

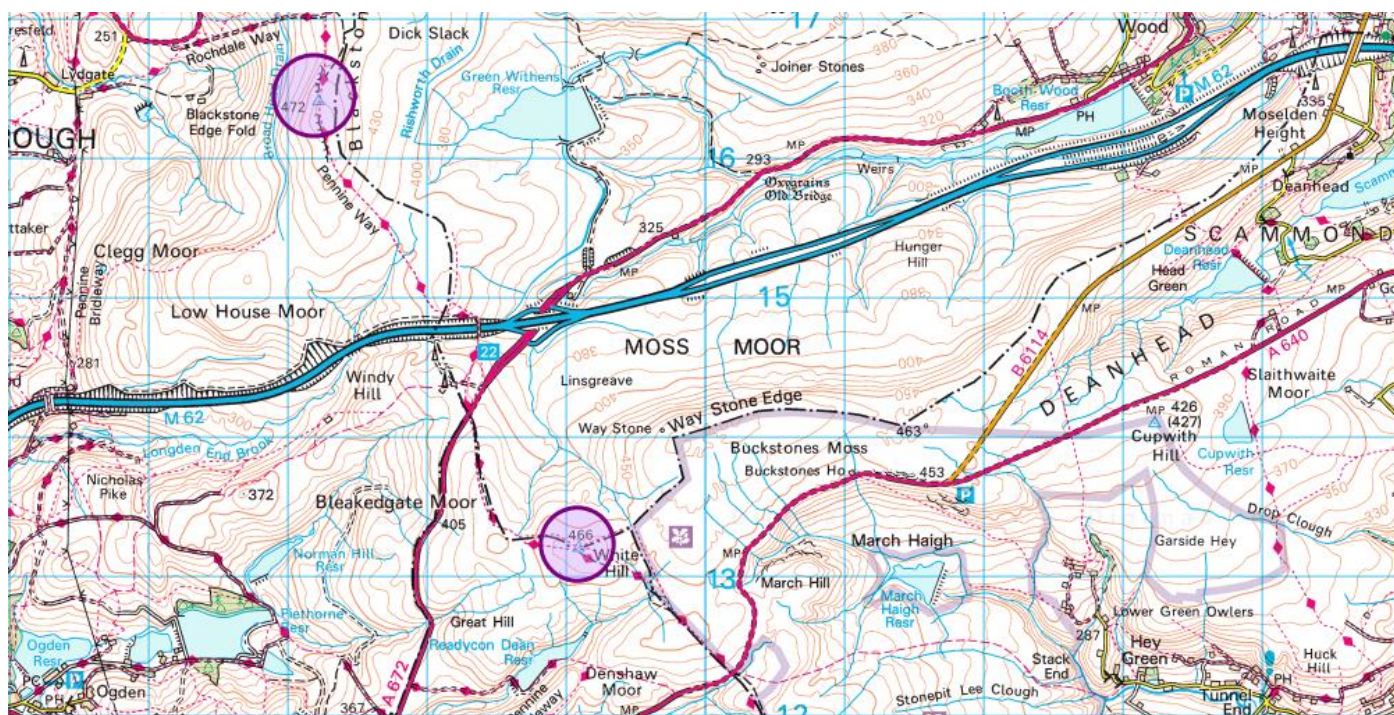
## Saddleworth 10 Trigs

To be completed either clockwise or anticlockwise

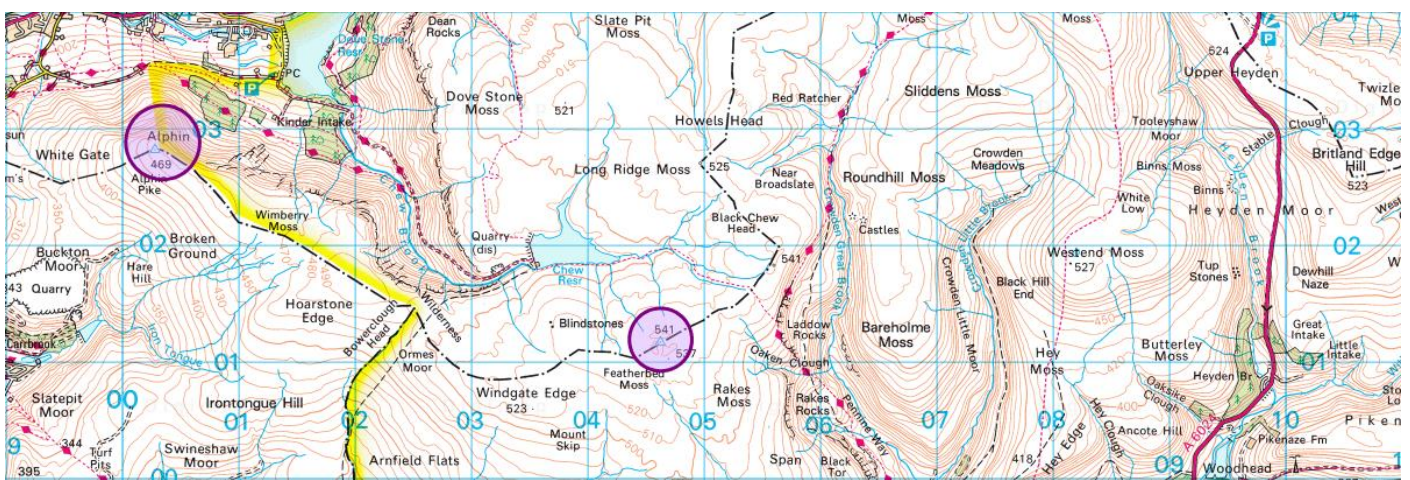
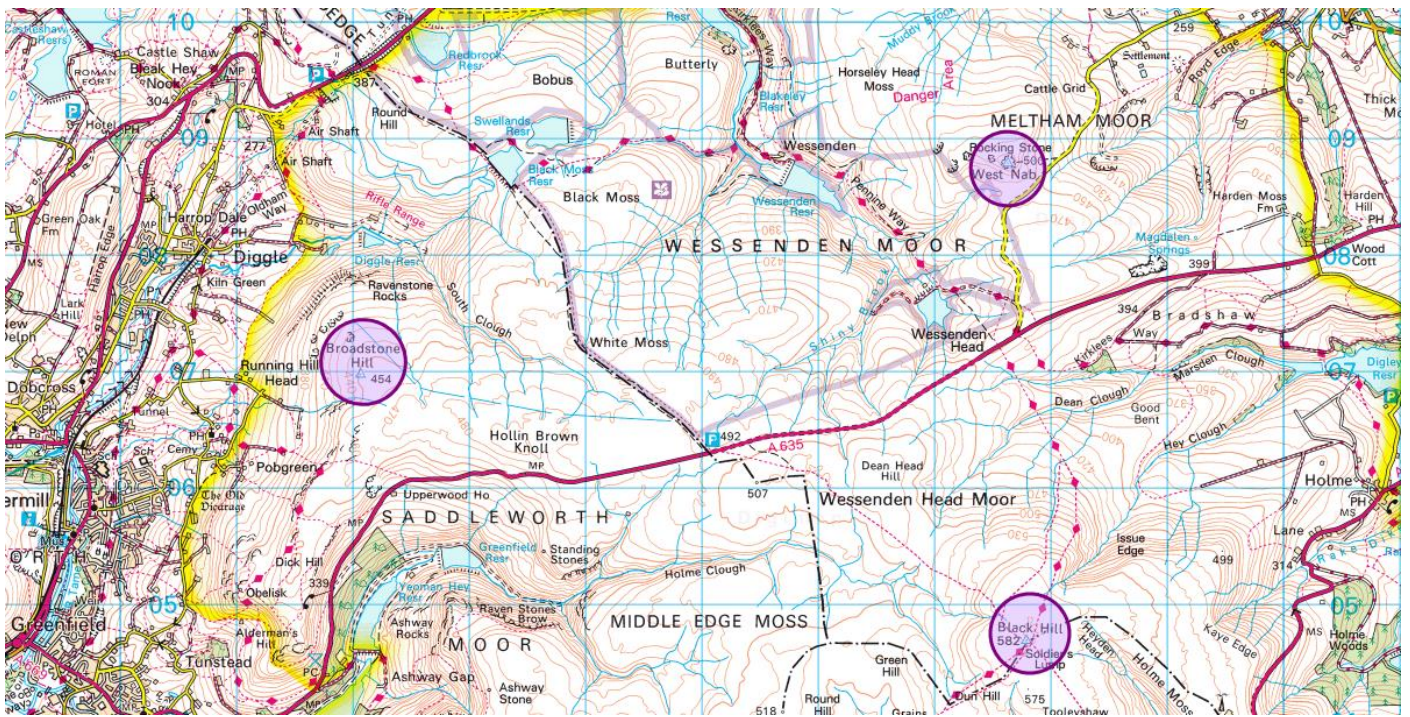
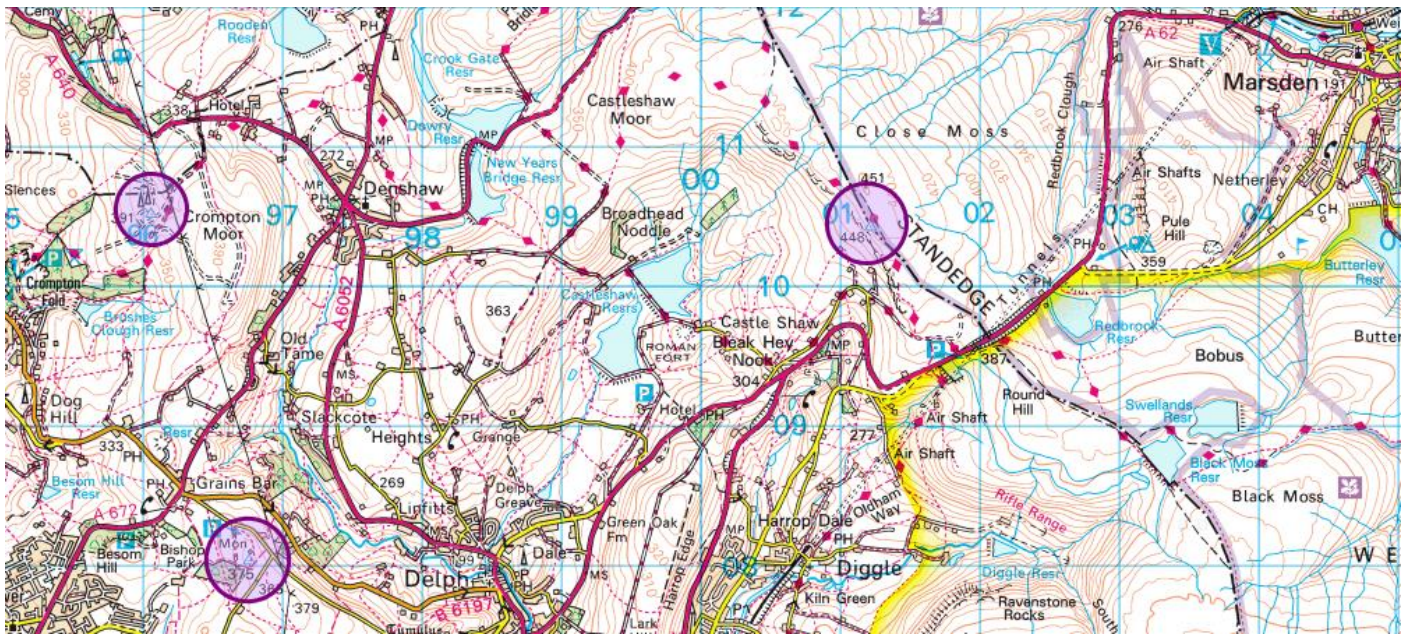
**Distance:** ~35.5miles/57km

**Climb:** ~6500ft/1981m

Start		Height (m)	Car Park, Tanners Mill, Greenfield (OL3 7NH)
1	SE 021 069	454	Saddleworth (Broadstone Hill)
2	SD 967 080	374	Bishop Park
3	SD 960 105	391	Crow Knowl (Crompton Moor)
4	SD 972 164	472	Blackstone Edge
5	SD 991 132	466	Moss Moor (White Hill)
6	SE 012 104	448	Standedge
7	SE 076 088	500	West Nab
8	SE 078 047	581	Holme Moss (Black Hill)
9	SE 046 012	541	Featherbed Moss
10	SE 003 028	468	Alphin Pike
Finish			Car Park, Tanners Mill, Greenfield





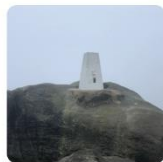




Sunday 7<sup>th</sup> April 2019: Link to Strava activity - <https://www.strava.com/activities/2272051665>

The *Saddleworth 5 Trigs* route has been a staple long training run of many Saddleworth Runners over the years. I'm not sure whether it originated as a walking or running route (more history on this and the Northern 5 Trigs can be found in the book [Saddleworth Discovery Walks](#) by Christian Taylor) but in true Dark Peak style it covers lots of grassy, tussocked ground with plenty of bog if it's been wet. Saddleworth Runner Chris Davies introduced me to the *Northern 5 Trigs* route several years ago on a Sunday run, this route was much more runnable but I didn't enjoy the final section from Standedge trig back to Bishops Park as it was lots of fiddly paths through gardens and farms with a bit of road. It seemed sensible to link the two routes into one long loop of 10 trig points which would have an added benefit of missing out the section from Standage to Bishops Park. As far as I know nobody else has run it, so I pencilled it in as a good long Sunday run when the conditions looked decent.

Despite some clag and a cool breeze I set off at 7:30am on Sunday 7<sup>th</sup> April using Tanners Mill in Greenfield as the start/finish. I knew the line up past the Pots and Pans monument and across to Saddleworth/Broadstone trig well



but the next section across to Bishops Park I was running for the first time so I was map-in-hand as I picked my way across to Delph and then up onto Hill Top Lane before hitting Bishops Park trig. Crompton Moor isn't far and after that it's a lovely trot across to Ogden Reservoir, over the M62 and contouring round Hoar Edge before heading up to tag Blackstone Edge trig. I'd barely seen anyone until this point but as I joined the Pennine Way to head back across the M62 to Windy Hill I bumped into an old Saddleworth Runner Mick Buin who regaled me with his own history of runs around the 5 Trigs. I left Mick continue with his run at the road and headed on over White Hill, Standage and then to Wessenden where a chance meeting with local Ryan Townrow proved useful as he pointed me in the direction of Leyzing Clough where there is a feint trod that heads up to West Nab. I hacked through a few tussocks and eventually climbed up through the rocks and hit the West Nab trig point in

the clag. There's a bit of road after this as you head over to the Pennine Way and up to Soldier's Lump on Black Hill. I was knackered at this point and 2 gels and a couple of chocolate bars weren't really enough for what looked like it was going to be a 30+ mile run! I ducked off the Pennine Way just before Laddow Rocks and headed on a bearing to the fence and then another feint trod up to Featherbed Moss. This trig point is in what feels like the middle of nowhere, hardly a summit and invariably surrounded by wet bog. I was on familiar ground though now so a half decent line down one of the grains to Chew Reservoir deposited me on the main path that heads along Saddleworth Edges and to the final trig, Alphin Pike. I once spent 24 hours running up and down Alphin as a charity/training run (see [here](#) if you'd like to have a go at beating my 'number of laps in 24hrs'!) so I know every stone on this now rocky path down. I arrived back at the car after 6hrs 17mins and 54seconds, not really a quick time but an enjoyable run out and worth a go if you'd like to explore the fells around Saddleworth.

Start		Height (m)	Car Park, Tanners Mill, Greenfield (OL3 7NH)	Splits for inaugural run (cumulative)
1	SE 021 069	454	Saddleworth (Broadstone Hill)	0:33:30
2	SD 967 080	374	Bishop Park	1:12:30
3	SD 960 105	391	Crow Knowl (Crompton Moor)	1:33:10
4	SD 972 164	472	Blackstone Edge	2:28:10
5	SD 991 132	466	Moss Moor (White Hill)	2:52:20
6	SE 012 104	448	Standedge	3:14:00
7	SE 076 088	500	West Nab	4:11:50
8	SE 078 047	581	Holme Moss (Black Hill)	4:46:00
9	SE 046 012	541	Featherbed Moss	5:25:20
10	SE 003 028	468	Alphin Pike	6:04:50
Finish			Car Park, Tanners Mill, Greenfield	6:17:54