



The Bulls Head  
Cross Street, Castleton, Hope Valley, Derbyshire S33 8WH

web [www.bullsheadcastleton.co.uk](http://www.bullsheadcastleton.co.uk)  
email [manager@bullsheadcastleton.co.uk](mailto:manager@bullsheadcastleton.co.uk)  
tel 01433 620256

three circular walks from the



# BULLS HEAD

## CASTLETON



### PEAK AND SPEEDWELL CAVERNS

2 miles: fairly easy

A low-level walk to two of Castleton's famous show caves.

### WINNATS PASS AND CAVE DALE

4½ miles: moderate

Explore two spectacular limestone gorges.

### MAM TOR AND THE GREAT RIDGE

6½ miles: strenuous

A classic Peak District hike, with superb views throughout.



# PEAK AND SPEEDWELL CAVERNS

2 miles: fairly easy

*Allow 1 hour plus time for visits to the show caves. Some rocky ground, and paths may be muddy in places. Sheep likely.*

**1** Cross the road in front of the Bulls Head and walk up Castle Street, past the parish church on the left. **2** At the top of the road turn right, signposted 'Peak Cavern'. **3** Beyond the stream, turn left and walk between cottages to view Peak Cavern. **4** On your return, turn left uphill past Rose Cottage. **5** Turn left at Dales House and, beyond a signpost to Speedwell Cavern, follow the stony path beyond the end of the tarmacked road. **6** After a gate, follow the path ahead along a wall with steep slopes to the left. **7** After a gradual climb to a kissing gate, descend to the road at Speedwell Cavern. **8** Cross the road to a stile and then swing right through a gap in the wall. **9** Aim for a squeeze stile to the left of the coach park. **10** Turn right along the road then, beyond the coach park entrance, turn left along the metalled entrance drive to Dunscair Farm (signposted 'public footpath'). **11** Ignore a turning to the left, continuing along the farm drive beyond a cattle grid. **12** Before a second cattle grid and a bridge over the Odin Sitch stream, turn right over a stile (signposted 'Castleton via The Flats'). **13** Follow the stream on your left for a couple of fields, passing through two squeeze stiles, before leaving the stream to follow the wall on your right aiming for Peak Cavern and Peveril Castle. **14** Follow a narrow walled path between houses to the road. **15** Turn left and follow the main road through the village, passing the Information Centre, to return to the Bulls Head.

## WINNATS PASS AND CAVE DALE

4½ miles: moderate

*Allow 2–3 hours, plus sightseeing time. One long climb and a rocky descent. Sheep likely.*

Follow steps **1** to **7** from the **Peak and Speedwell Caverns** walk to reach Speedwell Cavern.

**8** Turn left past the cavern entrance then follow the broad grassy verge up Winnats Pass, to the right of the metalled road, beyond the cattle grid. **9** Follow the gorge to the top, and continue past a second cattle grid and Winnats Head Farm to a junction. **10** Turn left (signposted to Perryfoot and Sparrowpit). **11** Ignore the first path on the left, then turn left, along the driveway towards Rowter Farm. **12** Follow the metalled drive then, after the farm entrance, follow the stony track beyond. **13** Ignore paths to right and left then, at a junction with a bridleway, bear left. **14** Beyond a gate and wall stile turn left along the Limestone Way past two gates, then swing right, away from the wall, aiming slightly left of the distant Win Hill. **15** At the bottom of a dry valley, turn right signposted 'Public Bridleway to Cave Dale'. **16** Keep to the valley bottom as the dale deepens and becomes rockier, with

a dramatic moment when Peveril Castle comes into view. **17** Having passed below the castle, at the foot of Cave Dale go through a gate into Pindale Road. **18** Turn left then right down Back Street. **19** At the main road, turn left to return to the Bulls Head.

## MAM TOR & THE GREAT RIDGE

6½ miles: strenuous

*Allow 3–4 hours. One major ascent and descent, with some lesser climbs along the ridge. Some rocky ground. Sheep likely.*

Follow steps **1** to **7** from the **Peak and Speedwell Caverns** walk to reach Speedwell Cavern.

**8** Turn left past the cavern entrance then follow the broad grassy verge up Winnats Pass, to the right of the metalled road, beyond the cattle grid. **9** Towards the top, you pass a mine entrance on your right, by a fallen gatepost. Just beyond this, leave the road via a gate on your right. The path heads up a grassy notch into sheep pastures. **10** Curve left behind Winnats Head Farm to a gate in the corner, then cross the next field to a road. **11** Cross straight over through the gate opposite. Take a left fork towards a quarry; walk past Windy Knoll Cave and climb the bank at the rear to a track. **12** Turn right and follow the track to the road below Mam Tor. **13** Cross the road through a gate and walk up the grassy slope to another gate, then up a flight of stone steps to the road at Mam Nick. **14** Go through a gate on the right and follow the paved path beyond to the summit of Mam Tor. **15** Beyond the trig point, continue along the paved ridge path as it descends to the saddle of Hollins Cross, where there is a memorial and several paths head down in various directions. **16** Keep on along the ridge over the rise beyond. **17** Before the next prominent crag (Back Tor), switch to the left-hand side of the fence, ignoring the path into the wood on your right, and climb the rocky pitched path above the cliff face. **18** Keep along the ridge, climbing a relatively gentle incline (paved after a stile) to the topograph at the summit of Lose Hill. **19** Follow the paved path off the summit down to a stile by a National Trust sign. **20** Ignoring the obvious route down the ridge, cut the corner of the next field (often rather boggy), to a gate in the fence on the right, and turn left (downhill) with the fence now on your left. **21** Follow the obvious path downhill above a copse then, just before the buildings of Losehill Farm, turn right at a waymark post ('Walk 5') down the steep slope. **22** Go through a hand-gate and walk down the right-hand side of a field, aiming in the general direction of Hope Cement Works. Ignore a signposted footpath through the fence on the right, staying in the same field to the bottom corner. **23** Join the driveway beyond, turning right to follow it downhill round a left-hand bend. Below a covered reservoir the drive bends right and left, still descending, until you pass Spring House Farm. **24** At the junction beyond the holiday cottages, turn right (signposted to Castleton, 'Walk 2'). **25** This track heads towards Mam Tor; at the bottom of the tracks to Field's Farm, bear left and carry straight on. The track passes above Losehill Hall youth hostel to a

junction at the bottom of the drive to Riding House Farm. Here, take the footpath ahead, which winds through a couple of fields to another track. **26** Turn left through a gate next to a cattle grid, then follow the track right. **27** Pass between the buildings of the Hollowford Centre, until you meet Hollowford Lane. **28** Turn left and follow the lane back to Castleton, crossing the stream and walking up past the ends of Trickett Close and Millbridge to the main road. **29** Cross carefully and follow the pavement right, past the primary school. **30** At the junction with Back Street, keep right along the main road back to the Bulls Head.



Peak Cavern from Castleton



Text, design, and photography © David Dunford 2022. All rights reserved.

[www.walksfromthedoort.co.uk](http://www.walksfromthedoort.co.uk)