

Description of location	Km	Description of route to next check point
Public car park, Hope	0	Turn right out of the car park, headed east along the A6187, towards Sheffield. Half a km later you will cross the River Noe & see a caravan site on your right. Just here, turn left up Aston Lane . Another 300m under the railway bridge (35), turn right onto the public footpath, by the green railings. Follow the path towards a metal gate (150m) just on the horizon. Through the gate, veer left headed for the right-h& side of a small clump of trees, past these & then for where the hedgerow meets the fence. Through the fence/hedge & contour along the hill. (Do not veer left uphill). On the horizon you will see a farm building with a small triangular roof on its left. Head for this, via a small wooden bridge over a ditch. Pass the farm building so that it is on your left. From the concrete hard-standing & onto the obvious track ahead of you. 400m later you will see a big house up to your left & there will be a junction in the track, with a footpath sign on the grass. Follow the footpath diagonally across the grass, headed for a small house, through the hedgerow. Cross the stream just left of the house (chickens) & follow the path uphill until you reach the rd.
Bamford Mill	4.2	Turn right onto the road. Walk down the road for 500m, & where there is a strip of woodland touching the left side of the road , & the road bends rightwards, look to regain the path just to your left, by a metal gate. Onto the path, turn right. Stay in this direction, through some fields (with horses maybe), keeping the fence/hedge on your right, & under some telegraph cables. The path brings you to a minor road with some houses. Left turn, 20m, right turn & back onto the path, leading you downhill now. Down some steps, through an oblique crossing of paths, headed down & right towards a house on the left at the bottom. (They'll be asleep & will be grateful not to be woken). Down to the road, & just in front of you, right of the driveway for Carr View Farm is a path leading down & to the Thornhill Trail. Continue down the path, headed in the direction of Bamford Mill .
Cross the Thornhill Trail	3.5	Cross the Thornhill Trail & the path will lead you down & rightwards following some well-marked posts. Down towards the trail/hedgerow. Right turn along the trail & you will shortly see some mill buildings ahead – head this way. The path brings you to a footbridge over the weir & when you have finished taking pictures of this idyl, follow the path round the mill buildings & to the lane. Turn left so that the black metal railings are on your left & the knee high wooden rail is on your right. Up to the main road in Bamford .
Once you get to the main road, at the top of the Hollow, head directly over the road, & along a footpath between houses. This will bring you through a small field & out onto Joan Lane. Turn right & continue along this, past Saltergate Lane, & onwards to a fork in the road/track. Take the right fork continuing up Hurstclough Lane. Stay on this byway now, always going UPHILL. Do not take the right turn at the farm, nor the right onto the bridleway. Stay left on the byway going UPHILL all the way until you get to Coggers Lane. Left turn up to the small Dennis Knoll car park (with the woods either side of the road). Continue uphill up the dusty track (Long Causeway) headed for Stanage Edge. As you gain height, (almost there!), you'll see outcrops of rocks to your left. Eventually you'll be at the top! Key thing now is to stay at the top. Shortly you'll see the track veering off left – ignore that, stay on the rutted path with the rocks down to your right. Ignore also the bridleway that leads down to the plantation. Just follow the edge in a South Easterly direction, keeping the edge on your right & moorland on your left.		
Stanage Edge (the HIGHEST hill)	11.8	As you continue along the edge, the ground rises to a small white pillar (the trig point). Just before this, is a track that goes off to the right – IGNORE THIS – continue instead round to the left, & then downhill to a car park, which you will see about half a mile ahead, with breakfast butties & a brew waiting for you!
Car park before Burbage Edge	12.7	Look out for a marshal here & have a breakfast bite & brew. Follow the obvious track that is to the right of & below the rocks opposite.
Toads Mouth / A6187	15.8	Come to the end of this track, through the gates, you will see a bus stop & opposite, a gate. Go through the gate to enter the Longshaw Estate. Follow it around to the left until you reach the road & white gate.
Driveway to Longshaw Lodge	16.3	Cross the road & head along the driveway towards the Longshaw Lodge about 100m down. (Nb If you need water, there is an outdoor tap around the side of the café). Turn left <i>before</i> the café/building, up a driveway & then round to your right headed for Wooden Pole, behind the building now. Through the woods & out through a gate onto a trail. (Public toilets in the car park). Follow the trail with the ground raised up on your left. When you get to an obvious fork, take the left fork up to the gate/road. Busy 3 way junction, take care crossing here.

Wooden Pole A625 / B6054 Marshal here	17.7	Carefully cross the roads here, & then through the gate (by the white gate). DO NOT HEAD UP THE DRIVEWAY. Instead, turn left through another gate & follow the path right, up the hill, with the fence on your right, heading for the wood. Past the wood & keep on the path to the corner in the fence. From the fence corner the path veers leftwards, keep on this, to the big open gap in the wall. Through this, keeping to the high ground, in the same direction, along White Edge always with the rocks down to your right.
Curbar Gap – route crosses the road at a car park onto Baslow Edge	22.8	At the end of the track, you will see a wall on your right, & the path leads down to this. At the corner of the wall, turn right keeping the wall on your right headed for Curbar Gap & a car park just down below. From the car park, continue down the road a bit & turn left, onto the bridleway opposite, which will lead you along the top of Baslow Edge. Stick to this bridleway & the wall to your left. Head on so that you pass a pile of stones that look like bread cakes on your left. Over to the left now should be Wellington's Monument (a stone cross) follow the big obvious track downhill to your right until you eventually come to a residential road.
Triangular lawn area with green metal benches	25.6	Come to a triangular lawn island with 2 green benches. (Spar about 50m over to your right). Follow the road (Eaton Hill) round & down the hill to the left by Sullane House. DO NOT HEAD DOWN THE ROAD THAT HAS THE SPAR ON IT.
Car park in Baslow – head south through Chatsworth Park	26	As you get to the bottom of the hill & into Baslow, you will see a triangular lawn. Opposite is a car park where there's a public toilet . Walk past the Devonshire Arms on your left & then past the Café on the Green , over the small road bridge, & then immediately turn right along the footpath signposted Chatsworth. Follow this path along & shortly round to the left, & then through a rotating gate (The Canon Kissing Gate). Continue along the lower path through the park. Through the park past the white lodge on your right until you get to the bridge – which is level with the main house up to your left.
Road bridge in Chatsworth Park	28.2	Cross the bridge here so that the river now runs on your left & immediately turn left, cutting back onto the grass. Follow a vague track heading between the river on your left & the road on your right. About 600m ahead of you the path kisses the river once again where you will be able to make out the rising muddy brown bank. Head for this.
Muddy bank meets river		At this brown muddy bank there is a path angling off to the right. Follow this – & keep to the right-h& path from there on, until you come to the road again, about 500m later.
Calton Lees – car park for garden centre. DE4 2NX	30.1	Follow the driveway with signs for car park & garden centre – (also Heritage Way). Pass the car park sprawled along on your right, continue along this road past the coach / bus bay on the right – do not veer round to the left to the garden centre. Note – more public toilets are around here. This road continues to wind around to the right towards some nice houses & a farm etc. You will come to a footpath sign that will be to your left, headed to Rowsley. Past a farm on your left (barking dogs?) & then over a stile & the footpath is signposted.
Stile over stone wall		Continue along the footpath, muddy, with a stone wall on your left, & the woods up to your right. A little later over a stile, & then angle down to the left following a muddy track now. Carry along the broad muddy track for another 1km or so, & slowly the sides taper in so that the river is close to your left & the stone wall is close on your right. See the footpath heading over a stile to your right.
Footpath to Rowsley		Follow this muddy path with the river on your left until you come to a railway bridge – continue underneath this & into Rowsley (Holme Farm opposite). The track joins a small road here. Look for a marshal here.
Rowsley DE4 2EA	33	Turn right & you will see just 50m away or so a big house with 8 windows facing you. Head to this & then turn left down a narrow footpath, up somebody's driveway. (Opposite Holme Farm Cottage). Go along the footpath & cross through two sets of narrow stone stiles past a cottage on your left followed by a smelly farm also on your left. Continue onwards (so that the stone wall is now on your left) through & over several stiles until eventually you end up joining the A6 on your left.
Step onto the A6 heading right (West) towards Bakewell		Follow the road now to the car park (1.5 miles) on the left for Haddon Hall. Ignore two roads that will come up on your left – one signposted to Youlgreave. Carry on for a half mile longer.
Haddon Hall car park on left of road.	35.4	As you get to the car park , you will see a bus stop & then a sign for Haddon Hall. The footpath you want is between these with a gate that says "please shut the gate" (although it already is shut). Head up the hill, do not veer left – the stone wall is on your right, & then soon after, on your left.

Path meets track to farm	37.2	At the top of the hill is a big hay barn on your left – LOTS of mud & cow poo to your front. As you approach the gate you will see yellow & blue arrows. Do not follow the direction of Over Haddon, instead continue onwards on the bridleway leading to a gate in the trees 100m on. Through the gate – go down & along the footpath, zigzagging down to the river.
Raper Lodge (R Lathkill)	37.8	Over the bridge at the bottom & 100m later take a left turn along the footpath, leading you along the bottom of the valley, with the fence, & river, to your left. About a mile later you'll pass through a couple of gates & onto the road at Alport. Over the road, & between the red phone box & the red tractor, the route continues. Soon you'll cross the river & it will appear down to your right. Keep on this path now, past a footbridge, & through a wooden gate, & you'll reach Mawstone Lane in Youlgreave . Head right up here (or up Brookside Cottages, same same) & soon you'll come to a church on your right & a pub opposite. Turn right here, past the primary school on your right & then you'll see the scout hut opposite the petrol station. Here's dinner!
Scout hut in Youlgreave DE45 1WN	40.3	Rested, nourished & feeling good, head out of here, turn left retracing your last footsteps, with a right turn down Conksbury Lane, just after the pub. 200m later by some white cottages, take a right turn down Coalpit Lane & then continue down, down, down the hill right to the end, back to Raper Lodge. Here you take a left turn along the footpath, so that the river & fence are on your right. Walk 500m & come to a road. Turn right onto the road & then cross back over the river. Immediately then on your left you will see a signposted footpath. Take this path so that the river is on your left. Continue along this delightful path until you come to a big white house with a Victorian streetlamp in its back garden, & a foot bridge on the left. Turn right now zigzagging up the road towards Over Haddon.
Over Haddon	43.8	Wind your way up the hill to another triangular lawn & do a right turn here. (Right here down to your left are some public toilets too!) Walk along Main St, which then turns left onto Bakewell Rd. Continue along this road, & then about 100m after the Youlgreave turn (on your right) at the top of the hill, you will see a footpath signposted to your right. Take this down the hill, & then only about 5 m along turning right again through a stone squeeze stile & head diagonally left down the hill. 50m on is the next stile – carry on over that, gaining the lower ground. Continue downhill with the stone wall on your left until you come to the road once again at the bottom.
Path meets track meets road.	45.3	Leave footpath & turn left onto minor road, go up hill (farm up on the right with a 30mph sign). Just after a sign that says "Bakewell please drive carefully" take the left turn that takes you along the front of Lady Manners Sch. At the far end of the school, just after the bus stop in front of it, turn right, down a foot path that has a white sign on it, & tennis courts along its left side. Continue all the way down, & it will bring you out onto a small residential road. A short walk in the same direction down this & meet a narrow path once again that takes you down some steps & onto the main road. Turn left, & then right & into the main town square of Bakewell. Bear right at the fork in the road & then turn right down Water St, with the Red Lion on your left.
Red Lion, Bakewell marshal here	47	Bear round to the right & you'll arrive on Granby Rd, with a car park opposite & some public toilets to your left. Take a left turn down Granby Rd, past the loos & at the end do a right turn towards the footbridge & river. Cross over the bridge, walk on, & cross a second bridge. Shortly, you'll come to a nice-looking large building. Turn right here & you'll be on Agricultural Way, with the Bakewell Showground to your left. 400m later the road veers right, with a track/driveway to your left. Turn left onto this & then immediately right onto the footpath. Initially the fence & drainage channel will be on your left. 500m later as the river comes into view in front of you, take a left turn through the gate, & pick up the footpath with the fence now on your right. This leads you to a wall, & a bridleway. Turn left onto the bridleway & follow this back round to the left onto a track with the trees up to your right. Follow this to Coombs Rd, do a left turn & then a right turn up onto the Monsal Trail. The path leads up to the trail. Turn left onto the trail now for some easy miles in the direction of Hassop, & then Little Longstone.
Join the Monsal Trail	49.1	Once you have gained the trail, turn left & enjoy. Ok, head along this now for about 3.5 miles (about 1.5 hours). Before you leave the trail you will come to one last old railway station with its platform on your left . It used to be the station for Great Longstone.

Leave the Monsal Trail (if the trail takes you through a tunnel you've gone about 500m too far)	54.6	As you leave the station area, you will pass underneath one more bridge, & then about 100m later 2 footpaths. One to your left for Ashford (ignore this) then a knee-high bench on your right & then take the next footpath (not a bridleway) on your right signposted Monsal Head via Little Longstone. Follow this with the wall on your left, through a gate less than 100m further on. The wall now angles off left; you carry straight on. 100+m later, through another gate, grassy hill up to your right, you continue to the road directly ahead.
Little Longstone DE45 1NN marshal here	55.4	Through the gate, onto the road & do a right turn, half a mile later you come to a T junction. Left turn heading uphill for Longstone Edge up Moore Road. Follow this up & then follow it round to the right & over a cattle grid as the gradient levels out. Walk along the road until it bends sharply to the left – keep on walking 50m.
Top of hill with High Rake on your right. marshal here	58.2	Take a right turn here along a broad dirty light coloured track (High rake) looking out for the bridleway 50m on your left. Take this – making sure that the stone wall is on your RIGHT. About 300m down continue through gate with tree on the left. Fence on left & stone wall on right – down hill. Past a circular water trough on your right. As you come down to the bottom ignore the first track on the right, carry on down to a dilapidated gate.
Through gate – turn right into Coombs Dale	59.2	Through the gate, take the right turn so that you quickly see a small pond on your left going along a flat track through a valley. About 100m later you'll go through another gate. Continue along this lane now for about 2 miles. At the end you'll come to the A623 where you will find a marshal parked just to the left in a small car park .
A623 - small car park marshal here	62.6	Turn right towards Calver & in the direction of Baslow. At the cross-roads in Calver (Eyre Arms opposite & left) – continue over & then along the A623 headed as if to Baslow. Half a mile or so later come to a green with trees in it where you bear off left. Then take a left turn at Calver Mill Gallery, as if headed for Calver Mill on your left. The road becomes a footpath & you'll pass through a campsite at Stocking Farm. Continue in the same direction until you meet the river on your right. Stay on this path & about 1Km later you will pass some houses & meet the road.
Bridge over river	65	To your right is a bridge. Cross the road onto the path, with the river down to your right. The path takes you through a small nature reserve. When you come to a path junction, steer right, back towards the river. About 1Km later you'll come to the road, Stoke Lane . At the road, take a right turn over Froggatt Bridge .
Froggatt Bridge marshal here	67.8	Over the bridge, & turn left. Continue up until the road bends round to the right – but you continue forward along the road (Spooner Lane) now marked as a dead end. Continue along this & the road becomes a public footpath – the Derwent Valley Way. Soon you'll have a stone wall either side of you. Through the metal gate with the wall on your right. About 50m later at the corner of the wall on your right veer right sticking to your path – heading for gateway through a stone wall. Continue through this. Follow the path with the wall now on your left. Continue to Froggatt Woods.
Woodline, Froggatt	67	Follow the path through the woods – & then as you exit the woods you'll see a fence line tapering in from your right & a wall on your left. Continue through the stile. Follow the wall along until you can cross the stream on your left. Head diagonally across the field towards a building opposite. This will bring you onto the B6521 in Grindleford.
Grindleford	67.9	Turn right onto the road, past the church on your right, & very shortly come to a footpath by the corner of a stone wall, that will lead you left through the fields. Through the gate & along the path, (the Derwent Valley Way still), keeping the river roughly down to your left. You'll exit this field over footbridge, into the next field. Be sure to take the path with the river down to your left still. Keep going along this valley until you arrive at the B6001.
Cross the B6001 marshal here	71.4	Over the road (with care) & through the hole in the wall opposite, along the next path. Follow this path until you come to the road again. At the road, continue in the same direction, up Dore Lane, past the stone built house with the white gate on your left, & under the railway arches. Continue up the same road, past the Little John pub & onto the Main Rd of Hathersage . (There are public toilets down the road to your right).
Main Rd Hathersage .	72.5	Turn left onto the road, past Harrington's High Class Butchers & keep to the pavement all the way back to Hope. When you're cursing the pavement – just note that it is easier to walk on than a muddy riverside path!
Sicklehome Petrol Station		You'll pass this on your right. Just 4.2Km left! When you pass the Traveller's Rest on your right, just 1.6Km left to go ...
Public car park, Hope	80	High fives, & a big well done. You have done it!



Think you're lost?

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Accident happened?

If you're on road, make the scene safe, stop the traffic. Do first aid as necessary. Call 999 if needed. Then call me on 07791860163.

If you're on the trail, do first aid as necessary. Call 999 if needed and ask for the POLICE. Ask them to call mountain rescue and be sure to give them more than one phone number from your group. Then call me on 07791860163.