### Peak District 100, 50 & 33: Section 6: Castleton to Leadmill Bridge (Note: 50&33-mile events start with Section 6 of the 100-mile route)

| Acc<br>Distance      |   | Distance to next   |
|----------------------|---|--------------------|
| from last<br>CP (km) | Instruction   | instruction<br>(m) |
| 0                    | From rear of Peak Cavern (Devil's Arse) car park (opp race HQ), turn left over bridge and head up lane (The Stones) towards Castleton Market Place  | 250                |
| 0.3                  | From Market Place <b>bear right</b> to go uphill on Bargate and follow the lane around to the left; which becomes Pindale Road.   | 400                |
| 0.7                  | Take <b>right fork</b> to continue uphill on the lane (Siggate)   | 1050               |
| 1.7                  | Take <b>right fork</b> and continue on lane.  | 250                |
| 2.0                  | Take <b>right for</b> k onto stoney track <b>OR</b> continue <b>straight on</b> lane (your choice - same distance)  | 500                |
| 2.5                  | Option to switch between stoney track and tarmac lane   | 500                |
| 3.0                  | If on stoney track, <b>turn left</b> through gate to re-join tarmac lane. Otherwise continue on lane.   | 1600               |
| 4.6                  | Turn left onto lane, head past stone barn and downhill towards Bradwell   | 700                |
| 5.3                  | Continue downhill on lane, ignoring right turn  | 400                |
| 5.7                  | Continue <b>straight</b> on towards village   | 350                |
| 6.0                  | At corner of playing field in <b>Bradwell turn right</b> down <b>Town Lane</b> and then <b>right</b> on main road (Netherside) towards UK Petroleum garage. Take <b>CARE</b> crossing road. | 550                |
| 6.6                  | After church <b>turn left</b> as main road bends right, and then go <b>straight</b> into pedestrianised section to climb steps.   | 300                |
| 6.9                  | At top of steps <b>continue</b> in <b>same direction</b> and (as lane bends to right), <b>straight</b> onto <b>Bessie Lane</b> . After a few yards <b>fork left</b> downhill into a dip.    | 100                |
| 7.0                  | As lane starts to climb take <b>right fork</b> onto <b>Edge Lane</b>  | 200                |
| 7.2                  | At end of <b>Edge Lane</b> go <b>straight uphill</b> on bridleway. After gate follow bridleway as it <b>swings right</b> to head diagonally uphill towards <b>Bradwell Edge</b>             | 200                |
| 7.4                  | At stone pillar <b>turn left</b> onto level path and after 20 metres <b>switch back right</b> to continue climbing.   | 350                |
| 7.7                  | Continue on path between stone wall and gorze, ignoring stile on right.   | 50                 |

| aum                                     | <b>IIII Dridge</b> (Note: 50&33-mile events start with Section 6 of the 100-mile route)  |                                  |
|---|--|----------------------------------|
| Acc<br>Distance<br>from last<br>CP (km) | Instruction  | Distance to next instruction (m) |
| 7.8                                     | Go through squeeze stile and continue in same direction.   | 170                              |
| 7.9                                     | Go <b>through another squeeze stile</b> in right hand corner of field and coninue along right hand edge of field.  | 160                              |
| 8.1                                     | Go through gate and immediately over stile, and turn right to follow track.  | 670                              |
| 8.8                                     | Continue on track in same direction, ignoring right turn onto tarmac road.   | 500                              |
| 9.3                                     | Stay on main track as it swings to left at "Wolf's Pit".   | 1070                             |
| 10.3                                    | <b>Follow track</b> as it bends <b>right</b> past mast and heads downhill with <b>Hathersage</b> village and church in the distance.                                   | 690                              |
| 11.0                                    | As track swings sharp left <b>turn right</b> through gate at footpath finger post sign, and follow grassy track around the hill side and then down.                    | 1360                             |
| 12.4                                    | At end of track near farm, <b>turn right</b> onto tarmac lane.   | 380                              |
| 12.8                                    | Bear left off lane at footpath sign to follow path diagonally down the hill.   | 340                              |
| 13.1                                    | At end of footpath <b>turn left</b> through farm yard and <b>through gap in wall</b> . Take footpath dropping steeply down, <b>diagonally right</b> , and enter woods. | 160                              |
| 13.3                                    | Turn left and follow path as it descends through the woods.  | 320                              |
| 13.6                                    | At edge of woods go through gate and <b>continue on grassy path</b> , which swings right downhill to gate.   | 210                              |
| 13.8                                    | Go through gate and <b>turn right</b> to follow track as it heads uphill and bends to the left.  | 270                              |
| 14.1                                    | As track meets tarmac lane at <b>Mount Pleasant farm turn sharp left</b> to follow footpath <b>diagonally down hill</b> across field, towards rocky edge in distance.  | 400                              |
| 14.5                                    | Go over <b>stone stile</b> next to decrepit gate. <b>Continue on footpath</b> as it drops down steps towards river, and across field with river on your left.          | 300                              |
| 14.8                                    | Go through gate next to Leadmill Bridge and turn left along main road.   | 100                              |
| 14.9                                    | Take the <b>first right turn</b> onto track leading to <b>Harper Lee</b> farm. Go past sewage works to reach <b>CP 6: LEADMILL BRIDGE</b>                              | 400                              |

# Peak District 100, 50 & 33: Section 7: Leadmill Bridge to Baslow

| Acc       |  | Distance to |
|-----------|--|-------------|
| Distance  | Instruction  | next        |
| from last | IIISCI UCCIOII   | instruction |
| CP (km)   |  | (m)         |
| 0         | From CP 6 follow tarmac track south alongside river.   | 350         |
| 0.4       | Immediately before cattle grid <b>bear right</b> through gate onto footpath through field, signed <b>Derwent Valley Heritage Way</b> . | 750         |
| 1.1       | Enter Copice Wood and continue on path alongside river.  | 1300        |
| 2.4       | Cross concrete bridge and take <b>right fork</b> to continue on path parallel to river.  | 600         |
| 3.0       | Go through gate at end of path at <b>Grindleford</b> and <b>turn right</b> along road.   | 100         |
| 3.1       | Immediately after church yard <b>turn left</b> onto footpath (track)   | 300         |
|           | As track bends right <b>turn left</b> to take footpath through gap in wall and uphill into   |             |
| 3.4       | <b>Hay Wood. Continue up on most prominent path</b> ignoring any paths to left or right.   | 670         |
| 4.1       | At fork in path next to <b>two narrow tree trunks with no branches</b> , take the <b>right fork</b>                                    | 70          |
| 4.1       | Turn right onto level path which soon starts to rise gently  | 160         |
| 4.3       | Go past side of kissing gate and take path on <b>right.</b>  | 50          |
| 4.4       | Merge onto path going to right, and go slighly downhill towards fence post. Drop down to cross stream and up to road.                  | 200         |
| 4.6       | Turn right on road, cross with CARE, and head through pedestrian gate next to  | 100         |
|           | larger white gate on opposite side.  |             |
| 4.7       | Follow main path as it winds its way up and along Froggatt Edge  | 750         |
| 5.4       | Go through gate and continue on path along Curbar Edge.  | 1450        |
| 6.9       | Follow foopath arrow on main path as it <b>swings left</b> and <b>then right</b> to regain the edge.                                   | 1300        |

| Acc Distance from last CP (km) | Instruction   | Distance to next instruction (m) |
|--------------------------------|---|----------------------------------|
| 8.2                            | Go through white gate and <b>turn right</b> on footpath which drops down to road. <b>Cross road and continue on path</b> along <b>Baslow Edge</b> .                       | 1250                             |
| 9.4                            | At end of <b>Baslow Edge</b> (just beyond large rock formation) take track going round to <b>right</b> and follow it as it starts to meander down towards <b>Baslow</b> . | 350                              |
| 9.8                            | Go through gate and <b>continue downhill</b> on track.  | 620                              |
| 10.4                           | At Ladywell Farm, continue on track as it swings right and then left. Go steeply downhill as track becomes a tarmac lane.   | 490                              |
| 10.9                           | At road junction with grass triangle <b>turn left</b> on <b>Eaton Hill</b> and follow road down into village.   | 410                              |
| 11.3                           | At main road, cross using pelican crossing on right to reach CP 7: BASLOW VILLAGE HALL.   | 100                              |
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### Peak District 100 & 50: Section 8: Baslow to Darley Dale

|   |   | -                                |
|---|---|----------------------------------|
| Acc<br>Distance<br>from last<br>CP (km) | Instruction  Note: The shaded area is a diversion of the normal public right of way and is for use durng the race only. On training/recce runs follow the Derwent Valley Heritage Way into Chatsworth estate. | Distance to next instruction (m) |
| 0                                       | From <b>CP 7 turn right</b> and follow road past public toilets and car park to river bridge.   | 60                               |
| 0.1                                     | Turn right onto lane signposted Chatsworth  | 200                              |
| 0.3                                     | At Plantation Cottage <b>turn right</b> through metal kissing gate and head across field to stone footbridge.   | 50                               |
| 0.3                                     | After bridge continue <b>straight ahead</b> and, at far side of field, <b>bear left</b> to follow diverted footpath.  | 270                              |
| 0.6                                     | At tarmac track <b>turn left</b> and follow the track   | 880                              |
| 1.5                                     | <b>Turn right</b> to cross <b>temporary bridge</b> over river, and then <b>left</b> to follow diverted path parallel to the river until reaching the permanent bridge close to <b>Chatsworth House.</b>       | 1150                             |
| 2.6                                     | Cross road and <b>continue on footpath</b> signposted <b>Beeley</b> and <b>Carlton Lees</b> , keeping river on your left. <b>Head towards steps</b> that can be seen in the distance.                         | 700                              |
| 3.3                                     | At top of steps take <b>higher path</b> which bears <b>slightly right</b> towards <b>Carlton Lees</b> .   | 800                              |
| 4.1                                     | <b>Turn left</b> on road and head through blue gate next to cattle grid. Follow footpath along bottom of car park at <b>Carlton Lees</b> .  | 400                              |
| 4.5                                     | At end of car park go <b>straight on</b> along lane.  | 300                              |
| 4.8                                     | At road junction with grass island turn left, signed Rowsley  | 170                              |
| 5.0                                     | After houses with blue doors & drains, go over stile at end of lane and <b>turn left</b> , signed <b>Rowsley</b>  | 230                              |
| 5.2                                     | Go over <b>stile on your left</b> and <b>turn right</b> down hill to continue in same direction (south) on <b>Derwent Valley Heritage Way</b> .   | 150                              |
| 5.4                                     | Continue in <b>same direction</b> across two large open fields towards trees in distance.   | 950                              |
| 6.3                                     | Go through pedestian <b>gate</b> (footpath arrow) on <b>right hand side</b> and continue south on path, with river on your left   | 180                              |

| Acc<br>Distance<br>from last<br>CP (km) | Instruction   | Distance to next instruction (m) |
|---|---|----------------------------------|
| 6.5                                     | Go through gate and <b>continue on footpath</b> along right hand side of field, as river snakes away and then back towards path                         | 190                              |
| 6.7                                     | At end of fields go through gate and follow track in <b>same direction</b> through to <b>Rowsley</b>  | 730                              |
| 7.4                                     | At end of track in Rowsley turn left on road and then turn left at end onto main road (A6)  | 400                              |
| 7.8                                     | After <b>Grouse &amp; Claret</b> pub <b>turn right</b> into industrial area and immediately <b>turn right</b> into car park.                            | 10                               |
| 7.8                                     | Go diagonally across car park onto footpath (Derwent Valley Heritage Way) heading south alongside river   | 450                              |
| 8.3                                     | Remain on path closest to river, DO NOT go over wooden walkway.   | 1040                             |
| 9.3                                     | Follow path as it <b>swings left</b> to cross bridge over culvert (on private road) and then <b>right</b> to continue alongside river                   | 140                              |
| 9.5                                     | <b>Turn right</b> along track and then take path to the <b>right hand side of railway</b> line, remaining close to the river; signed <b>Church Town</b> | 180                              |
| 9.6                                     | Go over stile and <b>follow Derwent Valley Heritage Way</b> along left hand side of field. Continue in <b>same direction</b> over a number of fields.   | 1200                             |
| 10.8                                    | Go over stile next to gate as path becomes a track. <b>Continue on track</b> towards houses at <b>Church Town</b> .                                     | 380                              |
| 11.2                                    | Go <b>straight on</b> along road past <b>Church Town school</b> and <b>turn right</b> at T-junction onto main road                                      | 200                              |
| 11.4                                    | After church yard <b>turn right</b> through gate onto footpath across fields. Head <b>diagonally left</b> skirting past corner of fence.                | 520                              |
| 11.9                                    | <b>Continue on footpath</b> heading to the left of cricket ground. Join track with white fence on your right.   | 180                              |
| 12.1                                    | Go through cricket ground car park and <b>turn right</b> on road. Follow road around towards <b>Square and Compass</b> pub.                             | 220                              |
| 12.3                                    | CP 8: DARLEY DALE is on right hand side opposite Square and Compass.  |                                  |

# Peak District 100 & 50: Section 9: Darley Dale to Monyash (1)

| Acc<br>Distance<br>from last<br>CP (km) | Instruction   | Distance to next instruction (m) |
|---|---|----------------------------------|
| 0                                       | From CP 8 follow road in same direction over river bridge into village.   | 60                               |
| 0.1                                     | Follow road as it swings right and then left.   | 120                              |
| 0.2                                     | Turn right onto road signed Stanton Lees  | 400                              |
| 0.6                                     | Fork left onto lane 'unsuitable for motor vehicles' as main road swings right   | 720                              |
| 1.3                                     | At end of tarmac <b>follow unpaved track</b> which swings right and then left up the hill. <b>DO NOT</b> go down through gate posts                           | 300                              |
| 1.6                                     | Stay on track as it swings left and continues to meander up hill  | 1250                             |
| 2.9                                     | Continue straight on track, ignoring footpaths on left and right  | 400                              |
| 3.3                                     | Continue on track as it meanders through farm buildings   | 120                              |
| 3.4                                     | At end of track <b>turn right</b> and follow lane into <b>Birchover</b> village.  | 420                              |
| 3.8                                     | At 'T' junction with grass triangle <b>turn left</b> along road   | 240                              |
| 4.0                                     | At <b>Druids Inn, bear left</b> onto track with dead end sign.  | 220                              |
| 4.3                                     | Continue <b>straight on</b> track signposted <b>Rocking Stone Cottage</b>   | 180                              |
| 4.4                                     | Go <b>straight on</b> where track switches back and follow track around to left; ignoring footpath sign on right.   | 90                               |
| 4.5                                     | Take <b>left fork</b> up slight rise to gate & stone stile. <b>Continue on track</b> as it starts to drop.  | 200                              |
| 4.7                                     | Go through <b>right hand gate</b> and take path which descends to road. Rocks of <b>Robin Hood's Stride</b> visible across valley. Take <b>CARE</b> on steps. | 180                              |

| Acc<br>Distance      | Instruction   | Distance to next   |
|----------------------|---|--------------------|
| from last<br>CP (km) |   | instruction<br>(m) |
| 4.9                  | Go through gate and cross wooden boardwalk (SLIPPERY if wet). At road <b>turn left</b> and take <b>CARE</b> for traffic (fast road)   | 150                |
| 5.1                  | Turn right onto lane and then immediate right onto Limestone Way  | 350                |
| 5.4                  | Bear left onto grassy footpath (Limestone Way) as track swings right.   | 200                |
| 5.6                  | Go through gate into access land and continue on footpath with the rocks of Robin Hood's Stride on your left  | 120                |
| 5.7                  | At brow of hill <b>turn left</b> to go over stile and, after 20 metres, <b>turn right</b> across fields on Limestone Way. Farm visible in distance to left of path.         | 430                |
| 6.2                  | At road go <b>straight on</b> along track to <b>Harthill Moor Farm</b> . <b>DO NOT</b> follow the Limestone Way   | 150                |
| 6.3                  | At farm <b>turn left</b> towards barns and then <b>turn right</b> following painted footpath sign   | 100                |
| 6.4                  | Go over stile and head for small wooden gate (next to main gate) 60 metres further on. <b>Bear left</b> on faint path skirting round side of hill.                          | 200                |
| 6.6                  | With village of <b>Youlgreave</b> visible ahead, <b>descend to left</b> . Go over stile and <b>turn right</b> to join track (rejoin Limestone Way) adjacent to power lines. | 370                |
| 7.0                  | <b>Turn right</b> at stone gate posts just after tree to take footpath down field, towards <b>Youlgreave</b> in the distance  | 280                |
| 7.3                  | <b>Follow footpath down into dip</b> and then up the other side on the same trajectory  | 430                |
| 7.7                  | <b>Continue on footpath</b> as it becomes a stoney track and then reverts back to grass. Head towards houses, with <b>Youlgreave church</b> on hill behind.                 | 320                |
| 8.0                  | At road <b>turn right</b> down hill (signed Limestone Way)  | 100                |
| 8.1                  | <b>Turn left</b> on far side of bridge in <b>Youlgreave</b> to take footpath alongside river, passing 'unsuitable for motor vehicles' sign                                  | 130                |
| 8.2                  | Continue along side of river, ignoring path on the right.   | 350                |

# Peak District 100 & 50: Section 9: Darley Bridge to Monyash (2)

|   | <u> </u>  |                                  |
|---|---|----------------------------------|
| Acc<br>Distance<br>from last<br>CP (km) | Instruction   | Distance to next instruction (m) |
| 8.6                                     | Go through gate or squeeze stile, <b>cross bridge</b> and continue on <b>footpath on opposite bank</b> , signed Limestone Way   | 1080                             |
| 9.7                                     | <b>Turn right</b> over stone footbridge and follow path which zig-zags up hill through woods, signed Limestone Way  | 70                               |
| 9.7                                     | Fork left to pass remains of stone building (signed Limestone Way)  | 370                              |
| 10.1                                    | Go through gap in wall and <b>turn right</b> along road (signed Limestone Way). <b>Continue on road</b> as it bends right and up small hill                                 | 360                              |
| 10.5                                    | <b>Turn left</b> onto footpath up hill across field as road bends right (signed Limestone Way)  | 140                              |
| 10.6                                    | Go over stile to road and turn left along road, ignore footpath opposite  | 100                              |
| 10.7                                    | Bear right through gate to go diagonally up hill on footpath (Limestone Way)  | 240                              |
| 10.9                                    | Follow the most well trodden path as it meanders uphill and round to the right.   | 140                              |
| 11.1                                    | Go <b>through wooden gate</b> in right hand corner of field and <b>follow footpath</b> between wall on right and trees on left  | 130                              |
| 11.2                                    | Continue <b>straight ahead</b> on wider track towards gate at end   | 100                              |
| 11.3                                    | At road <b>turn left</b>  | 160                              |
| 11.5                                    | At road junction head <b>through squeeze stile on opposite side of road</b> . Head <b>diagonally across field</b> s in direction of footpath sign towards trees in distance | 300                              |
| 11.8                                    | Go over stone stile and cut <b>diagonally across corner of field</b> to next stone stile. <b>Continue</b> on path on <b>same trajectory</b>                                 | 680                              |
| 12.5                                    | Go through wooden gate and head for stone stile & wooden gate at other side of woods. <b>Continue diagonally</b> across next field.   | 350                              |
| 12.8                                    | Go <b>through kissing gate</b> and <b>continue diagonally</b> to next gate in stone wall (signed Limestone Way)   | 100                              |

|   | •  |                                  |
|---|--|----------------------------------|
| Acc<br>Distance<br>from last<br>CP (km) | Instruction  | Distance to next instruction (m) |
| 12.9                                    | Go through kissing gate into woods, and continue in same direction through 3 more gates.                                       | 130                              |
| 13.0                                    | After emerging from woods into open farm land go diagonally down field towards gate in right hand wall                         | 80                               |
| 13.1                                    | Continue downhill, signposted Cales Dale. Lathkill Dale visible over to the right.   | 560                              |
| 13.7                                    | Go <b>through kissing gate</b> and take <b>CARE</b> going down <b>steep steps</b> into bottom of dale                          | 90                               |
| 13.8                                    | At path junction in bottom of dale <b>turn right</b> on path signed <b>Lathkill Dale</b>                                       | 290                              |
| 14.1                                    | Go <b>over wooden footbridge</b> in <b>Lathkill Dale</b> and <b>turn left</b> to follow path through upper reaches of the dale | 1180                             |
| 15.2                                    | Go through squeeze stile and continue through dale as it gets shallower  | 420                              |
| 15.7                                    | As you emerge from dale, go through gate and continue on footpath in <b>same direction</b>                                     | 550                              |
| 16.2                                    | Turn left on road towards Monyash village. Take CARE where no pavement.  | 720                              |
| 16.9                                    | Take <b>right fork</b> along right hand side of village green, past <b>Bull's Head pub</b>                                     | 80                               |
| 17.0                                    | Turn right on Chapel Street  | 100                              |
| 17.1                                    | Enter CP 9: MONYASH in Methodist Church on right hand side   |                                  |
|   |  |                                  |
|   |  |                                  |
|   |  |                                  |

### Peak District 100 & 50: Section 10: Monyash to Monsal Head

| Acc       |  | Distance to |
|-----------|--|-------------|
| Distance  | Instruction  | next        |
| from last |  | instruction |
| CP (km)   |  | (m)         |
| 0         | From CP 9 continue in same direction along Chapel Street   | 190         |
| 0.2       | <b>Turn right</b> (signed Shelton) and then <b>immediately left</b> onto footpath just beyond national speed limit road sign   | 210         |
| 0.4       | Go over stone stile and continue <b>across fields</b> in <b>same direction</b> , heading to left hand side of large cluster of farm buildings ahead                                      | 600         |
| 1.0       | Immediately after farm <b>turn right</b> over stone stile and continue on footpath, marked with improvised red plastic signs   | 200         |
| 1.2       | Follow path with edge of woods on your left, looking for red signs at stiles   | 480         |
| 1.7       | Continue <b>straight ahead</b> , ignoring footpath on right. Join foopath between two walls past ' <b>Hard Rake</b> ' sign.  | 470         |
| 2.2       | At road go <b>straight on</b> at slightly offset junction to continue in same direction on track which meanders down hill. <b>Deepdale</b> visible ahead.                                | 340         |
| 2.5       | Turn right through gate onto footpath along left hand side of wall.  | 410         |
| 2.9       | Follow blue footpath sign to go through <b>gate on right</b> and continue in <b>same direction</b> on <b>opposite side of wall</b>   | 1350        |
| 4.3       | Follow path as it <b>bends right</b> away from wall and up small rise. <b>Continue on path</b> as it meanders right and then left  | 250         |
| 4.5       | At path junction go downhill following signs for <b>White Lodge</b> and <b>Monsal Dale</b> . <b>Continue on path</b> as it bends left and downhill into trees                            | 170         |
| 4.7       | At junction go <b>over stile</b> and <b>turn right</b> onto stoney path around side of hill, signed <b>White Lodge</b> & <b>Monsal Date</b> . <b>DO NOT</b> go down bridleway towards A6 | 130         |
| 4.8       | Continue on path <b>straight ahead</b> towards car park and A6 road  | 200         |
| 5.0       | Go past end of Wye Valley/White Lodge car park. Take CARE crossing A6. Go though squeeze stile opposite and diagonally down on footpath into woods                                       | 130         |
| 5.1       | Once into woods take path that <b>swings right</b> , and continue through woods with river on your right hand side, signed <b>Monsal Head</b>  | 1310        |

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|---|---|----------------------------------|
| Acc<br>Distance<br>from last<br>CP (km) | Instruction   | Distance to next instruction (m) |
| 6.4                                     | <b>Bear right</b> to <b>cross footbridge</b> over river, 100 metres prior to weir. <b>Turn left</b> to follow path uphill on opposite side of river | 1000                             |
| 7.4                                     | At top of climb at Monsal Head continue in same direction down hill on steps, signed Upperdale & Monsal Viaduct                                     |                                  |
|   | YOUR ROUTE HAS NOW MERGED WITH THE 33 MILE ROUTE (Sect 10B)   |                                  |
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### Peak District 100, 50 & 33: Section 10B: Monsal Head to Miller's Dale

| Acc       |   | Distance to |
|-----------|---|-------------|
| Distance  |   | next        |
| from last | NB. Accumulative distance is from Monsal Head   | instruction |
| CP (km)   |   | (m)         |
|           | From the footpath signpost next to the small car park at Monsall Head:  |             |
| 0         | go <b>down the steep steps</b> , signed <b>Upperdale</b> & <b>Monsal Viaduct</b> , and follow path down towards valley bottom.      | 150         |
| 0.2       | At path junction by bench go <b>straight on</b> down hill, signed <b>Monsal Dale</b> ( <b>NOT</b> Monsal Viaduct).                  | 350         |
| 0.5       | When path meets a track <b>turn left</b> on track and continue to cross footbridge over river.                                      | 100         |
|           | Turn right onto footpath on far side of wire fence (signed Brushfield and   |             |
| 0.6       | <b>Taddington Dale</b> ) and head up hill towards Monsal Trail (former railway line). <b>BE CAREFUL OF BARBED WIRE NEXT TO PATH</b> | 200         |
| 0.8       | At footbridge <b>turn right</b> through gate and drop down onto the <b>Monsal Trail</b> .   | 900         |
| 1.7       | Contine straight on through Cressbrook Tunnel and Litton Tunnel   | 3500        |
|           | Just after viaduct <b>turn right</b> into old station yard to reach   |             |
| 5.2       | CP 10: MILLERS DALE.  |             |

# Peak District 100, 50 & 33: Section 11: Miller's Dale to Castleton (1)

| Acc                  |   | Distance to        |
|----------------------|---|--------------------|
| Distance             | Instruction   | next               |
| from last<br>CP (km) |   | instruction<br>(m) |
|                      | From <b>CP 10</b> go out of old station yard <b>though car park</b> to road, and <b>turn left</b>   | (111)              |
| 0                    | uphill.   | 130                |
|                      | At first bend in road <b>turn right</b> onto footpath and <b>descend towards church</b> ;   |                    |
| 0.1                  |   | 70                 |
|                      | which is nestling amongst trees at bottom.  |                    |
| 0.2                  | Pass Monk's Dale Nature Reserve sign and continue in same direction downhill.   | 100                |
| 0.3                  | Go <b>through gate</b> and <b>follow path</b> through switch backs and past church to meet the road.  | 60                 |
| 0.4                  | <b>Turn left</b> on road and then <b>fork left</b> onto lane heading <b>steep uphill</b> ; past 'Except for Access' signs.  | 140                |
| 0.5                  | Turn very sharp left through gate and head uphill on Limestone Way.   | 140                |
| 0.6                  | Straight on through five-bar gate.  | 90                 |
| 0.7                  | Go <b>straight on</b> onto concrete track into farm yard. Then <b>turn left</b> to go through gate on <b>right hand side of house</b> (next to old plough). Signed Limestone Way. | 50                 |
| 0.8                  | Follow track as it winds it way gradually up hill   | 470                |
| 1.3                  | Continue <b>straight on</b> through gate (blue footpath sign).  | 550                |
| 1.8                  | Go <b>through gate</b> to track junction and <b>turn left</b> onto track which then swings right.   | 840                |
| 2.6                  | At crossroads <b>turn left</b> on road downhill, signed Pennine Bridleway.  | 710                |
| 3.4                  | At bottom of hill <b>turn right</b> onto footpath and head into dale, signed Limestone Way.   | 350                |
| 3.7                  | Go between gate posts and follow footpath through middle of open ground.  | 1200               |
| 4.9                  | Go <b>over stile</b> onto road and <b>turn right</b> . After a few yards <b>turn left</b> on footpath to continue through the dale.   | 250                |

| Cus                                     |  |                                  |
|---|--|----------------------------------|
| Acc<br>Distance<br>from last<br>CP (km) | Instruction  | Distance to next instruction (m) |
| 5.2                                     | Go <b>though gate</b> and continue in <b>same direction</b> on path through <b>Hay Dale Nature Reserve</b> .   | 850                              |
| 6.0                                     | Go <b>over stile</b> and continue in <b>same direction</b> on track.   | 200                              |
| 6.2                                     | As track starts to bend right and climb, <b>turn left</b> onto footpath at finger post. Continue on footpath keeping dry stone wall on your left.    | 400                              |
| 6.6                                     | Ignore faint path to contine on same path at side of wall.   | 600                              |
| 7.2                                     | Continue on same path as it passes <b>alongside large farm buildings</b> , on your left.   | 250                              |
| 7.5                                     | At end of farm buildings go <b>over step stile</b> and continue in <b>same direction</b> up the hill, signed <b>Peak Forest</b> .                    | 70                               |
| 7.5                                     | As gradient levels go slightly <b>diagonally left</b> to go over high stile at wall, and <b>continue in same direction</b> .                         | 180                              |
| 7.7                                     | Continue in <b>same direction</b> crossing over 3 more stiles, and head through scrub land towards white house on road at <b>Peak Forest</b> village | 350                              |
| 8.1                                     | At main road, cross with <b>CARE</b> , <b>turn left</b> and continue past <b>Devonshire Arms</b> to traffic lights.                                  | 250                              |
| 8.3                                     | At traffic lights <b>turn right</b> onto lane signed <b>Perryfoot</b> and <b>Pennine Bridleway</b> .   | 400                              |
| 8.7                                     | As road bends left at junction go <b>straight ahead</b> and then <b>immediate right</b> on <b>Old Dam Lane</b> past cottage with beige end.          | 500                              |
| 9.2                                     | <b>Turn left</b> onto lane (signed ' <b>Access to Oxlow End</b> ') and go down slight hill towards farm and houses.                                  | 200                              |
| 9.4                                     | At end of driveway <b>turn right</b> to go through metal gate and <b>follow bridleway</b> whichs winds it way up through trees.                      | 800                              |
| 10.2                                    | Continue <b>through silver gate</b> and go <b>straight ahead</b> on track towards brow of hill,  | 400                              |
| 10.6                                    | Go <b>straight ahead</b> through gate onto grassy track. <b>Mam Tor</b> now visible in the distance to your left (if clear and daylight).            | 300                              |

# Peak District 100, 50 & 33: Section 11: Miller's Dale to Castleton (2)

| Distance to next from last CP (km)  10.9 Go through gate at footpath/bridgeway sign and turn left along field, with wall on your left  11.6 Go through gate and continue straight ahead through gate on far side of track.  11.7 After next gate bear diagonally right on foopath signed Castleton. Win Hill visible straight ahead in distance (if clear / daylight)  12.0 As path descends to meet another path go straight ahead on path up a small rise.  12.3 At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.  12.8 Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  14.2 Cross road with CARE and enter the Peveril Centre to FINISH.  50 |         |   |             |
|--|---------|---|-------------|
| from last CP (km)  10.9 Go through gate at footpath/bridgeway sign and turn left along field, with wall on your left  11.6 Go through gate and continue straight ahead through gate on far side of track.  100  11.7 After next gate bear diagonally right on foopath signed Castleton. Win Hill visible straight ahead in distance (if clear / daylight)  12.0 As path descends to meet another path go straight ahead on path up a small rise.  12.3 At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.  12.8 Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.6 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  |         |   | Distance to |
| 10.9 Go through gate at footpath/bridgeway sign and turn left along field, with wall on your left  11.6 Go through gate and continue straight ahead through gate on far side of track.  11.7 After next gate bear diagonally right on foopath signed Castleton. Win Hill visible straight ahead in distance (if clear / daylight)  12.0 As path descends to meet another path go straight ahead on path up a small rise.  12.3 At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.  12.8 Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  |         | Instruction   |             |
| 10.9 Go through gate at footpath/bridgeway sign and turn left along field, with wall on your left  11.6 Go through gate and continue straight ahead through gate on far side of track.  100  11.7 After next gate bear diagonally right on foopath signed Castleton. Win Hill visible straight ahead in distance (if clear / daylight)  12.0 As path descends to meet another path go straight ahead on path up a small rise.  12.3 At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.  12.8 Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.   |         |   |             |
| 11.6 Go through gate and continue straight ahead through gate on far side of track.  11.7 After next gate bear diagonally right on foopath signed Castleton. Win Hill visible straight ahead in distance (if clear / daylight)  12.0 As path descends to meet another path go straight ahead on path up a small rise.  12.3 At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.  12.8 Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.   | CP (km) |   | (m)         |
| on your left  11.6 Go through gate and continue straight ahead through gate on far side of track.  11.7 After next gate bear diagonally right on foopath signed Castleton. Win Hill visible straight ahead in distance (if clear / daylight)  12.0 As path descends to meet another path go straight ahead on path up a small rise.  12.3 At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.  12.8 Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.   | 10.0    | Go through gate at footpath/bridgeway sign and turn left along field, with wall   | 700         |
| After next gate bear diagonally right on foopath signed Castleton. Win Hill visible straight ahead in distance (if clear / daylight)  12.0 As path descends to meet another path go straight ahead on path up a small rise.  12.3 At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.  12.8 Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.   | 10.5    | on your left  | 700         |
| After next gate bear diagonally right on foopath signed Castleton. Win Hill visible straight ahead in distance (if clear / daylight)  12.0 As path descends to meet another path go straight ahead on path up a small rise.  12.3 At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.  12.8 Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.   | 11 6    | Go through gate and continue straight ahead through gate on far side of track   | 100         |
| 12.0 As path descends to meet another path go straight ahead on path up a small rise.  12.3 At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.  12.8 Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.   | 11.0    | oo tiirougii gate ana continue straight aneaa tiirougii gate on iar side or track.  | 100         |
| visible straight ahead in distance (if clear / daylight)  12.0 As path descends to meet another path go straight ahead on path up a small rise.  12.3 At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.  12.8 Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.   | 44.7    | After next gate bear diagonally right on foopath signed Castleton. Win Hill   | 200         |
| rise.  At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.  12.8 Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  | 11./    | visible straight ahead in distance (if clear / daylight)  | 300         |
| rise.  At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.  12.8 Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  |         | As path descends to meet another path go straight ahead on path up a small  |             |
| 12.3 At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.  12.8 Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  | 12.0    |   | 300         |
| straight ahead in the distance.  Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  380  13.5 Turn sharp right onto path alongside wall.  370  370  380  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  |         |   |             |
| Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  380  13.5 Turn sharp right onto path alongside wall.  370  13.9 Go through metal gate to follow track down towards village.  80  14.0 Continue in same direction as track becomes a tarmac lane into the village.  140  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  | 12.3    | ·   | 450         |
| visible below.  13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.   |         | straight ahead in the distance.   |             |
| 13.2 Turn very sharp left as path switches back and continues down hill.  13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.   | 12.8    | Go over stile and <b>bear slightly left</b> downhill on footpath, with <b>Castleton</b> village   | 400         |
| 13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  110  |         | visible below.  | 400         |
| 13.5 Turn sharp right onto path alongside wall.  13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  110  |         |   |             |
| 13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  110   | 13.2    | Turn very sharp left as path switches back and continues down hill.   | 380         |
| 13.9 Go through metal gate to follow track down towards village.  14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  110   | 12 5    | Turn charm right anto noth alongside wall   | 270         |
| 14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  | 13.5    | Turn <b>snarp right</b> onto path alongside wall.   | 370         |
| 14.0 Continue in same direction as track becomes a tarmac lane into the village.  14.1 Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.  | 13.9    | Go through metal gate to follow track down towards village.   | 80          |
| Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.   |         | 00 tim 0 tig. 1 meetin gane to 10 me in and |             |
| Turn left onto footpath through Peak Cavern (Devil's Arse) car park, just before stone bridge.   | 14.0    | Continue in <b>same direction</b> as track becomes a tarmac lane into the village.  | 140         |
| stone bridge.  |         |   |             |
| stone bridge.  | 14.1    |   | 110         |
| 14.2 Cross road with CARE and enter the Peveril Centre to FINISH. 50   |         | stone bridge.   |             |
| 17.2 Closs toda with CARE dia cliter the reveil Centre to I III 1311.  | 14 2    | Cross road with CARE and enter the Peveril Centre to FINISH   | 50          |
|  | 17.2    | CIOSTONA WITH CARL AND CHIEF THE FEVERIFICATION CONTROL TO THAISTI.   |             |