sign until you reach the end with a stile and follow the hedgerow immediately after to the left. Follow the path **S-E** with the hedge to your **L**, emerging onto **BRICK KILN LANE**.

5. Turn **L** to main road A608, then **R** on pavement behind railings.

***THIS IS WHERE THE 50KM ULTRA JOINS THE 50M ULTRA ROUTE.
CROSS AT THE PEDESTRIAN LIGHTS.***

5. Take the stile (**DN**) by the school and follow the path diagonally across the field. Cross the wooden stile follow the **DN** to the left and pick up path to gap in wall Then take the farmers diversion right around the crop field leading to an obvious downhill path through the crops to stile out onto **CHURCH LANE**.

6. Turn left and follow straight to the road (**MORLEY LANE**) until another road on the right with give way markers. Take this right down (**MORLEY ROAD** still) past **STANLEY FARM** and old chapel to **STATION ROAD / WHITE HART PUB**. Turn right for 100m and then left onto **DALE ROAD**.

7. After 150 yards **LEAVE THE DN** by taking the path signposted on the **R** over the bridge through the trees to a metal kissing gate (**MS**) into a large field. Follow the path to about 2/3 across then take the **R** gate opening and stile, then head left along with the hedge on your **L** to the corner of the field. Continue through the opening, keep hedge on **L** all the way up the fields, past a pond, may be dried up, still with the hedge on your **L** and at the top look for a stile hidden in the hedge to your **L**. (**MS**).

Follow path straight across the next field, keep fence on left, to a gate virtually in front (**MS, 19**), and continue with hedge on **R**, fencing on the **L** to a wide path/farm track between trees. After the **L** bend then **R** bend the track turns **L** at right angles. Proceed to stile in front (**19**) (ignore metal gate to **R** of it on crossing track), follow the track around to the right and when opens up the field continue to second field, turning **L** keeping the hedge on you **L**. When hedge finishes path continues straight on **S**, going uphill to emerge through some trees at a cul-de-sac.

7. Take the path immediately **L** down to the busy road, **CROSS CAREFULLY** and take path up the bank opposite past signpost (**MS, 5**). The path leads on to a farm road which you follow downhill. Turn **R** at the farm on the broad path uphill to a gate. Keep left on this path with the hedge on the **L**, into the woodland then downhill **L** through two gates (**MS**). Take path past the church and follow the road straight then **R** at the triangle down **THE VILLAGE** heading up the road with the **CARPENTERS ARMS** straight ahead at the main road.