

## Chapter 1 : One Foot in the Dales - Peak Tours

*A guide to 40 circular Peak District walks which can be completed in a few hours. The terrain covered ranges from the dramatic scenery of the Dark Peak to the romantic hills and dales of the White.*

Testimonials Departing from the attractive spa town of Buxton you will venture south into the White Peak. Join the Limestone Way through Tissington, famous for the ancient tradition of well dressing. Arrive Buxton Arrive at your accommodation in the attractive spa town of Buxton with time to explore this charming town, the highest market town in England. Longnor – Thorpe 14 miles Take the splendid trail past Pilsley castle south to Hartington, famous for its magnificent 17th century hall, a fine example of a typical Peak District manor house. From here the gorge from Beresford Dale through Wolfcotes Dale offers a dramatic introduction to the karst limestone scenery of the area. The walk from pretty Milldale through Derbyshires best known dale, Dovedale shows the beauty of the area to its fullest. Thorpe – Winster 14 miles Follow the Limestone Way to Tissington, known for its ancient festival of well-dressing, a custom which dates back to Tissington is also known for the interesting Norman church of St. Pass through the delightful, typical Peak District Village of Parwich which lies beneath a massive limestone outcrop which rises to over feet. Continue along the trail to Winster. This pleasant village has some fine 18th century houses, however the most impressive building must be the Market House. If you would like a single room please book early as single rooms are often limited. All prices are per person based on 2 people sharing either a twin or double room. Emergency Backup number In the unlikely event that you have any problems you have that piece of mind to know that we are always only a phone call away. Most tours are designed so that you start from a Location with good rail links and travel by public transport is recommended. If only the deposit is paid at time of booking then full payment of the holiday is required no less than 8 weeks before the start of your holiday. No further reminder is sent. If you book your holiday within 8 weeks of the holiday start date, the full holiday cost is required at time of booking. Cancellation by You If you have to cancel your holiday then please notify us as soon as possible. We always try to be fair and will always try to move you to different tour date if possible. If you cancel your tour less than 8 weeks before your tour start date then you will lose all monies already paid. It is for this reason that we strongly recommend that you take out adequate travel insurance to cover cover this. During this time you will be entitled to a full refund of any monies paid. If you are travelling alone then you will be roomed with another member of the group in a twin room same sex. The actual stopovers may change from the advertised accommodation providers, if this happens then an equivalent standard of accommodation will be used nearby. The majority of the rooms you stay in will be en-suite however you may stay in a couple of rooms that are not en-suite. Single Room Option If you choose the single room option you will have your own room for the duration of the trip. This will be in either a single room or single occupancy of a double room in a mixture of en-suite and non en-suite rooms. Sole Use of a Double room Option If you choose this option you will have a guaranteed double room to yourself throughout the tour. You will always have an en-suite each night of your tour. There may be a rare occasion when you have a separate bathroom but this is very unlikely. Support On tours with 8 people or less in the group then there may only be one tour guide with you who will drive the back up van each day. Tours with 8 – 15 people in the group will have two tour guides with one guide driving the back up van and the other guide cycling with the group or both guides driving a back up van each. Cycle Hire If you choose the cycle hire option you will be provided with your bike at the start of your tour. At the end of your tour you can simply hand your bike back to us when you finish cycling. Please see the additional cycle hire sheet for details of the bikes we have available. Minimum Number If the minimum number of people required to run the trip is not met then we will have to cancel the trip. This is to ensure the financial security of your holiday. We recommend you send off for one of these before the trip and carry it with you. This link will give you all the information you need about the EHIC. We will be cycling mostly on quiet back roads however there will be times when we cycle on busier roads where traffic density is higher. For further details please see our risk acknowledgement statement here which forms part of these conditions. Data Protection Please ensure you have permission from all people involved in the booking to give us their

contact details. You can update your communication preferences with us at any time, please see our full privacy policy [here](#). Contract By signing your booking form you agree to the booking conditions as outlined above. Wonderful accommodation and thanks to Stan for his wonderful service. Would seriously consider a similar tour next year.

## Chapter 2 : The Highest Hills in the Peak District

*The Peak District has a network of over miles of footpaths, and offers some of the toughest walking in Britain. Each of the 40 varied and circular walks described in this book, with route directions and maps, can be completed by a reasonably fit adult or a young person in a few hours.*

The Peak District National Park consists of around square miles of countryside and small towns at the southern end of the Pennines, the ridge of hills which runs up the centre of the northern part of England. Most of the park is in Derbyshire, with parts also in Staffordshire and Cheshire. This also means that the vast majority of those 30 million visits are day-trips. The park itself is thinly populated, with only about 38, inhabitants scattered throughout those square miles. For convenience, the National Park is often thought of as being divided into two areas, called the White Peak and Dark Peak. Each of these areas has its own unique beauty and distinct characteristics. Britain is lucky in being very well-mapped, with detailed maps being available of the whole country. These are the maps I recommend to accompany the walks on this site. They can be bought from most good bookshops or can be obtained directly from Ordnance Survey by following the link above. For more information on maps and equipment, click here. The rivers running in these are usually gentle, clear streams and the valley slopes are broad-leaved woodland or sheep-cropped grass. The valleys are surrounded and connected by rolling farmland separated into fields by hundreds of miles of ancient drystone walls. A spiders-web of footpaths, brideleways and lanes criss-crosses the area, providing both long, easy walks or short interesting strolls. The area has a good range of wildlife with some of the valleys and rivers being particularly good bird habitats. The delightfully named Water-cum-Jolly Dale near Cressbrook is an important area for water birds and the woods in places like Lathkill Dale and Wofscote Dale also support a varied bird population. The picture shows a heron feeding in Dovedale. Rabbits are common and hares, foxes, badgers and the increasingly-rare water vole may be glimpsed, particularly early in the morning or late on summer evenings. The unpolluted water of the rivers makes them ideal for trout and many are managed for this purpose. A feature of rivers such as the Lathkill and Dove is that they have a succession of low weirs. These are mainly Victorian in origin and were built to create a series of pools, which favour the trout. Although a beautiful green landscape, this area has a surprisingly industrial past. Man has extracted stone and minerals from these hills for thousands of years. Limestone quarrying still goes on in many parts of the National Park, sometimes to the dismay of those of us who like the place the way it is. At one time, though, it was the lead mines which made the area famous. Derbyshire lead was exported around the world from Roman times and some of the hills are riddled with mine shafts and levels. One reminder of the past which has survived are the remains of Magpie Mine near Sheldon. This looks oddly out of place as the buildings resemble those of a Cornish tin mine not surprisingly, it was designed by a Cornishman! Nature is a great healer, though, and the scars of the activity have largely healed elsewhere. All that remain are abandoned shafts and old soughs drains which still provide water for some of the rivers, such as the Lathkill. The area was also the hub of the Industrial revolution, with water-powered mills such as those at Litton and Cressbrook contributing to the growth of the textile industry in the 18th and 19th centuries. Railways once criss-crossed the area but many are now sadly abandoned. The routes of some of these have now been converted into footpaths and cycle tracks such as the Tissington, High Peak and Monsal trails. Some of the walks on this site, such as Wolfscote Dale and the Tissington Trail make use of stretches of these trails. The short-sighted nature of the railway closures is demonstrated by the fact that, having been closed in , there are now moves to resurrect the Matlock to Buxton section of the direct line from Manchester to Derby, part of which is now the Monsal Trail. This would reinstate an important public transport link and help reduce road congestion, as well as providing one of the most spectacular railway journeys in England. Nevertheless, the area contains lots of places which are worthy of a visit. Bakewell is worth a visit for the scenery, too - the church is nice and there are two ancient bridges over the Wye, with a nice riverbank walk between them. The town centre has recently been redeveloped but this seems as though it will blend in well with the rest once the newness has been softened by the weather. The same cannot be said of the new cattle market across the river, where a huge and

stunningly ugly building has been erected to serve the largely agricultural economy. There are over 2, farms in the Peak District, mostly small family-run or tenanted concerns. These are now recovering from the uncertainty caused by the Foot and Mouth disease outbreak in , which the Peak District mercifully largely escaped though the months of animal movement bans took their toll. The unique character of the area depends on these small farms, for without them the area would quickly become over-run by scrub and woodland. Other places worth a stop-off include Tideswell, Hartington home of a fine Stilton cheese , Tissington, Alstonefield and Baslow. There are good walks from all of these places - for example, Hartington is the start of the Three Dales around Hartington walk, while the Froggatt and White Edges walk starts from Baslow. The latter is particularly interesting because it goes along one the gritstone edges which form the boundary with the limestone areas. For those seeking history, Chatsworth House and Haddon Hall are nearby while the hall at Eyam provides a less well-known destination. Incidentally, all these places are only open at certain times of the year and on certain days. Generally higher than the White Peak, and based on hard gritstone, it contains the wild heather moors of Bleaklow and Kinder Scout. Here, the rivers are more turbulent than their White Peak brethren and except in the valleys the ground is mostly tussocky sheep-pasture, conifer woodland and moorland. Walks in this area are often, though not always, physically demanding. Certainly, walking the peat hags on the high moors is an altogether wilder experience than is available in the White Peak, care and careful navigation being necessary. The wildlife of the area is naturally suited to its upland nature. On the moors grouse may be seen as, in winter, may white hares. The fast-flowing nature and relatively acidic water of the rivers makes them less suitable for fish than the clear, leisurely streams of the White Peak. Men have left their mark on the landscape here, too. Huge dams have been thrown across the steep-sided valleys to make three distinct reservoirs - Derwent, Howden and Ladybower. These supply water to the Sheffield, Nottingham and Derby areas. The road leading to the first two of these is soon to become a toll-road, the first stage of a plan to charge for vehicular access to some of the best parts of the National Park. The areas around the reservoirs are forested and mainly open to public access. It has to be admitted that there are some good views of the reservoirs from the surrounding hilltops, especially when water levels are high. Sadly, the dam of Ladybower reservoir has recently been strengthened, the stone for this being taken from an ugly new quarry which will forever scar the slopes of Win Hill. Hathersage is pretty, if busy. The churchyard there contains a grave reputed to be that of Little John of Robin Hood fame. The Pennine Way long-distance footpath starts in the village. Hathersage and Edale both have the advantage of being accessible by train from Manchester and Sheffield. Apart from the ruined castle from which it derives its name, it has a number of underground caverns and caves which are open to the public. If you must find shops, a drive over the Snake Pass from Bamford will get you to Glossop but will also take you past some of the best walking country in the area.

## Chapter 3 : Kinder Scout - Wikipedia

*On Foot in the Peak District: 40 Circular Walks in Europe's Most Popular National Park* by Hurt, Charlie and a great selection of similar Used, New and Collectible Books available now at [calendrierdelascience.com](http://calendrierdelascience.com)

Whilst the national park has no mountains of the stature of Mount Fuji it can boast some impressive hills, moors, outcrops, and gritstone edges with many having different characteristics, some being in the bleak gritstone moorland of the Dark Peak whilst others nestle into the beautiful scenic limestone country of the White Peak. Many of the high places conjure up thoughts and fancies for visitors to the area such as the rock outcrops of the Roaches and Stanage Edge while others have appealing profiles like Chrome Hill, Parkhouse Hill, Win Hill and Mam Tor. There is more contrast too for the higher ones like Kinder Scout and Bleaklow are on extensive moorland plateaus. Yet another subtle difference. It would make for a fascinating and diverse challenge to bag all the high spots in this list, 27 in all, for when the list has been ticked off you will have walked in many different environments and seen many interesting places. So get out the walking gear, set your sights on the challenge, mark out your routes and planned itinerary to bag the highest places in the Peak District. You will love it. Most famous for the famous mass trespass by ramblers who had previously been denied access to open country this highest point in the Peak District is still a major draw to walkers. The most popular way to Kinder Scout is from Edale. When on top and in clear weather conditions Manchester can be seen as well as the highest mountains of Snowdonia. It is one of three summits on this plateau above 2,000 feet, the others being Bleaklow Stones, some 1,000 feet. Bleaklow includes the most easterly point in the British Isles over 2,000 feet. The area had virtually no vegetation and was dark, giving the hill its name but recent plant regeneration has improved things. Black Hill is on the Pennine Way and its paved surface allows walkers to reach the top dry-shod even in wet weather. The hill can be visited by several routes, including from Crowden with a return which can be made over Westend Moss to create a pleasant circular walk. The summit is the highest point in Cheshire. The hill can be climbed by many routes, perhaps most commonly from the Goyt valley by Errwood reservoir, perhaps combined with a walk along the ridge north from Shining Tor over Cats Tor. It can also be gained with less climbing from the Cat and Fiddle Inn. It is mainly gritstone. Image courtesy of Wikipedia High Stones Height: The cairn at High Stones being something over two feet tall means that the top of the cairn is just over 100 ft above sea level. The summit cairn has been identified as a Bronze Age burial mound and thus the area has been designated a Scheduled Ancient Monument by English Heritage. Margery Hill is the highest marked point within the boundaries of Sheffield. The land rises slightly to 100 metres to the south, near High Stones. The ridge forms the western end of the longer ridge to Mam Tor and Lose Hill. Back Tor, Derwent Edge Height: The Millstone Grit forms the edge of the high peat moorland plateau on the eastern side of the valley above Ladybower Reservoir. It is also known as the Shivering Mountain on account of the instability of its lower shale layers. Indeed, in the continual battle to maintain the A road on the crumbling southern side of the hill was lost when the road officially closed as a through-route. Nearby are four show caves: Image courtesy of Wikipedia The Roaches Height: The ridge with its spectacular rock formations rises steeply to 1,000 metres. Along with Ramshaw Rocks and Hen Cloud they form a gritstone escarpment, which is very popular with hikers, rock climbers and freerunners. It is often very busy especially at weekends. The British Mountaineering Council maintain a mountain hut named in memory of Don Whillans in the area. Despite superior numbers they were defeated by the enemy rolling boulders down on them. The approach from Peak Forest is shorter and passes Eldon Hole on the way. The summit of the hill stands just 100 metres from the edge of the fenced quarry workings and gives good views with Mam Tor, Axe Edge Moor and the town of Buxton all well seen. It is almost surrounded by the River Derwent to the east, River Noe to the south west and Ladybower Reservoir to the north, but a ridge running north west links it to Kinder Scout. Its highest point is High Neb. Areas of Stanage were quarried in the past to produce grindstones, and some can still be seen on the hillside-carved, but never removed. Stanage is a magnet for climbers and ramblers. It stands in the county of South Yorkshire, about 100 metres from the border with Derbyshire, which runs along the nearest road, approximately 2 kilometres east of Hathersage. Higger Tor overlooks the hill fort of Carl Wark to the south

east. For a walk to Higger Tor the best time is late summer when the heather carpets the moor in purple bloom. It is adjacent to the more distinctive but lower Parkhouse Hill. Chrome Hill was declared open access land under the provisions of the Countryside and Rights of Way Act. However, the only access remains along a concessionary footpath. It is a Site of Special Scientific Interest and visitors are asked not to remove geological samples. It is close to the more distinctively shaped pair, Chrome Hill and Parkhouse Hill. Popular with walkers, it is complemented with excellent views of the Dove and Manifold valleys. High Wheeldon serves as a memorial to the men from Derbyshire and Staffordshire who were killed in the two world wars. Image courtesy of Wikipedia

**Hen Cloud Height:** It is an impressive sight that draws the attention of many travellers taking to the road from Leek to Buxton for as the driver ascends to the high ground Hen Cloud is directly in their eyesight facing them, an awesome sight. My first sight of it simply made me determined to climb it. The impressive rock escarpment is within the Peak District National Park and the site is a popular location for learning the rudiments of rock climbing. As the name suggests the area is exposed to the prevailing winds, being precisely m above sea level. Image courtesy of Wikipedia

**Crook Hill Height:** It is normally climbed from the Derwent valley road just as it leaves the A A bridleway leaves the small car park at grid reference SK and climbs steeply and past Crookhill Farm and onto the open pasture. It is then a straight-forward walk to the summit. It has a short ridge with a high point of metres terminating in a promontory at the southern end. It lies on the western edge of the Peak District. Image courtesy of Wikipedia

**Minninglow Height:** Although it is within metres of the High Peak Trail there is public right of way to the site but there is now concession. This listed structure is a pre-Victorian example of civil engineering on the grand scale. Image courtesy of Wikipedia

**Parkhouse Hill Height:** Geologically, the hill is the remains of an atoll which is believed to have existed during the Carboniferous period when what is now the Peak District was covered by a tropical sea. For many years access to Parkhouse Hill was difficult, as there was no right of way to the summit. Access is now possible under the Countryside and Rights of Way Act, as the hill is a designated access area. It has four Bronze Age stone circles, of which the best known is Nine Ladies. These other circles are largely overgrown and have few remaining stones. A further circle, Doll Tor, lies a short distance west of the moor.

### Chapter 4 : 6 Cosy Pubs in the Peak District - Visit Peak District

*Peak District Hikes Nestled at the foot of the Pennines, the Peak District National Park is one of the most diverse and breathtakingly beautiful regions in the UK. From the rugged limestone valleys of the White Peak to the wild moorlands of the Dark Peak, this region has an endless variety of hiking trails to choose from.*

Settlements[ edit ] Bakewell is the largest settlement and only town in the national park; its five-arched bridge over the River Wye dates from the 13th century. The spa town of Buxton was developed by the Dukes of Devonshire as a genteel health resort in the 18th century [27] while the spa at Matlock Bath in the valley of the River Derwent was popularised in the Victorian era. Hayfield is at the foot of Kinder Scout, the highest summit in the area. Rivers, reservoirs and canals[ edit ] Several rivers have their sources on the moorland plateaux of the Dark Peak and the high ridges of the White Peak. Streams were dammed to provide headwater for water driven mills ; weirs were built for the same purpose. The reservoirs of the Longdendale Chain were completed in February to provide compensation water, ensuring a continuous flow along the River Etherow which was essential for local industry, and provide drinking water for Manchester. Within ten or twelve miles of Manchester, and six or seven miles from the existing reservoirs at Gorton, there is this tract of mountain land abounding with springs of the purest quality. Its physical and geological features offer such peculiar features for the collection, storage and supply of water for the use of the towns in the plains below that I am surprised that they have been overlooked. The north east is drained by tributaries of the River Don. Of the tributaries of the River Trent that drain the south and east, the River Derwent is the most prominent. The River Noe and the River Wye are its tributaries. There are no canals in the national park, although the Standedge Tunnels on the Huddersfield Narrow Canal run underneath the extreme north of it. Outside the park, the Peak Forest Canal brought lime from the quarries at Dove Holes for the construction industry. The Caldron Canal from Froghall was built to transport limestone from quarries at Cauldon Low for the iron industry and flints for the pottery industry. The Dark Peak tends to receive more rainfall than the White Peak as it is higher. The higher rainfall does not affect the temperature, which averages the same as the rest of England and Wales at Since then the number of snowfall days has decreased. The hills still see periods of long continuous snow cover in some winters. Snow in mid-December on some hill summits created snow patches that lasted in some cases until May In the same winter, the A Saddleworth Moor and A57 Snake Pass were closed because of lying snow for almost a month. Human interaction in terms of direct erosion and fire as well as the effects of global warming are the major variables that they considered. They comprise the Carboniferous Limestone , overlying Gritstone and the Coal Measures which occur only on the extreme margins and infrequent outcrops of igneous rocks including lavas , tuffs and volcanic vent agglomerates. Uplift and erosion have effectively sliced the top off the dome to reveal a concentric outcrop pattern with Coal Measures rocks on the eastern and western margins, Carboniferous Limestone at the core and with rocks of Millstone Grit outcropping between them. The southern edge of the dome is overlain by sandstones of Triassic age though they barely impinge on the National Park. The White Peak is the central and southern section where Carboniferous Limestone is found at or near the surface. The region was raised in a northâ€”south line which resulted in the dome-like shape [42] and the shales and sandstones were worn away until limestone was exposed. The veins and rakes have been mined for lead since Roman times. It was not covered by ice during the last glacial period , which peaked around 20,â€”22, years ago. A mix of Irish Sea and Lake District ice abutted against its western margins. Glacial meltwaters eroded a complex of sinuous channels along this margin of the district during this period. The rivers then often find routes underground, creating cave systems. Millstone Grit is insoluble but porous , absorbing water which seeps through the grits, until it meets the less porous shales beneath, creating springs where it reaches the surface. The shales are friable and easily attacked by frost and form areas that are vulnerable to landslides , as on Mam Tor. Pollen evidence from peat bogs indicates that it was widespread throughout Britain just after the last ice-age. Much planted in gardens from where it has established itself in other parts of the area, as a native it is restricted to the White Peak and the Yorkshire Dales. *Rubus durescens* is a bramble found in central Derbyshire; [48] Derby hawkweed *Hieracium naviense* , found only in Winnats

Pass , [48] is a native perennial of limestone cliffs that was discovered by J. Mills in and described as a new species in ; [50] and leek-coloured hawkweed H. Lead rakes, the spoil heaps of ancient mining activity, form another distinctive habitat in the White Peak, supporting a range of rare metallophyte plants, including the spring sandwort *Minuartia verna*; also known as leadwort , alpine pennycress *Thlaspi caerulescens* and mountain pansy *Viola lutea*. They were re-introduced in the Victorian era for sporting purposes. The moors of the Dark Peak support breeding populations of a number of upland specialists, such as twite , [63] [64] short-eared owl , [63] [65] golden plover , [63] dunlin , [66] ring ouzel , [63] northern wheatear [67] and merlin. Ravens and common buzzards are increasingly encountered as their British range expands eastwards, perhaps because of general reductions in persecution. Illegal persecution may be implicated in the limited populations of rare raptors such as northern goshawk , peregrine and hen harrier. Dipper, golden plover, hen harrier, merlin and short-eared owl are local biodiversity action plan priority species.

### Chapter 5 : Peak District | region, England, United Kingdom | calendrierdelascience.com

*Kinder Scout is a moorland plateau in the Dark Peak. Most famous for the famous mass trespass by ramblers who had previously been denied access to to open country this highest point in the Peak District is still a major draw to walkers.*

### Chapter 6 : 6 of the very best places to visit in Peak District | ScratchMyFeet

*The Peak District is an upland area in England at the southern end of the calendrierdelascience.com is mostly in northern Derbyshire, but also includes parts of Cheshire, Greater Manchester, Staffordshire, West Yorkshire and South Yorkshire.*

### Chapter 7 : Walks in the Peak District - all free to print off or download

*calendrierdelascience.come the Upper Derwent Valley. Landscapes altered by the human hand rarely become aesthetically pleasing. However, whilst damming the Derwent was a practical decision, it has inadvertently created one of the most scenic areas of the Peak District the Upper Derwent Valley.*

### Chapter 8 : Edale to Peak District National Park - one way to travel via taxi, and foot

*Day by day details of holiday in the Peak District, One Foot in the Dales starts & finishes in Buxton & takes in towns such as Hartington, Tideswell & Winster.*

### Chapter 9 : calendrierdelascience.com: Hotels in Peak District. Book your hotel now!

*The ultimate guide to exploring England's Peak District on foot. A walking itinerary with stops in Bakewell, Millers Dale, Castleton and more.*