



Limestone Way

Take an enhanced journey along **The Limestone Way** (South to North), travelling from Rocester in the south to Castleton in the north, taking you through the dramatically beautiful backdrop of The Derbyshire Dales. Enjoy the stunning natural landscape with the historical influences of man's toil. A journey with sustained interest and visual treats that now also includes the iconic Thorpe Cloud, the Matlock Spur traversing Masson Hill, the magnificent Victorian Engineering of the twin viaducts in Millers Dale and the spectacular contrasts of Upper Lathkil Dale. Our total distance 50 miles (80 km)

Trail Grading



This Guided Walking /Hiking Trail is graded 3 which involves walks /hikes on well-defined paths, though often in hilly or upland areas, or along rugged footpaths. These may be rough and steep in sections and will require a good level of fitness. It is your responsibility to ensure you have the relevant fitness required to join this holiday.

Fitness

We want you to be confident that you can meet the demands of each walking day and get the most out of your holiday. Please be sure you can manage the mileage and ascent detailed in the daily itineraries. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace.

It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks, including some on hilly terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina.

All walking days listed below involve minibus or local transport between the walking route

and your accommodation which is included in the price of this holiday.

Planned Itinerary

Day 1: Arrival Day

Your leader will give an introductory talk about the holiday

Day 2: Rocester to Thorpe

Our journey starts in the historic Roman settlement of Rocester heading north via Ellastone, bisecting the Churnet and Dove valleys. Then with the Weaver Hills to the west and the 19th Century model village of Snelston below us we ascend the ridge to Marten Hill, en route to Blore. We descend through Blore pastures with the classic view of 'The Gateway to Dovedale' as our setting. An ascent of the iconic Thorpe Cloud rounds off our first day in panoramic style. 10 Miles (16 km) with 1,300 feet (390m) of ascent.

Day 3: Thorpe to Bonsall

A brief flirtation with the Tissington Trail brings us to Tissington village, a delightful feudal estate unchanged for centuries. After exploring we cross the Bentley Brook to lovely Parwich. Heading east, we cross typical limestone plateau, featuring several prominent craggy outcrops, ancient barrows and burial chambers; notably Harboro' Rocks and Mininglow. Man's imprint on the landscape then becomes more evident as we continue to the village of Bonsall above the brooding Via Gellia. 11 miles (17 km) with 1,650 feet (510m) of ascent.

Day 4: Rest Day

A day with no walk planned giving you the opportunity to relax or explore the area independently

Day 5: Matlock to Youlgreave

From the County town and Victorian Spa of Matlock we ascend Masson Hill with far reaching views of the Derwent Valley. We



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continue to the village of Winster via Luntor Rocks and Wyn's Tor. Much of this section shows historical evidence of the importance of Lead Mining to the area. Above Winster we pick up the old packhorse route known as 'The Portway' following it to ascend to Robin Hood's Stride where we visit a hermit before crossing Harthill Moor and descending via Bleakley Dike to the village of Youlgreave. 9 miles (14.5 km) with 1,540 feet (475m) of ascent.

Day 6: Youlgreave to Taddington

Dominated by the impressive All Saints' Church, the village of Youlgreave sits above Bradford Dale into which we shall drop to uncover the story of the Bradford Dams. Extensive views then unfold as we cross the hillside of Calling Low and descend the stone staircase into Cales Dale and onto the splendour of Lathkil Dale. The Dale still shows many signs of past industrial activity and is also a National Nature Reserve. It is a classic deep and dramatic White Peak dale. On to lovely Monyash via Fern Dale, and then a traverse of a typical White Peak landscape criss-crossed with dry stone walls at 1,000 feet above sea level to reach Taddington. 10 miles (16 km) with 1,590 feet (490m) of ascent.

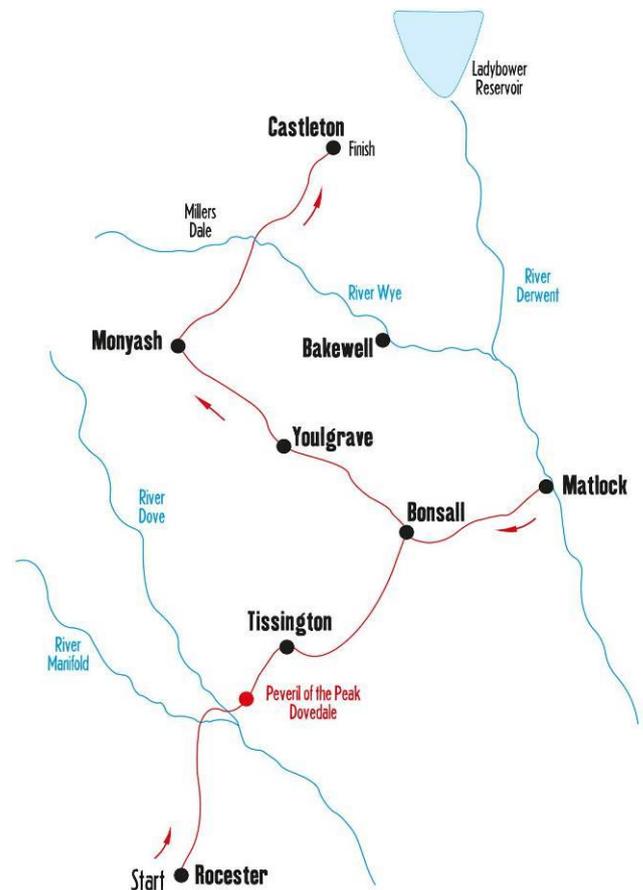
Day 7: Taddington to Castleton

The final frontier! Taddington at over 1,100 feet is one of the highest villages in Great Britain – interesting in winter! Big skies as we make our way into the Wye Valley at Millers Dale to cross the imposing viaducts of the old Buxton to Bakewell railway (now the Monsal Trail). Then a series of charming unspoilt little dales set aside as nature reserves take us up to the plateau of Old Moor. With the Great Ridge and the Kinder Plateau resplendent beyond, we drop into the rocky defile of Cave Dale and on to our journey's end in Castleton. Celebrate! 11 miles (17.5 km) with 1,400 feet (430 m) of ascent.

Day 8: Departure Day In the evenings

After a sociable evening meal, you can join in an organised activity such as a quiz or a talk about the local area, relax in the bar or use the Country House facilities.

The itinerary may be subject to change at the discretion of the leader with regard to the weather and other external factors



Trail Leader

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking /Hiking Trail and will also be delighted to share their knowledge and enthusiasm with you.



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Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.

What to wear

To enjoy walking /hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety is our priority and Britain is famous for its changeable weather, so our advice is to come prepared for all eventualities. Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents. Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters. Several layers of clothing, which can be added or removed, are better than a single layer (include spares). Fabrics (lightweight and fast drying) designed for the outdoors are recommended. Waterproof jacket and waterproof over trousers are essential and a warm hat and gloves are useful additions. Gaiters are an optional but useful extra. Denim jeans and capes are not suitable on any walks.

What to bring

Rucksack with a waterproof liner, thermos flask for hot drink, water bottle (at least 1 litre) and spare high-energy food such as a chocolate bar. Small torch (particularly in spring, autumn and winter) and first aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed). Walking poles are useful, particularly for descents. Insect repellent, sun hat, sunglasses and protection cream and camera are all optional extras you may choose to bring.

Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing

animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

On the walk

We try to create a relaxed atmosphere on the walk but please listen to safety instructions from your leader. Keep members of the group in view especially when weather or visibility is poor. If you leave the group, then your leader will no longer have responsibility for you. Our leaders consider the safety of the group as a whole and are likely to be more cautious over potential risks such as bad weather.

In the event of a problem

If you become separated from the party please stay where you are. Your leader will retrace their steps to find you. All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack. Call the emergency services (call 999 in the UK, or 112 overseas). Please then try to call the hotel where you are staying to let them know there is a problem.

Maps and Guides

Your trail leader will carry all the necessary maps and guides. For your own interest you may consider looking at the following:

OL1 Dark Peak and OL24 White Peak Maps and OL259 Derby

Walking the Limestone Way by R E Haydock & B D Allen

The Limestone Way Walker's Guide (Derbyshire Dales District Council)



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Accommodation

The Peveril of the Peak

Thorpe, Dovedale

Ashbourne

Derbyshire

DE6 2AW

Tel: +44 (0)1335 350396

Fax: +44 (0)1335 350857

Email: dovedale@hfholidays.co.uk

Grid Reference: SK 157 505

Your room will be ready from 2.30pm onwards (1pm for Better & Best rooms). Afternoon tea will be provided on arrival so you can meet with your fellow guests. If you need assistance carrying your luggage to your room, please speak to the House Manager when you arrive for this to be arranged.

Facilities

The bedrooms all have their individual layout and character and you'll find a TV with digital radio, hair dryer, towels and tea and coffee making facilities. On your departure day kindly vacate your bedroom by 10am. There are spacious public rooms at the Peveril of the Peak including a lounge and newly refurbished dining room. There's also a licensed bar, open throughout your stay, opening onto the terrace which enjoys delightful views of the surrounding countryside. The boot and drying room is available to store your boots and to dry wet outdoor clothing. Secure cycle storage is also available. WiFi is accessible in all public areas of the house. Due to the area in which the house is located, the mobile phone signal is patchy.

Fabulous food

All holidays at our Country Houses are full board, from evening meal on arrival to breakfast on the day of your departure. There's a vegetarian option at all meals and we cater for gluten-free diets. For this and

any other dietary requirements, please speak to the House Manager on your arrival.

Travel

By car

From the south: leave the M1 at Junction 24 and head to Ashbourne via the A50 and A515. Continue north on the A515 heading towards Buxton. 1 mile north of Ashbourne turn left, signposted to Thorpe, Dovedale and Ilam. After a further 2 miles the road bends sharp left by The Old Dog. The Peveril of the Peak lies ahead at the bottom of the hill.

From Buxton take the A515 south towards Ashbourne. After 17 miles turn right at a crossroads following signs to Thorpe, Ilam and Dovedale. After 1 mile turn right by The Old Dog pub and follow the road around the sharp left hand bend. The Peveril of the Peak lies ahead at the bottom of the hill.

From the west: leave the M6 at junction 15 and head via the A50, Cheadle (A521) and Oakamoor (A5417) to the A52. At the junction of the A52 and the A523 take the minor road signposted Ilam. After 1½ miles turn left and descend the hill. Cross the bridge at Ilam, turn right and follow the road up a steep hill and onwards through Dovedale and Thorpe village. The Peveril of the Peak is on the left hand side at the end of the village. Visit your holiday page on our website for a map.

By rail

The nearest railway stations to the Peveril of the Peak are Buxton or Derby. For train times and route planning call 03457 484 950 or visit www.nationalrail.co.uk.

Station transfer by taxi

The 17-mile journey from Derby Station takes approximately 40 minutes. Ashbourne Taxis will charge you £32 per taxi for this journey. The 19-mile journey from Buxton station takes



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approximately 35 minutes. Ashbourne Taxis will charge you £42 per taxi for this journey. They will arrange shared taxis wherever possible.

To book a transfer please contact:

Ashbourne Taxis

Tel: +44 (0) 1335 345 198

Email: ashbourne-taxis@hotmail.co.uk

*Ashbourne Taxis is not owned or managed by HF Holidays.

Station transfer by bus

There is a bus service as far as Ashbourne, about 3 miles from our country house. From Buxton take the 442 bus service or from Derby catch the SW1 to Ashbourne. From Ashbourne complete your journey by taxi, or use the Derbyshire Connect service. This service must be booked at least 48 hours in advance by calling 01335 342951 or visiting Derbyshire.gov.uk.

For details of bus times from Buxton or Derby visit www.travelineeastmidlands.co.uk

Car parking

Parking is available in the grounds. No responsibility can be accepted for loss or damage to guests' property or vehicles. We advise not to leave valuables in cars.

Travel Insurance

Travel and any other personal insurance relevant to your holiday is recommended to all our guests.

While every effort has been made to ensure accuracy, the information in this guide may change after it has been printed. For the most up-to-date information please see our website or use the contacts below.

Enquiries

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www.hfholidays.co.uk