

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

### MILES

1. Cross over onto the pavement and continue uphill on **EATON BANK**. At top of hill take 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 right through the hedge (**DN, MS**), then turn left (**DN, MS**). Follow the path alongside the hedge across fields, keeping hedge on your right as you heading down to the trees and take the stile in the **LEFT-HAND** corner (**DN**)

2. Take the path **R** 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** joins from the **L** (**DN**) look for a footpath sign on the **R** between houses (**DN**). .

4. Follow path until it finishes, 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. Go through this gate, no stile **NO FOOTPATH SIGNS**, and head diagonally across the field to the far corner (there may not be a path). Take the stile (**DN**) 10 yards just to the **R** (gap in the hedge) and 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.

**CROSS AT THE PEDESTRIAN LIGHTS.**

Take the stile (**DN**) by the school and follow the path diagonally across the field. At the track go left keeping wall on right, follow path round to right and pick up path to gap in wall (this misses the nettles!). Then take the path through the crops downhill to stile out onto **CHURCH LANE**.

6. Turn left and follow two tracks with no turn over a break and up a stony path to another road. Keep to this road (**MORLEY LANE**) until another road joins from the left. Keep right (**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 **L** diagonal fork past the telegraph pole to the hedge and go along with the hedge on your **L** to the corner of the field. Continue through the gate, 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** 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), go round pond, through gap/gate on the **R** after the hidden pond and follow path **L** at post and keep hedge on **L** (**A**). When hedge finishes path continues straight on **S**, going uphill through crops to emerge through some trees at a cul-de-sac.

8. 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 three 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.

**FOR SAFETY REASONS, RELAY RUNNERS SHOULD NOT  
RUN ACROSS THE ROAD. THE OUTGOING RUNNER WILL  
START WHEN YOU ARRIVE AT THE MAIN ROAD EDGE.**