

Dowel Dale & Crowdecote (13 miles: moderate)

A circuit of local lanes, including part of the High Peak Trail

Allow 1–2 hours. One short stretch of gravelly byway and another of unsurfaced farm track. Refreshments at the Royal Oak, Hurdlow (4 miles). Suitable for road bikes.

1 Join B5053 and turn left, downhill. 2 Turn right at crossroads ('Low bridge ahead'). 3 Follow lane, mostly uphill, to Buxton Raceway (2½ miles). 4 Turn left after raceway, before cattle grid. 5 Ignore turnings to Booth Farm by cattle grid, and Stoop Farm, both on right. 6 Descend over two cattle grids into Dowel Dale then continue between Chrome Hill (right) and Parkhouse Hill (left). 7 At phonebox on B5053, turn left, then shortly right opposite British Caving Library. 8 Follow narrow lane to end, then through gate onto bridleway. 9 Rejoin surfaced farm track at Underhill and continue round left-hand bend to road below High Wheeldon. 10 Turn right and descend to Crowdecote (½ mile). 11 Turn left before pub and zig-zag steeply out of the Dove valley. 12 Continue straight on at crossroads ('WPL 68', sp Monyash and Newhaven). 13 At Royal Oak, turn right into car park then left on High Peak Trail below road. 14 At end of Trail (1.5 miles), turn left on ascending gravelly byway. 15 At road (½ mile), turn right. 16 Turn right at Wheeldon Trees and follow road to Earl Sterndale (1½ miles). 17 Turn right past church back to Jericho Farm.

Bakewell & Monsal Trail (30 miles: moderate)

An exhilarating ride, much of it on former railway lines with lofty viaducts and dramatic tunnels

Allow 3–4 hours. Long sections on level rail trails, but with significant climbs and steep descents between them. Mostly on roads and surfaced trails, but short sections may be tricky on a road bike.

1 Cycle down towards Earl Sterndale village. 2 Turn left before church, by primary school. 3 Metalled lane becomes rough farm track at brow of hill; keep right and right again at fork below barn back to metalled road. 4 Turn left and follow road towards High Wheeldon. 5 Fork left at Wheeldon Trees. 6 Follow road for 3 miles to Hurdlow. 7 Turn left past Royal Oak and cross old railway bridge. 8 Turn right into Hurdlow car park and left onto High Peak Trail. 9 Follow Trail for 2 miles to Parsley Hay. 10 Turn left off trail through car park out to road. 11 Turn left to A515, left on main road (sp Buxton), then immediately right (sp Monyash, Youlgreave). 12 Turn right after 225 metres (sp Youlgreave, Arbor Low). 13 Follow road for 1¼ miles, passing entrance to Arbor Low (on right) after ½ mile. 14 After works on right, stay on main road, ignoring right-turn to Middleton. 15 After second works, take narrow lane (straight on) when larger road bends right. 16 Keep straight on at fork by car park and descend steeply to Conksbury (1¼ miles). 17 Ignore right turn to Youlgreave and descend to cross Conksbury Bridge. 18 Wind

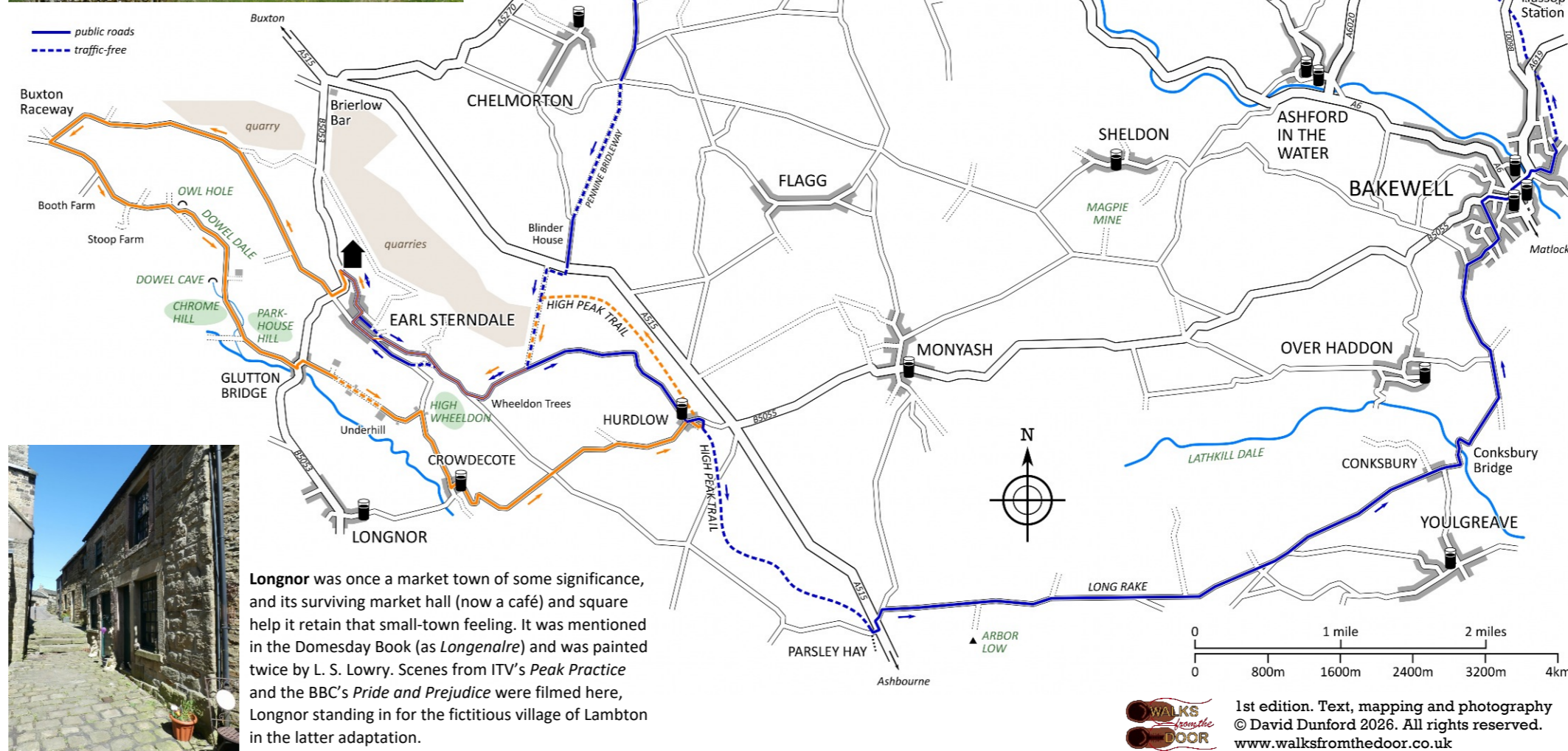
steeply out of Lathkill valley and bear left at top. 19 Ignore left turn to Over Haddon and keep right as you meet the first houses of Bakewell (Upper Yeld Road). 20 Swing left by phone box and descend to Monyash Road. 21 Turn right and keep right past parish church to A6. 22 Turn left to Rutland Arms roundabout and turn right (sp Chesterfield A619). 23 Keep left at lights and follow one-way street round to right past Castle Inn. 24 Turn left over Bakewell Bridge then right by water fountain into Station Road. 25 Ignoring Coombs Road on right, climb Station Road. 26 Follow signs to Monsal Trail car park and pass to left of station building onto Trail. 27 Turn left along Monsal Trail. 28 After ½ mile, pass under A619 and continue for ½ mile to Hassop Station. 29 Continue on Monsal Trail over A6020 to Headstone Tunnel (2 miles). 30 Pass through tunnel and over Headstone Viaduct. 31 Continue along Monsal Trail through Cressbrook and Litton Tunnels to Miller's Dale. 32 Cross viaduct over River Wye and turn right at Miller's Dale station car park onto road. 33 Turn right and descend below viaduct. 34 Turn right over River Wye and follow B6049 up Blackwell Dale to A6. 35 Turn right, then take first left at crossroads (no through road) after 120 metres. 36 Bear right at junction with another track. 37 Just before entrance to landfill site, turn left through gate, still following Pennine Bridleway. Track winds up steep slope. 38 From the brow of the hill, a permitted footpath leads off to the left to visit Five Wells chambered cairn; if time permits, it's worth the short walk there and back. 39 Continuing along track, pass entrance to Fivewells Farm (left) to meet tarmac road. 40 Continue to T-junction. 41 Turn right. 42 Cross into track (Highstone Lane) on Pennine Bridleway. 43 Rejoin road near Blinder House and continue to A515. 44 Cross onto Pennine Bridleway path and turn right, parallel to main road. 45 Turn left down to head of High Peak Trail. 46 Do not take Trail, but continue ahead on ascending track. 47 Turn right when you meet the road. 48 Turn right at Wheeldon Trees. 49 Turn left onto descending byway after ¼ mile (road bikers stay on road). 50 Turn right at the bottom and continue past pond to Earl Sterndale. 51 Turn right at village green and bear left after school to return to Jericho Farm.



Water-cum-Jolly Dale from the Monsal Trail



Pilsbury Castle is a Norman motte and-bailey fortification above the River Dove, and may have been a reused Iron Age site. There were never any stone towers, the defences being built of timber.



Longnor was once a market town of some significance, and its surviving market hall (now a café) and square help it retain that small-town feeling. It was mentioned in the Domesday Book (as *Longenlre*) and was painted twice by L. S. Lowry. Scenes from ITV's *Peak Practice* and the BBC's *Pride and Prejudice* were filmed here, Longnor standing in for the fictitious village of Lambton in the latter adaptation.

Jericho Farm

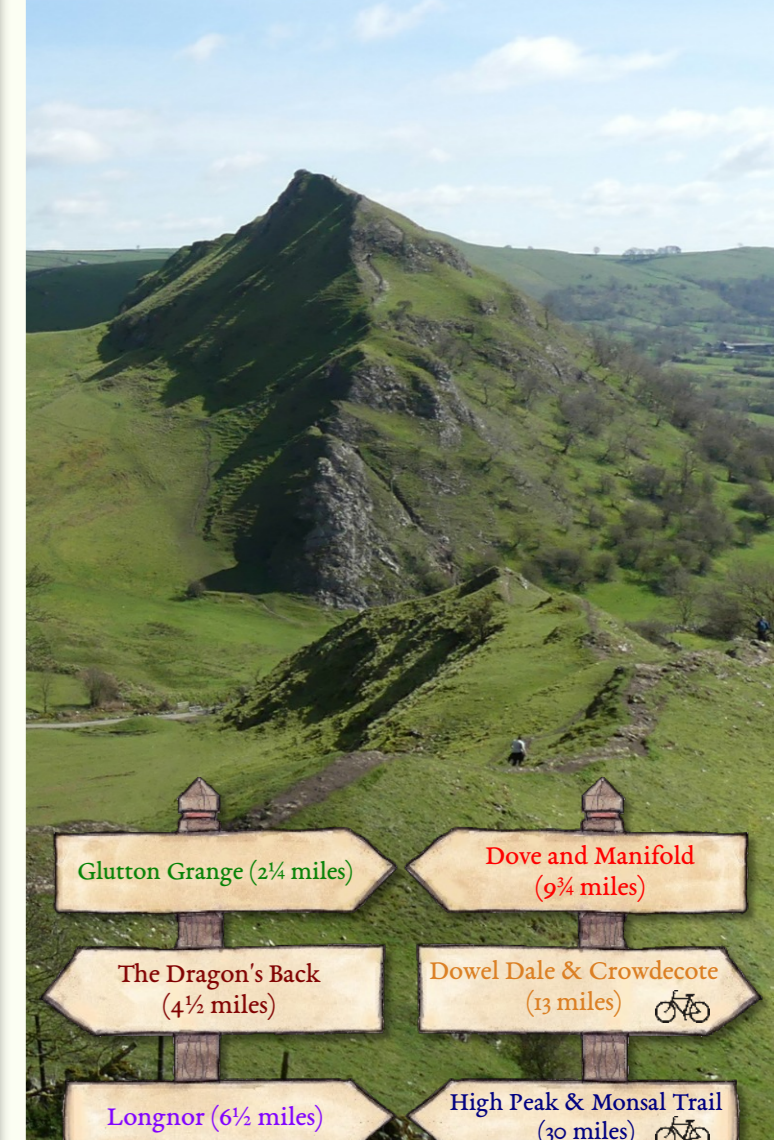
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Jericho Farm


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
Glutton Grange (2¼ miles)

Dove and Manifold (9¾ miles)

The Dragon's Back (4½ miles)

Dowel Dale & Crowdecote (13 miles) 

Longnor (6½ miles)

High Peak & Monsal Trail (30 miles) 



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Glutton Grange (2¼ miles: fairly easy)

A fairly undemanding walk via a historic farmhouse and secretive limestone dale with great views of the Dragon's Back

Allow 1–2 hours. Some road walking, with moderate ascents and descents over slightly uneven ground in places. Livestock likely.

1 From the farm, walk away from the B-road, past a disused quarry on the left and down into Earl Sterndale village. 2 Bear right past the school and church to the village green. 3 Pick up the footpath opposite, to the right of the former Quiet Woman pub. 4 Shortly, turn right through a gate, signposted to Chrome Hill and Hollinsclough. 5 Follow the path through a series of hand-gates then across a field towards the distant peak of Parkhouse Hill. 6 After a gateway and another hand-gate, bear left down the hill to a gate and steps, and beyond descend to the B5053. 7 Turn right and walk up the road to Glutton Grange Farm. 8 Turn left in front of the farmhouse and walk through a gate to the end of the farmyard. 9 At the end of the buildings, take the signposted public footpath through the first gate on the right (rather than the permitted path beyond it). 10 Follow the wall up a limestone dale, which widens out then narrows again as you head upward. 11 When you reach a farm track, double-back right to a gate into the lane on your right. 12 Turn right and follow the road back to the B5053 at the top of Glutton Dale. 13 Turn left and walk up the road for a short distance. 14 Take a footpath on the right that heads uphill to the left of the prominent limekiln. 15 When you reach the road at the top, turn left to return to Jericho Farm.

The Dragon's Back (4½ miles: strenuous)

The classic limestone scrambles of Parkhouse Hill and Chrome Hill

Allow 2–3 hours. The ascent and descent from Parkhouse Hill (easily bypassed to the south) is rocky and steep, and requires a reasonable level of fitness and a head for heights. Avoid in wet weather (when the limestone can be slippery). Chrome Hill is easier, but also rocky in places (though it too can be bypassed). Livestock likely.

Follow steps 1–6 of the **Glutton Grange** walk, above.

7 Cross over and go through the gate opposite. Cross a stream below Glutton Grange Farm and continue to the gate into the Open Access area around Parkhouse Hill. 8 For the easier route, bypassing Parkhouse Hill, turn left and walk below the slopes to a road. For the difficult route over Parkhouse Hill, start climbing the rocky path ahead. 9 Beyond the summit, the path descends past two limestone pinnacles. 10 An awkward rocky stretch to the right of the main ridge can be avoided via an escape route down to the right. Similarly the tricky final descent (via a steep and eroded gully down to the left, before a final pinnacle) can be avoided by doubling back to the right and then turning left to descend to the road. 11 Whichever way you get down, turn right along the road and cross the stream. 12 Just before a cattle grid, turn left through a hand-gate and follow the path to the left that curves

around the foot of Chrome Hill. 13 Follow the wall, then the obvious path up to the ridge. 14 Beyond a sycamore tree, a path off to the right can be used to bypass the main climb, but otherwise the obvious path ahead leads via a couple of false summits to the top of Chrome Hill. 15 The descent beyond is rocky in places, and at one point passes a limestone window on the right. 16 Bear left on meeting a wall at the foot of the hill, then turn right through a gate and over a boardwalk. 17 Beyond, the path turns left by a minor sinkhole on the right, descends to a footbridge then follows a fence to a gate. 18 Turn right and climb the steep, grassy slope, then head left to a gate. 19 Follow the wall through a couple of hand-gates until you meet the driveway to Stoop Farm. 20 Turn right out to the road. 21 Turn right and follow the road between some large shakeholes. 22 After a cattle grid, the road descends into Dowel Dale, passing the fenced, tree-lined pothole of Owl Hole on the left. 23 When the limestone dale bends to the right, take a path through a hand-gate on the left that climbs steeply (with views up and down the dale) to a hand-gate in the wall at the top. 24 Walk parallel to the wall and limestone outcrop on your left, until you reach a farm-gate. 25 Turn left and walk down the side of the field with the wall and farm track on your right. 26 Join the farm track briefly, then turn right down stone steps into a field, and follow the short cut above the head of a dry valley to a final gate into a lane.

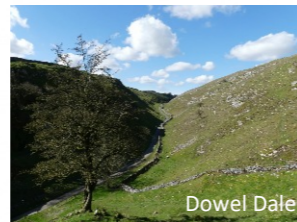
Now follow steps 12–15 of the **Glutton Grange** walk.

Longnor (6½ miles: strenuous)

With optional ascents of High Wheeldon and Parkhouse Hill

Allow 3 hours. The demanding climbs of High Wheeldon and Parkhouse Hill can be bypassed. Refreshments in Longnor (3½ miles). Field and woodland paths may be muddy after rain, and the steep, slippery descents from High Wheeldon and Parkhouse Hill are best avoided altogether in wet conditions. Several stiles; livestock likely.

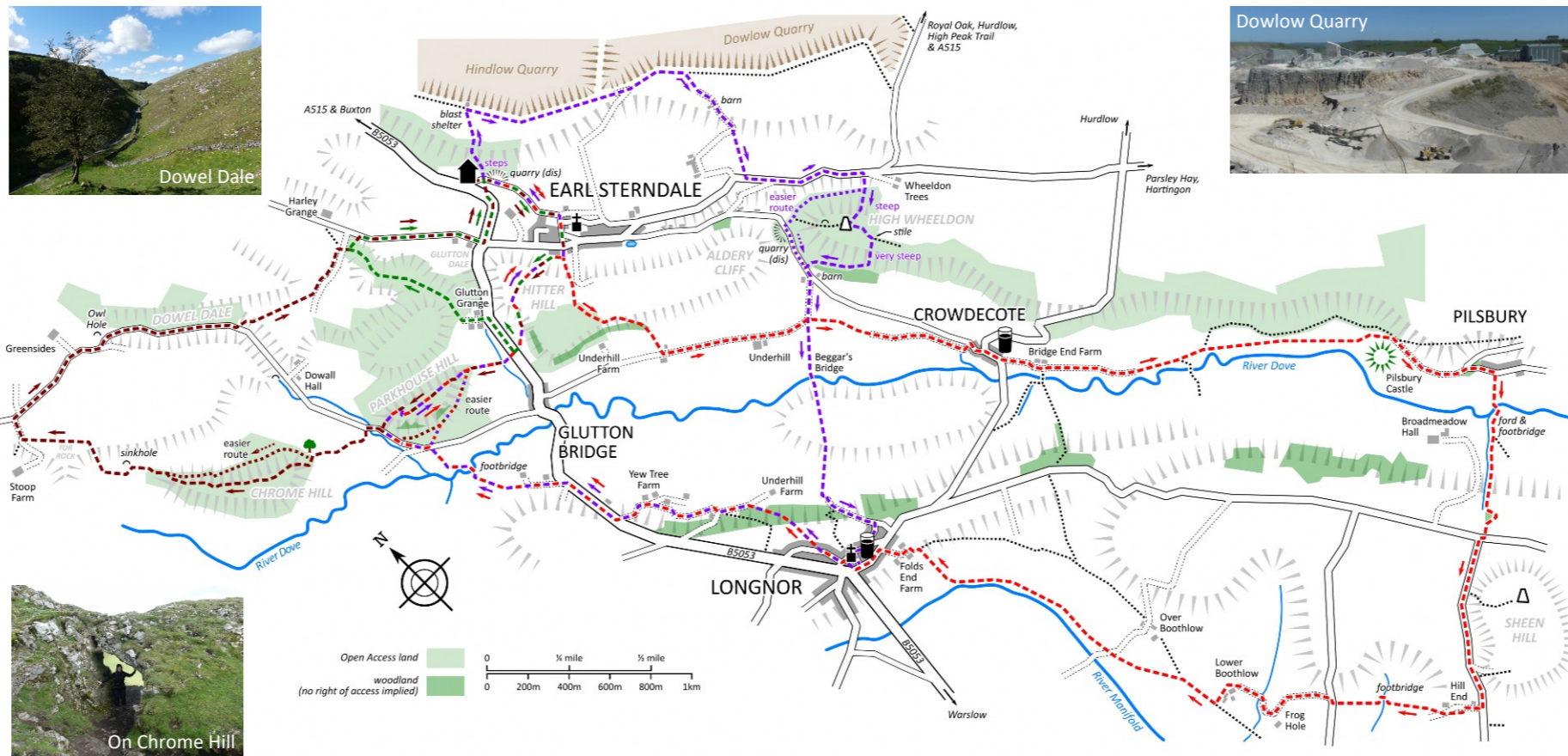
1 From the farm, walk away from the B-road. 2 Just beyond the second house on the left, before the disused quarry, turn left up steps through the rockery. 3 Beyond a stile the path bears left, then leaves the wall to head obliquely left up the steep slope to a stile in the fence at the top. 4 In the next field, head slightly left and then aim for the domed blast shelter in the corner that comes into view over the brow of the hill. 5 Go through a hand-gate and turn right along a broad path with Hindlow Quarry on your left. 6 Beyond the top of the hill, the path descends past the rock wall dividing Hindlow and Dowlow Quarries. When the track swings right, continue ahead, still with the deep quarry on your left. 7 Go through a gate, then look out for a hand-gate on



Dowel Dale



On Chrome Hill



your right. 8 Walk away from the quarry across the field toward the distinct pyramid of High Wheeldon to meet a farm track. 9 Follow the track downhill past a stone barn. 10 When the track bends right towards the farm, cross a stile in the wall next to a water trough. 11 Walk straight down the field to a squeeze-stile next to a gate and then continue down to the road. 12 Turn left and walk past the end of a byway on your right. 13 At the entrance to Wheeldon Trees, turn right through a hand-gate and descend to another. 14 Turn right past the National Trust sign. 15 To bypass the steep climb to High Wheeldon, continue down the valley to the road opposite a disused quarry and jump to step 22. 16 Otherwise, bear left up the steep slope, following the natural footholds up to a band of limestone. 17 Bear right to the summit. 18 Having admired the view, turn left along the ridge to a wall. 19 Turn right and follow the wall down to a stile. 20 Do not cross, but turn right down the steep slope towards the Dove valley. 21 At the foot of the knee-jarring descent, turn right above a belt of trees, then follow the path left and down to a stile onto the road. 22 Whichever way you have navigated High Wheeldon, when you reach the road, turn left. 23 Before a stone barn on the left, turn right into a farm drive, past a house on the right. 24 When the drive bends

right, follow the bridleway straight ahead. This leads down to Beggar's Bridge, a footbridge over the River Dove. 25 Climb the hillside beyond. 26 Descend slightly to a boggy dip, then follow the wall to a gate to the right of a stone barn. 27 Follow the concrete track that curves left up the slope. 28 Go through a gate partway up and continue until the drive meets the road at a second gate. 29 Bear left past a farm then turn right into a walled lane. 30 Bear right by a private car park, then left down to Church Street. 31 Turn right and follow Church Street. 32 By the old Police House, turn left down Queen Street into the centre of Longnor. 33 Turn right past the Moorland Café. 34 Turn right into narrow Chapel Street. 35 At the top, turn left then right into Lane Side. 36 At a footpath sign, leave the narrow lane up steps on the right and bear left along the wall. 37 Skirt to the right of a house to a stile into fields. 38 Follow a tumbledown wall then continue over the brow of the hill to a stile slightly to the left, overlooking High Wheeldon. 39 Bear left down a path through the scrubby woodland leading obliquely down the bank with views to Parkhouse Hill. 40 A paved section leads down to a squeeze stile at the entrance to Underhill Farm. Turn left along the drive, away from the farm. 41 Just before you reach another property, turn right and follow a track left to skirt



Dowlow Quarry

the green, church and school. 60 Bear left along the road above the school playing field, past the disused quarry back to Jericho Farm.

Dove and Manifold (9¼ miles: moderate)

A long but uncomplicated walk exploring two beautiful Peak District valleys, with a visit to the earthworks of Pilsbury Castle

Allow 4 hours. Refreshments at the Pack Horse, Crowdecote (2 miles) or in Longnor (7½ miles). Several moderate ascents and descents. Livestock likely; field paths may be muddy; and there are some narrow squeeze-stiles to negotiate!

1 From the farm, walk away from the B-road, past a disused quarry on the left down into Earl Sterndale. 2 Bear right past the school and church to the village green. 3 Pick up the footpath opposite, to the right of the former Quiet Woman pub. 4 Ignoring the path to Chrome Hill and Hollinsclough on the right, continue to a hand-gate into a field. 5 Climb to the top left-hand corner of the field and continue beyond a gateway to the top left-hand corner of the next. 6 Go through a stile and hand-gate and bear left with views over the Dove valley. 7 Descend half-left to a stile in the corner of two walls. 8 Head left along the wall then bear right at a fingerpost (signposted 'Longnor') and descend

below the house. 42 Follow the track across the hillside to Yew Tree Farm. 43 Turn left by the first farm building and follow the drive past the farmhouse and up to the road. 44 Turn right and walk down the B-road past a house on the right. 45 When two tracks join from the left, take the second, a hedged driveway with a public footpath sign. 46 Pass one farm on the right and continue to a second. 47 As the drive bends right into the second farm, take a footpath straight on to a squeeze-stile into fields. 48 Follow the path down the grassy slope before doubling back right to a footbridge downstream of a ford. 49 Cross the stream and turn left to reach the track leading up from the ford. 50 Turn right and follow the track before heading off left to gate into the road below Parkhouse Hill. 51 For the difficult scramble over Parkhouse Hill, turn left along the lane and look out for a steep gully up to the ridge; for the easier bypass route, cross the lane and bear right up to a path that skirts below the hill. 52 Turn right and follow a path that runs above a wall and curves left around the end of the hill. 53 At the foot of the descent from Parkhouse Hill, go through the hand-gate and cross the field to a footbridge over a stream. 54 Continue to a gate onto the B5053. 55 Cross straight over and bear left uphill. Climbs steps and go through a gate. 56 Bear left then climb right to a further gate. 57 The path beyond leads through a series of fields as it descends towards Earl Sterndale. 58 Turn left at a fingerpost out to the main street by the village green. 59 Follow the road opposite, left of the green, church and school. 60 Bear left along the road above the school playing field, past the disused quarry back to Jericho Farm.

obliquely through hawthorns and limestone outcrops to a gate at the top of a field. 9 Cross to a farm and go through a hand-gate to the right of a small barn into a track. 10 Turn left along the track and go through a farm-gate. 11 Continue past another to Underhill Farm, and continue beyond the farm until the drive bends left. 12 At this point, take a footpath over a stone stile straight on. 13 Follow the wall to a wall stile and continue ahead to join a farm track. 14 Continue past a farm and above a large spring, then bear left to the road. 15 Turn right and then right again at a road junction. 16 Pass the Pack Horse pub then turn left into a farm drive above Crowdecote Bridge. 17 Keep right of a house to a farm, then continue through the farmyard (ignoring a path on the right down to a footbridge over the Dove). 18 Follow a farm track until it enters a field, with the river still to your right. 19 Continue through fields to Pilsbury Castle, and follow the path uphill and to the left of the earthworks. 20 Beyond a limestone knoll, turn left through a gate then turn right and walk down a farm track with the wall on your right, with views to Broadmeadow Hall on the other side of the river. 21 Continue until you meet a lane at a hairpin bend; turn right and walk down into the hamlet of Pilsbury. 22 After a gate, turn right onto a footpath that descends to a narrow footbridge over the Dove. 23 Cross the river and bear right along a walled track. 24 After a gate, continue climbing with a small stream on your right. 25 The path curves left and right around a wood, then swings left again to meet a road below the trig point on Sheen Hill. 26 Turn right then immediately left (signposted 'Brunnd'). Continue beyond the concessionary Sheen Hill path on the left. 27 Follow the road as it descends towards the Manifold valley. 28 Turn right into the drive to Hill End Farm, passing a stone barn on the right. 29 Before you reach the farm, leave the drive via a hand-gate on the left and bear right, parallel to the drive, to a squeeze stile in a wall. 30 Pass below the farm onto a farm track, then head for the far right-hand corner of the field. 31 Cross a wall stile and follow the wall beyond. 32 Descend to a stile and then to a footbridge over a small stream. 33 Bear left and follow the gorsy field edge to a stone post, then continue to a stile into a lane. 34 Turn right for a short distance, then left onto a farm drive and over a cattle grid. 35 Follow the winding drive over another cattle grid to Lower Boothlow Farm. 36 Keep right of the farm buildings then bear left to a stile in a wall. 37 Walk down the field to another stile in a gap in the bottom wall, then turn right along the top of the next field. 38 After a hand-gate, cross the next field. Keep left of Over Boothlow Farmhouse to another hand-gate. 39 Cross a gravelly farm track by a stone post and continue to another hand-gate. 40 Continue past a telegraph pole to a squeeze-stile, then join the River Manifold on your left. 41 Follow the river upstream past a gated footbridge and through a couple of squeeze-stiles. 42 As you approach Longnor, bear right up to a concrete track and go through another squeeze stile. 43 Walk up to a hand-gate in the top left-hand corner near the farm. 44 Turn left between barns and then right in front of the farmhouse and walk up the drive to the road. 45 Turn left and walk past the Cheshire Cat into the centre of Longnor, passing the Moorland Café.

Now follow steps 34–60 of the **Longnor** walk back to Jericho Farm.