

7 Night Central Peak District Guided Walking for Solos Holiday

Trip style: Solo Walking Holidays

Destination: ☺ Peak District

Trip code: BUX07-BOS01

Trip Walking Grade: ul 2, 3 & 4



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

WALKING GRADES AND OPTIONS

This trip is graded activity level 2 and 3, Explore the beautiful Peak District National Park on our guided walks. We offer a great range of walks to suit everyone - from beautiful limestone valleys, to spectacular scenery on the gritstone edges. We'll take you to all the classic viewpoints, timeless villages and hidden corners. Join our friendly and knowledgeable guides who will bring this stunning national park to life.

Our experienced guides offer the choice of three different walks each day

Choose the option which best suits your interests and fitness

We provide flexible holidays. Join our guided walks, explore independently, or relax at our Country House.

ITINERARY - SOLOS WALKING

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 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 - 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.

Option 2 - 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 its 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.

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 - 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.

Option 2 - 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.

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 - 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.

Option 2 - 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.

Day 8 Departure Day

Enjoy a leisurely breakfast before making your way home.

Daily Walk Options



Easier Walks

Good paths but walks are a bit longer. Some walks, particularly in mountain areas, may have sections over rough or steeper terrain.



Medium Walks

Walks follow well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough or steep in sections and will require reasonable fitness.

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	
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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. Fleeeces make 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 (hyrodstatic 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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