

# Cycling Around Hope Valley

# ROUTE 5



## Upper Derwent Valley

### Explore off-road in the Upper Derwent valley

1. From Bamford station head towards the road.
2. TR then 1st left and continue past the recreation ground.
3. Join the Thornhill Trail at the car park and continue on the Trail to the dam wall.
4. Cross the dam wall then TL to follow the cycle lane alongside Ladybower Reservoir.
5. TL at the traffic lights.
6. Cross A57 before the bridge (take care) to follow the route anti-clockwise around Derwent and Howden Reservoirs.
7. NOTE: A short cut across to the west side is possible to Fairholmes (at the dam wall between Ladybower and Derwent reservoirs).
8. On reaching the A57 again TL and cross the bridge.
9. Cross the A57 (take care). Take the cycle lane and TR at lights to retrace your outward journey.



**Start/End Point:** Bamford station S32 1EG or Derwent Cycle Hire S33 OAQ

**Distance:** 35km/22 miles

**Ascent:** 733m/2404ft

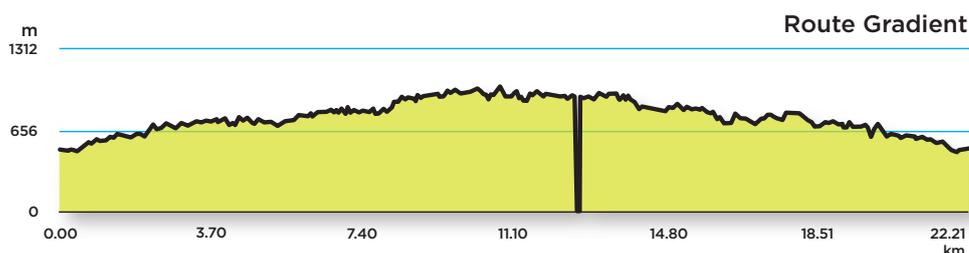
**Grade:** Moderate

**27% road/73% trail**

**Cafes:** Bamford, Fairholmes

**Pubs:** Bamford, Yorkshire Bridge, Ladybower (on A57)

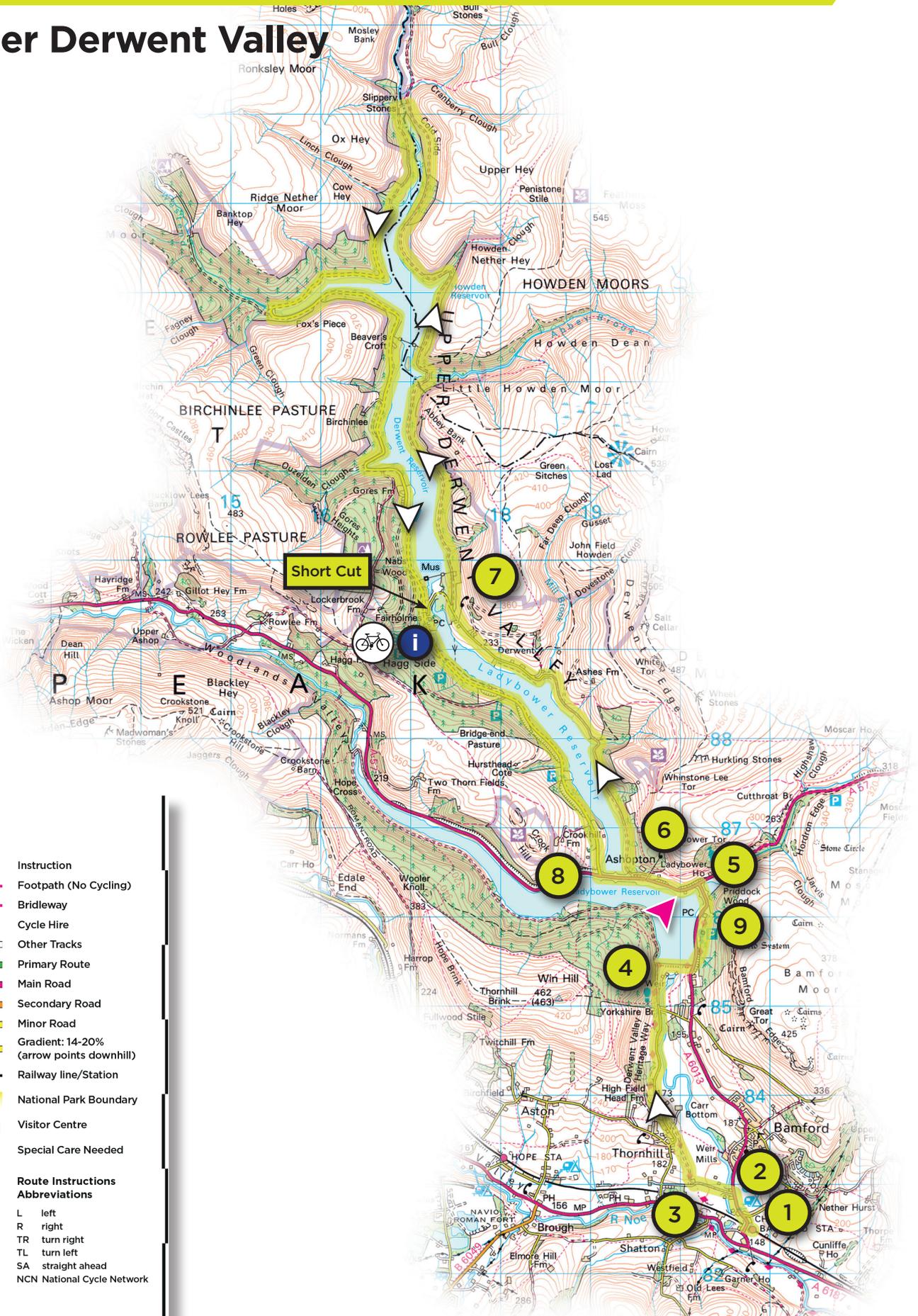
**Shops:** Bamford



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**Key**

- Instruction
- Footpath (No Cycling)
- Bridleway
- Cycle Hire
- Other Tracks
- Primary Route
- Main Road
- Secondary Road
- Minor Road
- Gradient: 14-20% (arrow points downhill)
- Railway line/Station
- National Park Boundary
- Visitor Centre
- Special Care Needed

**Route Instructions Abbreviations**

- L left
- R right
- TR turn right
- TL turn left
- SA straight ahead
- NCN National Cycle Network

**Disclaimer:**

All routes are followed at a rider's own risk. These routes are intended to be general guides: please observe all road signs, waymarks and other specific on-route instructions. Neither the PDNPA nor partners can be held responsible for any errors or consequences that arise from using this route information.

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