

Day Walks in the Peak District

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The following walk has been taken from the guide book, **Day Walks in the Peak District**, published by Vertebrate Graphics Ltd.

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VERTEBRATE GRAPHICS
PUBLISHING

Circular routes of 8 to 12 miles ranging from high moorland outings to walks in the limestone dales



Cave Dale & the Great Ridge

15.2km/9.5 miles

This exhilarating walk combines riverside, a limestone gorge and a ridge with three prominent summits. On a clear day there are fine views from the ridge.

Hope – Castleton – Cave Dale – Windy Knoll – Mam Tor – Lose Hill – Hope

Start

Hope. Village car park or roadside.

Grid Reference 171 835

temporary shelter by nomadic Stone Age hunter-gatherers. *Mam Tor* was the site of an Iron Age hill fort and the ramparts and other earthworks are still clearly discernible. The summit is a prime viewpoint and its popularity with tourists has made it necessary to lay sets to prevent further erosion of the hillside.

The Walk

Our route follows a riverside path to *Castleton*. We follow the narrow limestone gorge of **Cave Dale** that leads steeply uphill to the high pastures above the village. Level walking along tracks provides a breather before we climb to the summit of *Mam Tor*.

The route passes a cave at *Windy Knoll*. When this site was excavated by archaeologists, it yielded various prehistoric artefacts that suggest that the cave was used as a

Our route now descends to the ancient crossing point at *Hollins Cross* before climbing *Back Tor*. After another dip in the ridge the path climbs to *Lose Hill* summit, another splendid viewpoint. We finish by descending to **Hope** through fields.

CAVE DALE & THE GREAT RIDGE

HILLS, TORS & EDGES

DISTANCE: 15.2KM/9.5 MILES

TOTAL ASCENT: 580 METRES/1890 FEET

START: GRID REFERENCE 171 835

TIME: ALLOW 5½ HOURS

MAP OS: OS EXPLORER® OL1, DARK PEAK, 1:25000

REFRESHMENTS: NONE AFTER CASTLETON

NAVIGATION: STRAIGHTFORWARD

Directions – Cave Dale and the Great Ridge



- Turn down the road to *Pin Dale* by the *Woodroffe Arms*. Continue over the bridge and up to a stile on the right.
- 2 Cross this and follow the riverside footpath. This leads to *Castleton*, crossing a railway track en route.
- 3 Turn left on joining the main road. Walk as far as the *Nag's Head* at the second right-angled bend. Continue up to the left of the hotel along *Back Street*. Carry on past the old market square and bear left on the minor road. In a short distance, turn right to enter **Cave Dale** (signposted).
- 4 Follow the steepening path up through the narrow gorge. Bear right through a bridlegate, and continue more easily through fields to arrive at a gate with stile.
- 5 Turn right, pass through another gate, then continue along the track. Keep straight on at the fork. Follow the track uphill for 600m to a stile on the right just before a gate.
- 6 Cross the stile and follow the path with a wall on the left. After two stiles, the path descends to a gate and the main road.
- 7 Cross the road, go through the gate opposite and keep straight on with a wall on the left. (*Windy Knoll* and the cave are to the right of the path.) On arriving at another road, cross it and the handgate opposite, then follow the ascending path up to a stile at *Mam Nick*.
- 8 Bear right along the paved path that climbs to the summit of *Mam Tor*. Continue along the undulating ridge via *Hollins Cross* and *Back Tor* for 3.5km to the summit of *Lose Hill*. Continue down the other side to a stile. Cross it, then take a right fork.
- 9 After crossing another stile in a few metres, turn sharp left to follow a path down to farm buildings.
- 10 Just left of the farm, cross a stile on the right, then keep straight on downhill, exiting the second field by a stile on the left. Continue along the obvious path. Keep a straight course to emerge opposite the *Woodroffe Arms*.

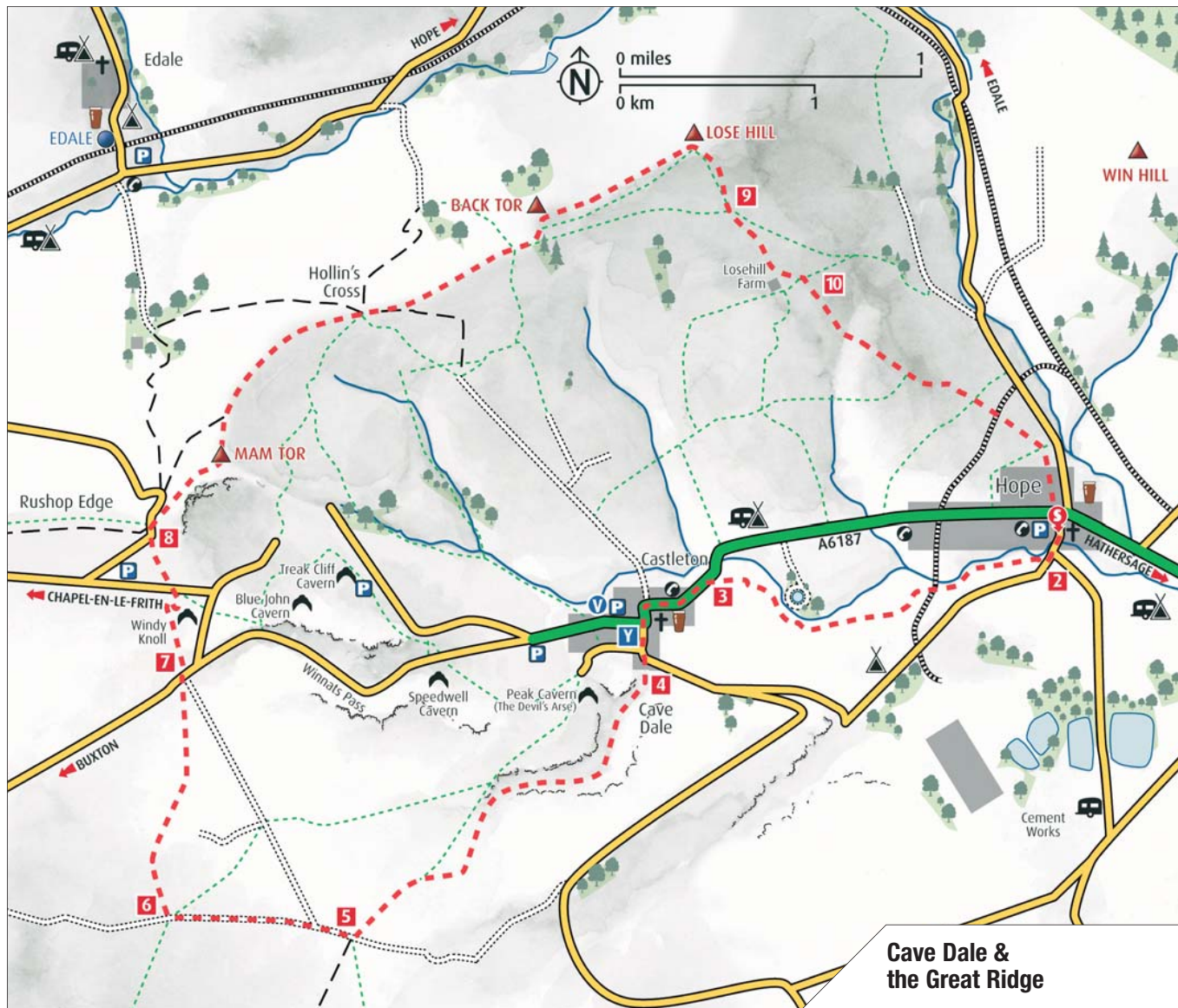
Before you start out on this great route we suggest having a hearty breakfast, perhaps a delicious cake or two, or maybe some good old-fashioned flapjack at the Woodbine Café in Hope – enjoy! from all at VG.



THE WOODBINE CAFÉ IN HOPE PHOTO: JON BARTON



MAM TOR SUMMIT PHOTO: BARRY POPE



Cave Dale & the Great Ridge