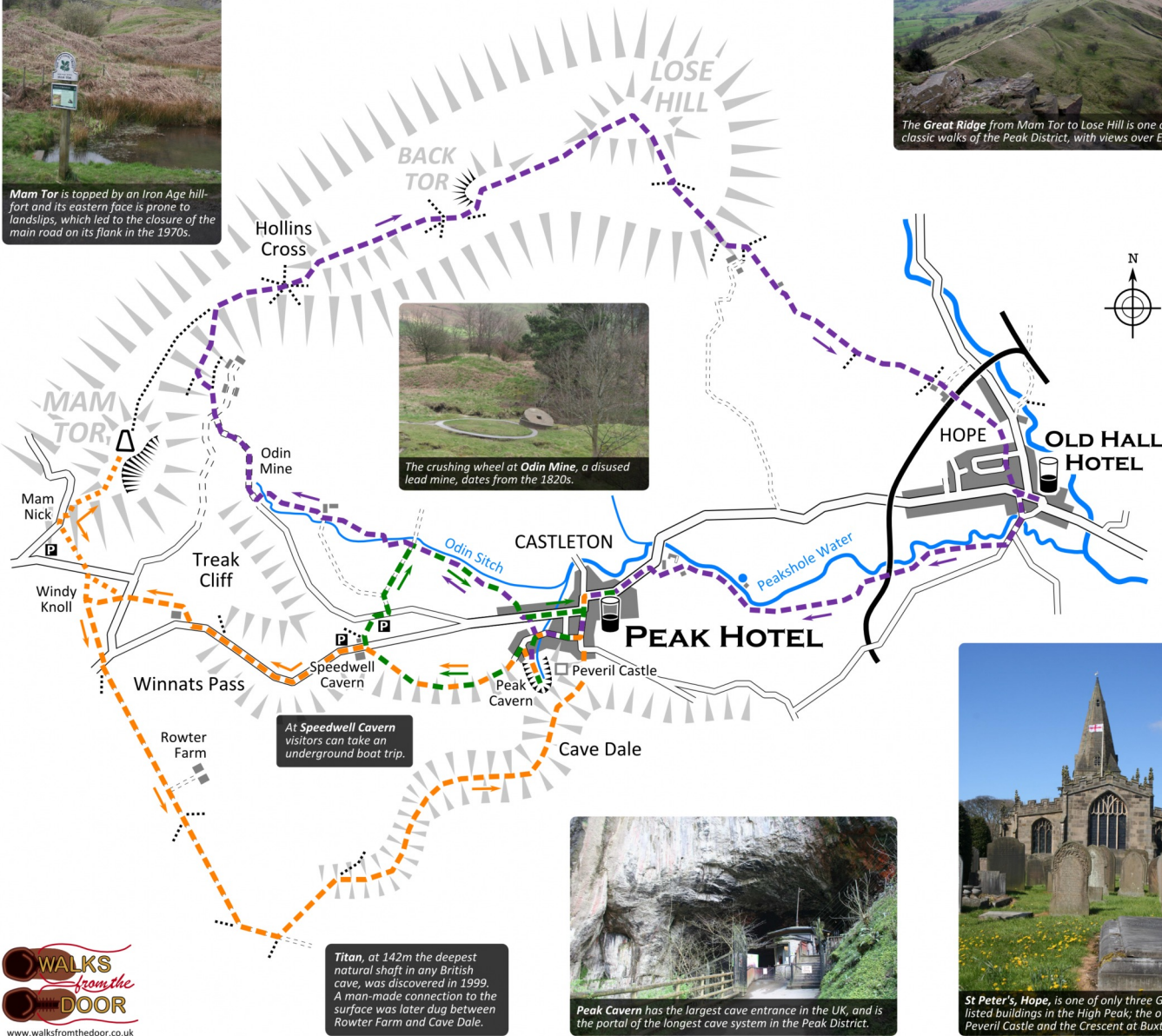




Mam Tor is topped by an Iron Age hill-fort and its eastern face is prone to landslips, which led to the closure of the main road on its flank in the 1970s.



The Great Ridge from Mam Tor to Lose Hill is one of the classic walks of the Peak District, with views over Edale.



The crushing wheel at Odin Mine, a disused lead mine, dates from the 1820s.

At Speedwell Cavern visitors can take an underground boat trip.

Titan, at 142m the deepest natural shaft in any British cave, was discovered in 1999. A man-made connection to the surface was later dug between Rowter Farm and Cave Dale.



Peak Cavern has the largest cave entrance in the UK, and is the portal of the longest cave system in the Peak District.



St Peter's, Hope, is one of only three Grade I listed buildings in the High Peak; the others are Peveril Castle and the Crescent at Buxton.

# THREE WALKS FROM THE PEAK HOTEL



## CASTLETON, DERBYSHIRE

### PEAK AND SPEEDWELL CAVERNS 2 1/4 MILES: EASY

Stroll through pretty Castleton village and visit two of the area's famous limestone caverns on foot.

### WINNATS AND CAVE DALE 5 OR 6 MILES: MODERATE

Two spectacular limestone gorges with an optional ascent to the hillfort and viewpoint on Mam Tor.

### LOSE HILL AND HOPE VILLAGE 7 1/4 MILES: MODERATELY STRENUOUS

A classic ridge walk to a fine viewpoint, followed by a visit to a historic village and a pleasant riverside return.

## THE PEAK HOTEL

Real food, real fires and real ales, open 7 days a week. 4 letting rooms, beautiful beer garden, ample parking.

**How Lane, Castleton, Derbyshire S33 8WJ**  
01433 620247  
[www.thepeakhotel.co.uk](http://www.thepeakhotel.co.uk)

## THE OLD HALL HOTEL AND TEA ROOMS, HOPE

This historic old ale house serves excellent home-made food and drinks 7 days a week. 5 letting rooms, ample parking, 6 real ales. In the heart of the Peak District National Park.

**Market Place, Hope, Derbyshire S33 6RH**  
01433 620160  
[www.oldhallhotelhope.com](http://www.oldhallhotelhope.com)



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



## PEAK & SPEEDWELL CAVERNS

2¼ MILES: EASY

*Slightly rocky in places, and may be muddy. Allow 1½ hours (plus about an hour for each cavern visit, dependent on tour times).*

**1** Leave the front door of the Peak Hotel and turn left towards the village centre, following the main road as it bends left. **2** At the Old Nag's Head follow Back Street. **3** Turn right into the churchyard and left at the church door to exit the churchyard into Castle St. **4** Turn left then right, signposted 'Peak Cavern'. **5** Beyond the stream turn left and walk between cottages to view Peak Cavern. **6** On your return, turn left uphill past Rose Cottage. **7** Turn left at Dales House and beyond a signpost to Speedwell Cavern, follow the stony path beyond the end of the tarmacked road. **8** Beyond a gate follow the path ahead along a wall with steep slopes to the left. **9** After a gradual climb to a kissing gate descend to the road at Speedwell Cavern. **10** Cross the road to a stile and then swing right through a gap in the wall. **11** Aim for a squeeze stile to the left of the coach park. **12** Turn right along the road then, beyond the coach park entrance, turn left along the metalled entrance drive to Dunsar Farm (signposted public footpath). **13** Ignore a turning to the left, continuing along the farm drive beyond a cattle grid. **14** Before a second cattle grid and a bridge over the Odin Sitch stream, turn right over a stile (signposted 'Castleton via The Flats'). **15** 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. **16** Follow a narrow walled path between houses to the road. **17** Turn left and follow the main road through the village, passing the Information Centre, to return to the Peak Hotel.

## WINNATS AND CAVE DALE

5 OR 6 MILES: MODERATE

*A stiff climb up Winnats Pass and a rocky descent down Cave Dale. Allow 2–3 hours (plus about an hour for each cavern visit, dependent on tour times, and an extra half-hour if you decide to climb Mam Tor).*

Follow steps **1** to **9** from the **Peak and Speedwell Caverns** walk to reach Speedwell Cavern.

**10** 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. **11** At the top of the gorge, just before a second cattle grid, take a footpath on the right which runs behind a farm. **12** Pass through a gate and go straight across the field opposite to a road. **13** Cross the road (if omitting the optional climb of Mam Tor, take the left-hand path to Windy Knoll Cave and walk through the quarry beyond, climbing the bank at the rear and turning left to rejoin the route before step **18**). For the ascent of Mam Tor, take the right-hand path and follow it until it meets a road. **14** Cross the road and walk up the hill to a gate, then up a flight of stone steps to the road at Mam

Nick. **15** Go through a gate on the right and follow the paved path beyond to the summit of Mam Tor. **16** Return by the same route, walking back down the steps and down the field to return to the road by Windy Knoll. **17** Go through the gate opposite and follow the track to the right of a quarry. **18** Follow the wall beyond to the road. **19** Turn right and then immediately left, along the driveway towards Rowter Farm. **20** Follow the metalled drive then, beyond the farm entrance, follow the stony track beyond. **21** Ignore paths to right and left then, at a junction with a bridleway, bear left. **22** 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. **23** At the bottom of a dry valley, turn right signposted "Public Bridleway to Cave Dale". **24** Keep to the valley bottom as the dale deepens and becomes rockier, with a dramatic moment when Peveril Castle comes into view. **25** Having passed below the castle, at the foot of Cave Dale go through a gate into Pindale Road. **26** Turn left then right down Back Street. **27** At the main road turn right and follow it past the primary school and round the bend to the Peak Hotel.

## LOSE HILL AND HOPE VILLAGE

7¼ MILES: MODERATELY STRENUOUS

*One stiff climb and several shorter ascents on the Great Ridge. Paths over pastureland may be muddy after wet weather. Allow 4 hours.*

**1** Leave the front door of the Peak Hotel and turn left towards the village centre, following the main road as it bends left. **1** At the Old Nag's Head follow Back Street. **2** Turn right into the churchyard and left at the church door to exit the churchyard into Castle St. **3** Turn left then right, signposted 'Peak Cavern'. **4** When you reach the stream, cross the bridge and turn immediately left; follow this metalled path between cottages to view the impressive entrance of Peak Cavern, returning the same way. **5** On your return, do not recross the stream but head straight across the road into a footpath that runs along the left-hand side of a car park. **6** At the main road, cross over, take a few steps to the left and then follow an inconspicuous walled path between houses on your right. **7** In the field beyond, swing left to a stile above the stream on your right. **8** Keep along the stream beyond, until you reach a farm drive. Cross straight over. **9** Near the end of the next field, cross to the other side of the stream and turn left, now with the stream on your left. **10** Head towards the farm buildings ahead; keep straight on at the farm entrance. **11** Go up some steps to enter an area of Access Land; follow the obvious path uphill and then down to cross the stream below the Odin Mine crushing wheel. **12** Regain the road beyond and turn right past the bus stop and turning area, with the entrances to Odin Mine on your left. **13** When the former main road bends sharp left, turn right over the stile to the left of the farm drive. **14** As you approach the crest of the first slope, take a path on the left, which merges with the upper of two obvious paths heading up to the ridge. **15** When you reach the paved ridge path at a gate, turn right. **16** Follow the path past the obvious junction of multiple paths at Hollins Cross and keep on along the ridge over the rise

beyond. **17** Before the obvious crag ahead, cross a stile on your left to switch to the other side of the fence; ignore the path into the wood on your right and climb the rocky pitched path to the top of Back Tor. **18** Keep along the ridge, climbing a relatively gentle incline (paved towards the end) to the topograph at the summit of Lose Hill. **19** Follow the paved path beyond the summit to a stile. **20** Cut the corner of the next field (often rather boggy), then negotiate a stile on the right and turn left (downhill). **21** Follow the obvious path downhill until it curves left above the buildings of Losehill Farm. **22** Ignore the first footpath on your right, then beyond a stile (signposted Hope) turn right over a second stile and head down a field with the farm wall on your right, heading for an isolated stone barn. **23** Cross a further stile and pass to the right of the barn, then swing left over a stile and footbridge. **24** Cross the field beyond to a further stile, then pass through a series of stiles and fields. **25** Eventually you pass through a metal gate and along a path with a hedge on the right and fence on the left. You switch to the right of the hedge partway along, emerging among farm buildings. **26** Keep straight on through the buildings, then pass through a stone squeeze stile and wooden gate at the farm entrance. Cross a narrow field and then the railway footbridge. **27** After a series of fields separated by stiles and gates, swing right along a fenced-in field edge, and then ignore a crossing path to keep along the field edge with gardens on your left. **28** When you reach the road, cross straight over to the right of the clinic; when the road bends right take a driveway on the left reading "Leading to Nos 1–4 Eccles Court". **29** Swing right and a metalled path leads through a paddock to emerge on the main road just west of the Old Hall Hotel. **30** Turn left then follow the road on the right between the church and the Woodroffe Arms (signposted Pindale). **31** Cross the river, and pass the pinfold on the right-hand side and the end of a road on the left. **32** Just before the road bends right, take a footpath over a stile on the right. **33** Keep along this well-marked path through several fields, with Peakshole Water on your right. **34** Cross the railway line (a mineral line serving Hope quarry) with care. **35** Continue along the path in similar vein beyond the railway, leaving the river temporarily but returning to it shortly as you pass a copse and water treatment works on the far bank. **36** Follow a streamside track to a farm, and then veer away from the river with a ruined mill building over the wall to your right. **37** At the main road, turn left back to the Peak Hotel.

### THE OLD HALL HOTEL, HOME OF THE HOPE VALLEY BEER AND CIDER FESTIVAL

50 real ales and ciders. hog roast and BBQ, live music every day. Free entry. Every Easter bank holiday, Spring bank holiday, and August bank holiday weekend.



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