

7 Night Central Peak District Gentle Guided Walking Holiday

Trip style: Gentle guided walking

Destination:  Peak District

Trip code: BUX07-BEW01

Trip Walking Grade: ul 1 & 2



Holiday Overview

Ideal for those wanting to discover the Peak District at a more relaxed pace, this gentle guided walking holiday rewards with magnificent trails, big-name historic attractions, and comfortable accommodation in Buxton – the thermal spa town nestled in the centre of the Peak District. You'll also enjoy a choice of up to three different-grade daily walks, including a gentle walk of three to four miles.

WHAT YOU'LL LOVE

- Discovering the best landscapes the Peak District has to offer
- Admiring open moorlands and stunning countryside
- Spending time with like-minded people in the great outdoors
- Finding new routes and places to explore with your HF Holidays Leader
- Staying at the Lee Wood Hotel, our country house in Buxton

WHAT'S INCLUDED

- En-suite accommodation in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walking with experienced HF Holidays Leaders
- Choice of three guided walks (each walking day) from March to October, and two from November to February
- All transport to and from walks where necessary
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

WALKING GRADES AND OPTIONS

This trip is graded Activity Level 1 and 2.

This easier variation of our best-selling Guided Walking holidays is the perfect way to enjoy a gentle exploration of the Peak District. The choice of up to three guided walks including a walk of 4 miles.

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Day 1 Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00. Enjoy a complimentary cream tea at 16:30 and meet other guests.

Day 2 Buxton

Option 1 - Three Shires Head and Axe Edge Moor trig point

Distance: 8 miles (12.5km)

Ascent: 1,050 feet (320m)

Descent: 1,400 feet (440m)

In Summary: Following a short coach journey to the hills to the SW of Buxton, we follow the River Dane to the popular beauty spot known as Three Shires Head where Cheshire, Derbyshire and Staffordshire meet. From there we gradually climb to a very contrasting landscape, that of Axe Edge Moor, a very peaceful and large peat moorland. We reach the trig point marking the highest point of the moor. We complete our journey along the old disused road to Macclesfield and then through some local woods and alley ways back to the Lee Wood Hotel.

Highlights: Pretty waterfalls at Three Shire Head. Extensive peat moorland of Axe Edge Moor with spectacular and far reaching views across three counties. Axe Edge Moor trig point. Cheeks Hill– the highest and most northerly point in Staffordshire. Curlews and lapwings in the Springtime.

Option 2 - Three Shires Head and Axe Edge Moor

Distance: 6.5 miles (10.5km)

Ascent: 800 feet (240m)

Descent: 1,250 feet (380m)

In Summary: Following a short coach journey to the hills to the south west of Buxton, we follow the River Dane to the popular beauty spot known as Three Shires Head where Cheshire, Derbyshire and Staffordshire meet. From there we gradually climb to a very contrasting landscape, that of Axe Edge Moor, a very peaceful and large peat moorland. We complete our journey along the old disused road to Macclesfield and then through some local woods and alley ways back to the Lee Wood Hotel.

Highlight: Pretty waterfalls at Three Shire Head. Extensive peat moorland of Axe Edge Moor with spectacular and far reaching views across three counties. Cheeks Hill– the highest and most northerly point in Staffordshire. Curlews and lapwings in the Springtime.

Option 3 - Buxton Highlights

Distance: 4 miles (7km)

Ascent: 400 feet (120m)

Descent: 650 feet (200m)

In Summary: Starting in Grinlow Country Park, we make our way gently up to one of Buxton's historic landmarks, Solomon's Temple. From there we meander down through grasslands and woods to Poole's Cavern and visitor centre. We make our way back to the house through Pavilion Gardens, Serpentine Gardens and Gadley woods.

Highlight: Grinlow country park with its limestone quarrying heritage, Solomon's Temple, Poole's cavern and visitor centre, and Pavilion Gardens including its charming Crystal Palace-esque buildings and conservatory.

Day 3 Hartington

Option 1 - Crowdecote, Pilsbury Castle to Hartington

Distance: 4 miles (6km)

Ascent: 400 feet (120m)

Descent: 500 feet (160m)

In Summary: This walk starts at the village of Crowdecote, north of Hartington, and on the border of Derbyshire and Staffordshire. There are lovely views of hills either side of the valley as the walk descends towards Hartington along the valley of the River Dove. The walk includes a short ascent to the site medieval Pilsbury Castle and finally joining a small lane to continue down the valley to reach Hartington, with its famous cheese shop.

Highlight: Exploring Pilsbury castle, site of a Norman motte and bailey castle

Option 2 - Glutton Bridge to Hartington

Distance: 5 miles (8.5km)

Ascent: 450 feet (140m)

Descent: 550 feet (160m)

In Summary: This walk commences further up the valley of the River Dove at Glutton Bridge, (the name originates from Middle English 'gluton' and indeed has the same meaning as today's word!) There are great views of surrounding hills, Parkhouse, Chrome Hill and Hitter Hill. The route takes a track then a field path to reach the village of Crowdecote, where the walk replicates the Option 1 walk to reach Hartington.

Highlight: Exploring Pilsbury castle, site of a Norman motte and bailey castle

Option 3 - Hollinsclough to Hartington

Distance: 6.5 miles (10.5km)

Ascent: 500 feet (140m)

Descent: 700 feet (220m)

In Summary: This walk starts in the village of Hollinsclough at the head of the Dove Valley, (originally 'Howel's Ravine') and near the junction of 3 counties, Staffordshire, Derbyshire and Cheshire. In the 18th century, the village was linked to the silk weaving industry, and silk was transported to Macclesfield on a packhorse route. There are dramatic views of surrounding landscape as the walk proceeds past the 'Dragon's Back' made up of 2 jagged limestone hills, Parkhouse and Chrome Hill. The walk arrives at Glutton Bridge and follows the Option 2 route to Hartington.

Highlight: Exploring Pilsbury castle, site of a Norman motte and bailey castle

Day 4 Free Day - Central Peak District

Discover more about the [Lee Wood Hotel](#) and the local area for ideas on how to make the most of your free day.

Day 5 Chatsworth Park

Option 1 - Curbar Gap to Calton Lees

Distance: 5.5 miles (9km)

Ascent: 300 feet (100m)

Descent: 950 feet (280m)

In Summary: This starts high on the Edges. The walk goes along Baslow Edge giving far reaching views and passing the Eagle Stone and Wellington monument before descending into Baslow and following the same route as Opt 1 through Chatsworth Park and Edensor.

Highlight: Walking through the grounds of the impressive Chatworth House

Option 2 - Baslow to Calton Lees

Distance: 3.5 miles (5.5km)

Ascent: 300 feet (100m)

Descent: 250 feet (80m)

In Summary: The walk starts in the estate village of Baslow and then enters Chatsworth Park initially following the river and then on towards the house. There will be time for a break with cafes and some shops in the magnificent stables. The walk then passes through the "model" village of Edensor (pronounced Ensor) where recent graves of the Cavendish family are found in the churchyard. It's then a fairly level walk along the river to the Garden Centre.

Highlight: Walking through the grounds of the impressive Chatworth House

Option 3 - Curbar Gap to Calton Lees passing the Russian Cottage

Distance: 6.5 miles (10.5km)

Ascent: 600 feet (180m)

Descent: 1,200 feet (380m)

In Summary: As with option 2 this walk starts along Baslow Edge and through Chatsworth park with time for a break. After visiting the village of Edensor the walk then ascends giving excellent views back over Chatsworth House and Gardens. After passing the "Russian Cottage" (a replica Dacha) the walk descends on a track to the Garden Centre.

Highlight: Views of the Peak District from Baslow Edge

Day 6 Ilam

Option 1 - Blore to Ilam via Rushley

Distance: 5 miles (8km)

Ascent: 650 feet (200m)

Descent: 750 feet (240m)

In Summary: After a short coach ride the walk starts in the hamlet of Blore, there is a short road walk before following a track giving far reaching views over the Manifold valley and beyond. After descending through a farm, the walk follows the riverbed into Ilam Park. There will be time to view the village and its famous cross.

Highlight: Ilam village with its grand hall, pseudo alpine cottages and memorial cross.

Option 2 - Blore to Ilam

Distance: 3 miles (4.5km)

Ascent: 250 feet (80m)

Descent: 450 feet (140m)

In Summary: After a short coach ride the walk starts in the hamlet of Blore, with time to view its church and Hall (both from outside). The walk then descends to the river and Ilam Park. There will be an opportunity to view the village, the Boil Holes and the interesting church plus time for a cuppa.

Highlight: Exploring Ilam Park

Option 3 - Dovedale, Blore and Rushley

Distance: 6.5 miles (10.5km)

Ascent: 950 feet (280m)

Descent: 1,050 feet (320m)

In Summary: Starting in Dovedale we walk on the Limestone Way to reach the hamlet of Blore. The walk then follows Option 2 to enter Ilam Park. Time to see the Boil Holes, church and village and to have a cuppa.

Highlight: Ilam village with its grand hall, pseudo alpine cottages and memorial cross.

Day 7 Cromford, the Canal and the High Peak

Option 1 - Along the Canal to Cromford

Distance: 3.5 miles (5.5km)

Ascent & Descent: Minimal

In Summary: This walk starts by the village of Whatstandwell, where the charming towpath of the Cromford canal follows the river Derwent. Built in the late 18th Century to link with the Erewash canal and then the River Trent, a tunnel collapse in the early twentieth century has left our section as a 5 mile long haven for nature. This is home to a wide range of wildflowers, insects, birds and even rare water voles. At High Peak Junction we pass a small workshop claimed to be the oldest railway workshop in the world. As the walk ends at Cromford wharf we can enjoy a cuppa and visit the world's first water powered cotton mill.

Highlight: The Derwent Valley was one of birthplaces of the Industrial Revolution, for it was here that Richard Arkwright set up his pioneering cotton mill. Its importance is now recognised as a UNESCO World Heritage Site.

Option 2 - Middleton Top to Cromford

Distance: 4.5 miles (7km)

Ascent: 300 feet (80m)

Descent: 100 feet (300m)

In Summary: Middleton Top lies at the top of an incline, where once trains were hauled from below by a steaming winding engine of the former Cromford and High Peak railway. This walk descends the incline, with time to call in to the National Stone Centre. Spot the Millennium wall, many varieties of dry stone wall. The walk continues along the High Peak Trail and descends another incline to arrive at Cromford Canal, built in late 18th century. See Aqueduct cottage, former lock keeper's dwelling, now restored by Derbyshire Wildlife Trust, before the walk takes the beautiful canal towpath and arrives at Cromford and Arkwright's Mill.

Highlight: The Derwent Valley was one of birthplaces of the Industrial Revolution, for it was here that Richard Arkwright set up his pioneering cotton mill. Its importance is now recognised as a UNESCO World Heritage Site.

Option 3 - Crich Village, Cromford Canal and Cromford

Distance: 5.5 miles (9km)

Ascent: 350 feet (100m)

Descent: 800 feet (240m)

In Summary: This walk starts in the pretty village of Crich, with a history of lead mining and quarrying, and famous for it's National Tramway Museum and a prominent memorial tower of the Sherwood Foresters Regiment. Admire the wide views here before descending, and passing through the atmospheric woodland around Duke's Quarry, . The walk then joins the Cromford Canal and proceeds to Cromford and Arkwright's Mill, as in Options 1 & 2.

Highlight: The Derwent Valley was one of birthplaces of the Industrial Revolution, for it was here that Richard Arkwright set up his pioneering cotton mill. Its importance is now recognised as a UNESCO World Heritage Site.

Day 8 Departure Day

Enjoy a leisurely breakfast before making your way home.

Daily Walk Options



Easier Walks

Walk at a relaxed pace, often spending time at places of interest en-route. Walking experience isn't necessary as distances are quite short and gradients generally easy.

Accommodation

Lee Wood Hotel

A New HF Country House for 2027 Lee Wood is our 43-bedroom Georgian property in the historic spa town of Buxton, opening 29 January 2027 with a special celebratory launch week. Not only does our newest country house have excellent rail connections, with Buxton station only a short walk away, it also has easy access to a wonderful variety of Peak District walking routes. Surrounded by the Peak District National Park, our Buxton base offers a wealth of walks across the dramatic gritstone edges of the Dark Peak, through the gentle valleys of the White Peak, and routes that delve into the region's industrial past, history, and heritage. Other nearby highlights include the Derbyshire Dales and the Hope Valley, home to picturesque villages such as Hathersage, Eyam, and Castleton, which is famed for its show caves and is crowned by the dramatic ruins of the 11th-century Peveril Castle. When you're not out walking, unwind in the well-kept gardens, or enjoy plenty of space for socialising and activities in the roomy bar and lounge areas. If you want to take it easy or fill a free day, Lee Wood's excellent location puts you steps from Buxton's many highlights. Visit Buxton Opera House to catch a show in an authentic Edwardian theatre, stop by the iconic, Grade I-listed Buxton Crescent building and browse its fascinating museum, or simply stroll through the landscaped parklands of the Pavilion Gardens, which first opened in 1871. Alternatively, take a 25-minute walk to Poole's Cavern, a two-million-year-old natural limestone cave and Site of Special Scientific Interest.

Check-In & Check-Out

You are welcome to check in from 4pm at the earliest. HF Members can check in earlier, from 2pm. On arrival, you'll enjoy a complimentary cream tea and get to meet your fellow guests, our HF Holidays Leaders, and the rest of the friendly team. Check out 10am.

About

- 43 well-appointed guest rooms • Exclusive occupancy: 68 guests minimum • Check in from 4:00pm •
- For members check in from 2:00pm • Free Wi-Fi • Free on-site parking • Boot room and drying room •
- Discovery Point offering a wide range of local area maps, route guides, and information for self-guided walks • Books and games to borrow • Licensed bar • Lounges • Lawned grounds • Electric vehicle charging point • Please note, you will need to bring your own cables to use this EV charging point

Rooms

Designed with your comfort in mind, Lee Wood Hotel has 43 well-appointed guest rooms available in three categories: Classic, Premium, and Superior.

Classic Rooms are comfortable en-suite guest rooms, ideal for a peaceful night's sleep. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, and shower gel), and a TV.

Premium Rooms are more spacious en-suite guest rooms*. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers.

Superior Rooms are even more spacious en-suite guest rooms offering upgraded views of the surroundings*. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers.

The **Choose Your Room** service is available at our UK country houses, allowing you the option of choosing and confirming a specific room for an extra charge of £30 per room. This is subject to availability. Upgrade supplements apply.

Room supplements

Superior	Premium single	Premium double/twin	Choose your room
£25 pppn	£20 pppn	£20 pppn	£30 per room

*Views and layout reflect each properties unique character and location

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865).

About your stay

A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

Evening entertainment

While evening entertainment varies from house to house, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

Walks talks

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on guided walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865).

Travel Details

Address

The Park,
Park Rd,
Buxton
SK17 6TQ
Tel: 01298 23002

[Google Maps](#)

By train

The nearest station is Buxton, approximately 0.5 miles from the house.

Check National Rail for train times and routes.

By taxi

You may wish to call one of our local taxi companies on 01298 72123 or 01298 72333 on arrival for transport to and from the train station.

By car & parking

Lee Wood Hotel can be approached either via The Park or to the rear via Manchester Road (A5004 Long Hill to Whaley Bridge). If you are using SatNav, our postcode is SK17 6TQ. Parking is available around the hotel, and there is additional unrestricted parking on The Park, to the south side of the premises.

Local Area

Perfectly placed in the heart of the Peak District, Buxton offers easy access to some of England's most inspiring landscapes, charming villages, and historic landmarks. Whether you're enjoying a guided, self-guided walking or special interest holiday, there's always the opportunity to linger for longer. Here's our pick of the very best things to see and do within easy travelling distance of the Lee Wood Hotel in Buxton.

The Peak District's best-loved landscapes

Step straight into the Peak District National Park, where a network of well-maintained trails leads you through dramatic dales, rolling hills and rugged moorland. Discover the limestone valleys of Dovedale and Monsal Dale, with their iconic stepping stones and sweeping views, or explore the wild beauty of the Dark Peak, where gritstone edges like Kinder Scout and Stanage Edge offer a more dramatic backdrop.

Buxton's heritage, gardens & caves

Closer to home, Buxton itself is rich in history. As England's highest market spa town at 1,000 feet above sea level, there's more to this place than water. The town's spa heritage and leafy parks make it an ideal place to relax after a day in the hills. Stroll around the elegant Georgian Crescent, explore the beautiful Pavilion Gardens, or visit the historic Opera House to catch a show in an authentic Edwardian theatre. From musicals and stand-up comedy to operatic performances, including the world-famous [International Gilbert & Sullivan Festival](#) every August, it's one of the Midlands' prime entertainment venues. Poole's Cavern is also well worth a visit – a two-million-year-old natural limestone cave.

Historic houses and stately grandeur - Chatsworth House, Bakewell & Castleton

The surrounding countryside is dotted with picturesque villages, each with its own charm. Home of the Duke and Duchess of Devonshire, this magnificent 17th century mansion is set in over 1,000 acres of stunning parkland and formal gardens. Inside, there are over 30 rooms to explore, including the State Rooms, Sculpture Gallery, and Painted Hall. Castleton, located at the head of the Hope Valley, is known for its caves: Peak Cavern, Blue John Cavern, Speedwell Cavern, and Treak Cliff Cavern – and historic Peveril Castle, while Bakewell offers riverside walks and its famous pudding. Closer to Buxton, villages like Tideswell – home to the impressive “Cathedral of the Peak” – provide welcoming pubs, local history, and a slower pace of life. Haddon Hall, overlooking the River Wye, is a fairytale-like manor house with its fortified exterior dates from the 12th century. Every part of the property is steeped in history, but the banqueting hall, chapel, and kitchens are particularly worth exploring.

Cromford Mills

Part of the UNESCO-listed Derwent Valley Mills, the world's first water-powered cotton spinning mill developed by Richard Arkwright in 1771 is known as the birthplace of the modern factory system. The mill museum and visitor centre are both worth visiting.

Dovedale Stepping Stones

The limestone valley of Dovedale steals the limelight as one of the best-loved – and most visited – beauty spots in the Peak District National Park. Don't miss the famous stepping stones located about half a mile from the car park (check the National Trust website for news of Stepping Stones opening/access due to repairs).

Trails, railways and scenic routes

Enjoy traffic-free walking and cycling along the Monsal Trail, following a former railway line through tunnels and across viaducts with spectacular views. For a nostalgic day out, the Peak Rail heritage railway offers a leisurely journey through the Derwent Valley, while the surrounding area is crisscrossed with gentle routes perfect for guided and self-guided exploration. Crich Tramway Village – a recreated Edwardian-style village and home to the National Tramway Museum is located near the village of Crich. Highlights include the woodland walk, sculpture trail, and collection of over 60 trams built between 1873 and 1982.

Useful Holiday Information

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing.

Essentials

- Suitable footwear such as waterproof walking boots that provide ankle support and good grip
- Waterproof and windproof jacket
- Comfortable clothing (jeans & waterproof capes are not suitable)
- Mid-layer(s) to keep you warm. Fleece makes a good choice
- Waterproof overtrousers
- Gloves and a warm hat
- Rucksack with waterproof liner
- Flask for hot drinks
- Water bottle (at least 1 litre capacity)
- Sunscreen
- UV sunglasses

For holidays operating October through to the end of March, please also bring the following on your walks:

- spare warm clothing
- spare high energy food
- head torch and spare batteries
- please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hydrostatic head – this is the rating given on waterproof jackets) of 10,000mm+

Recommended

- Several base layers (long-sleeve or short-sleeve)
- Cushioned walking socks to avoid blisters
- First aid kit, including plasters and insect repellent and tick remover tool
- Sit mat
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)
- Wallet/purse
- Camera
- Walking poles

Trip Information

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests.

Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest where clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass.

Please note: If you choose to leave the group your leader is no longer responsible for you.

If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

Tripnote validity

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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