# 7 Night Central Peak District Guided Walking for Solos Holiday



| Trip style: | Destination: | Walking Grade | Carbon Footprint: |
|---|---|---|---|
| Solo Walking Holidays | Peak District | 4 & 6 | 200kg CO2 |

## HOLIDAY OVERVIEW

Enjoy the freedom of holidaying as a solo traveller but with the bonus of friendly company throughout. Exclusively for solos, this holiday combines a great selection of guided walks in the Peak District with the opportunity to connect with your fellow guests. Together you'll explore both the Dark and White Peaks, delving into the region's industrial past and the striking contrasts in landscape, geology and character[L.

## 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 up to two guided walks (on walking days)
- All transport to and from walks where necessary
- Dedicated Solos host
- Welcome drinks reception
- Farewell dinner with drinks included
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

## ITINERARY - SOLOS WALKING

### Day 1 **Arrival Day for Solos**

### Day 2 **Buxton and Goyt Valley**

#### Option 1 - Cat & Fiddle Inn to Buxton

**Distance:** 5 miles (8.5km)

**Total ascent:** 400 feet (120m)

**In summary:** This walk begins at the Cat & Fiddle, the 2nd highest pub in England. We descend to the Victorian folly of Solomon's Temple, then onwards to Poole's Cavern before arriving in the beautiful spa town of Buxton

**Highlight:** There's time to explore Buxton and enjoy the elegant and imposing buildings of this famous spa town.

#### Option 2 - Goyt Valley and Buxton Pavilion

**Distance:** 8½ miles (13.5km)

**Ascent:** 600 feet (180m)

**In summary:** Starting from the former Cat and Fiddle Inn, set high on the moors, we descend to Errwood Hall and the dam between the Fernilee and Errwood Reservoirs in the Goyt Valley. From here we cross the moors to Buxton.

**Highlight:** Great views from the old Cat & Fiddle Inn with its lofty position high on the moors.

## Day 3 Upper Dove Valley and The Dragon's Back

### Option 1 - Upper Dove Valley & Pilsbury Castle

**Distance:** 7 miles (11.5km)

**Ascent:** 850 feet (260m)

**In summary:** From the village of Hollinsclough nestling beneath Hollins Hill close to the source of the Dove we traverse beneath the jagged outlines of the Dragon's Back to Glutton Bridge. We climb Hitter Hill to view the shapely cone of High Wheeldon with it's prehistoric secrets, then journey south to the fascinating site of Pilsbury Castle. From there we contour the eastern flank of the upper Dove beneath Carder Low with great views of 'The Dragon', Sheen Hill and Axe Edge to finish in the splendid market town of Hartington.

**Highlight:** Sample the local Stilton and Dovedale cheeses at the famous Hartington cheese shop.

### Option 2 - Hollinsclough to Hartington via Hitter Hill

**Distance:** 9 miles (15km)

**Ascent:** 1,500 feet (460m)

**In summary:** From the village of Hollinsclough we contour Hollins Hill in the shadow of Axe Edge (source of both the River Dove and Manifold) and Leap Edge. We swing north up Dowel Dale then ascend Hitter Hill before heading south to Pilsbury Castle. We then cross the fledgling River Dove and ascend to the ridgeline of Sheen Hill for panoramic views west over the Manifold valley before descending into Hartington.

**Highlight:** Explore the site and remains of Pilsbury Castle, an 11th Century Motte and Bailey Fortress, with fantastic views back towards Chrome Hill.

## 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 The Derwent Valley and Cromford

### Option 1 - Crich to Cromford

**Distance:** 5½ miles (9km)

**Total ascent:** 500 feet (160m)

**In summary:** Walk from Crich village up to the monument on Crich Stand. After an undulating walk through the Derbyshire countryside we'll follow the Cromford Canal towpath, to Cromford Wharf 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 2 - The Derwent Valley and Cromford

**Distance:** 9½ miles (15km)

**Ascent:** 900 feet (280m)

**In summary:** Soak up the views from Crich Stand, then walk over the green hills above the Derwent Valley to the timeless hamlets of Lea, Dethick and Riber. Finally we follow the canal to Cromford.

**Highlight:** Crich is home to the National Tramways Museum. Look out for these vintage vehicles when you cross the tram tracks at Crich Stand.

## Day 6 **The Edges Through Chatsworth to Bakewell**

### Option 1 - Chatsworth and Bakewell

**Distance:** 7½ miles (12km)

**Ascent:** 800 feet (240m)

**In summary:** Walk along Baslow Edge, passing the Eagle Stone before descending into Baslow village and through Chatsworth Park to Chatsworth House. After exploring the estate village of Edensor we take a track and a quiet lane over the ridge into Bakewell.

**Highlight:** Admire the grandeur of Chatsworth House, home to the Duke and Duchess of Devonshire, and its surrounding parkland landscaped by Capability Brown.

### Option 2 - Along the Edges and Through Chatsworth Park to Bakewell

**Distance:** 10½ miles (17km)

**Ascent:** 1,300 feet (400m)

**In summary:** High up on the Moors we take an exhilarating walk along Froggatt, and Curbar Edge. Pass Wellington's Monument descending to Chatsworth before passing through Edensor then over a ridge and down into Bakewell.

**Highlight:** The gritstone escarpment of Curbar and Froggatt Edge is one of the most popular walks in the Peak District, with sweeping views over the Derwent Valley.

## Day 7 **Castleton and the Great Ridge**

### Option 1 - The Great Ridge

**Distance:** 6 miles (9.5km)

**Ascent:** 650 feet (200m)

**In summary:** Starting high up on Winnat's Pass we will make the short steep ascent to the top of Mam Tor. At 517 metres above sea level we will hopefully be rewarded with fantastic views in all directions. We then follow the famous Great Ridge before descending to Hope and a beautiful riverside walk to Castleton.

**Highlight:** If you have the energy, why not complete the short climb to Peveril Castle, or learn about village life through the ages and the unique local semi precious 'Blue John' stone at the fantastic interactive visitor centre in Castleton.

### Option 2 - Hope to Castleton on the Great Ridge

**Distance:** 7 miles (11.5km)

**Ascent:** 1,600 feet (480m)

**In summary:** Starting in Hope, we climb up Lose Hill. From the summit we will traverse along the length of the ridge with fantastic views in all directions to Mam Tor. We then descend to Castleton along the Limestone Way via the remains of Peveril Castle and Cave Dale.

**Highlight:** Treat yourself to some jewellery crafted from the local 'Blue John' stone, or simply relax after an exhilarating walk with a cuppa and cake in one of the numerous tea shops in Castleton.

## Day 8 Departure Day

Enjoy a leisurely breakfast before making your way home.

## DAILY WALK OPTIONS




**Gentle walking grade 4**

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.




**Moderate walking grade 6**

Longer full day walks with more ascent and varied terrain. Good fitness and agility are needed. Typically, 9-10 miles (15-16km) with around 1,500ft (460m) of ascent.

## 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.

## 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

## Then & now

The Lee Wood Hotel was originally built in 1830 as three houses by William Canendish, the 6th Duke of Devonshire. The so-called “Bachelor Duke" was one of the biggest landowners in the United Kingdom, as well as an ambassador to Tsarist Russia, and a renowned horticultural enthusiast who owned over 200,000 acres of land. Cavendish transformed the three houses into a hotel in 1860, to capitalise on the growing influx of visitors arriving via the newly built Derby–Manchester railway line. At the time, the town was beginning to prosper as a Victorian spa resort, drawing people keen to enjoy the therapeutic properties of its thermal spring waters.

Acquired by Margaret and Derwent Millican in 1957, the hotel reopened the following year after a brief renovation. It remained in the care of the Millican family for almost 70 years, becoming a much-loved hotel known for its warm welcome, friendly atmosphere and excellent customer service, attracting many returning guests.

In 2026, HF Holidays purchased the property and, in the spirit of our member-owned co-operative, hopes to carry that legacy forward when Lee Wood opens as an HF Country House in 2027.

## 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.

## ROOMS

Your room at Lee Wood Hotel

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.

## 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 waking routes as well as visit-worthy local attractions.

**Helping you enjoy the Great Outdoors - A natural focus on walks**

**Walks talks and Discovery Points**
Our founder, country pastor turned social innovator, Thomas Arthur Leonard, was passionate about encouraging people to explore the countryside. His legacy continues in HF's continued focus on walking. Many guests choose to travel with us on guided or self-guided walking holidays, and as such, evenings at our houses are often busy with walk leaders hosting various briefings and talks. On guided walking holiday arrival days, there are walking information briefings before dinner, and for the duration of any guided walking holiday there will be a Walks Talk before (or on occasion after dinner), to go through the following day's walk options. Self-guided walking guests, and those on special interest holidays (where there is free time to explore independently), are of course welcome to also join in these Walks Talks - please talk to the team locally if you have any queries. Our Discovery Points are filled with handy maps and route notes, designed to ensure everyone, not just those booked on a guided walking holiday, can enjoy the beautiful countryside settings that our HF houses enjoy.

**The walking day**
Prior to setting off on guided walks, our HF Holidays Leaders run through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure walkers 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.

## 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

Places to visit in Buxton

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.

## SAFETY ON YOUR HOLIDAY

### Walking safety

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.

## ESSENTIAL INFORMATION

### Packing list

Weather conditions in the UK can vary throughout the day, and conditions in the mountains may be cold and windy even in summer. Use the following list as a guide when preparing for your holiday.

**Essentials**

- Suitable waterproof walking boots with ankle support and good grip
- Waterproof, wind-resistant jacket with a hood, taped seams and a hydrostatic head rating of at least 10,000 mm
- Waterproof overtrousers
- Spare warm clothing, such as a synthetic insulated jacket
- Comfortable walking clothing (jeans & waterproof capes are not suitable)
- Warm mid-layers, such as fleeces
- Gloves and a warm hat, even in summer
- Rucksack with a waterproof liner
- Water bottle with a capacity of at least 1 litre
- Flask for hot drinks
- Sunscreen
- UV-protective sunglasses
- Spare high-energy food
- Head torch and spare batteries for holidays between October and March
- Passport (if applicable)
- Visa (if applicable)
- Copy of your travel insurance policy

**Recommended**

- Several base layers, with long or short sleeves
- Cushioned walking socks to avoid blisters
- First-aid kit, including plasters, insect repellent, a midge net and a tick-removal tool
- Sit mat
- Waterproof pouch for valuables
- Rubbish bags
- Wallet or purse

- Camera
- Walking poles
- Sun hat
- Gaiters
- Mobile Phones
- Swimwear (please see accommodation information for hotel facilities)
- Membership cards for English Heritage, the National Trust or similar heritage organisations in Scotland and Wales, if you are a member. These may be useful when visiting attractions during your itinerary or on your free day.

## 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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