

Wheston and Tideswell Loop

Hills, dales and trails

1. From Hassop station car park go onto the Monsal Trail and TR.
2. Continue on trail to Millers Dale station.
3. TL out of car park up hill on road.
4. Pass though Wormhill and past Hargate Hall on your R, then TR signposted Peak Forest.
5. TR and pass through Wheston. Take care on steep descent into Tideswell. TL and then first R up Church Lane (signpost Litton), taking care when crossing the road.
6. In Litton TR at end of village green signposted Cressbrook. Take care on steep descent into Cressbrook Dale.
7. SA then steep uphill to Monsal Head.
8. At the Monsal Head Hotel go straight across (signpost Great Longstone and Little Longstone).
9. Follow the road through the villages and rejoin the trail by the bridge before the A6020.
10. TL on trail to Hassop Station.

Start/End Point: Hassop Station Café and Cycle Hire car park (on Monsal Trail) DE45 1NW

Distance: 32km/20miles

Ascent: 537m/1763ft

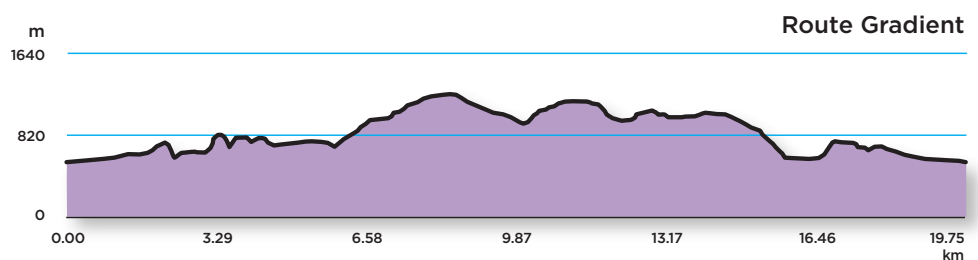
Grade: Hard

66% road/34% trail

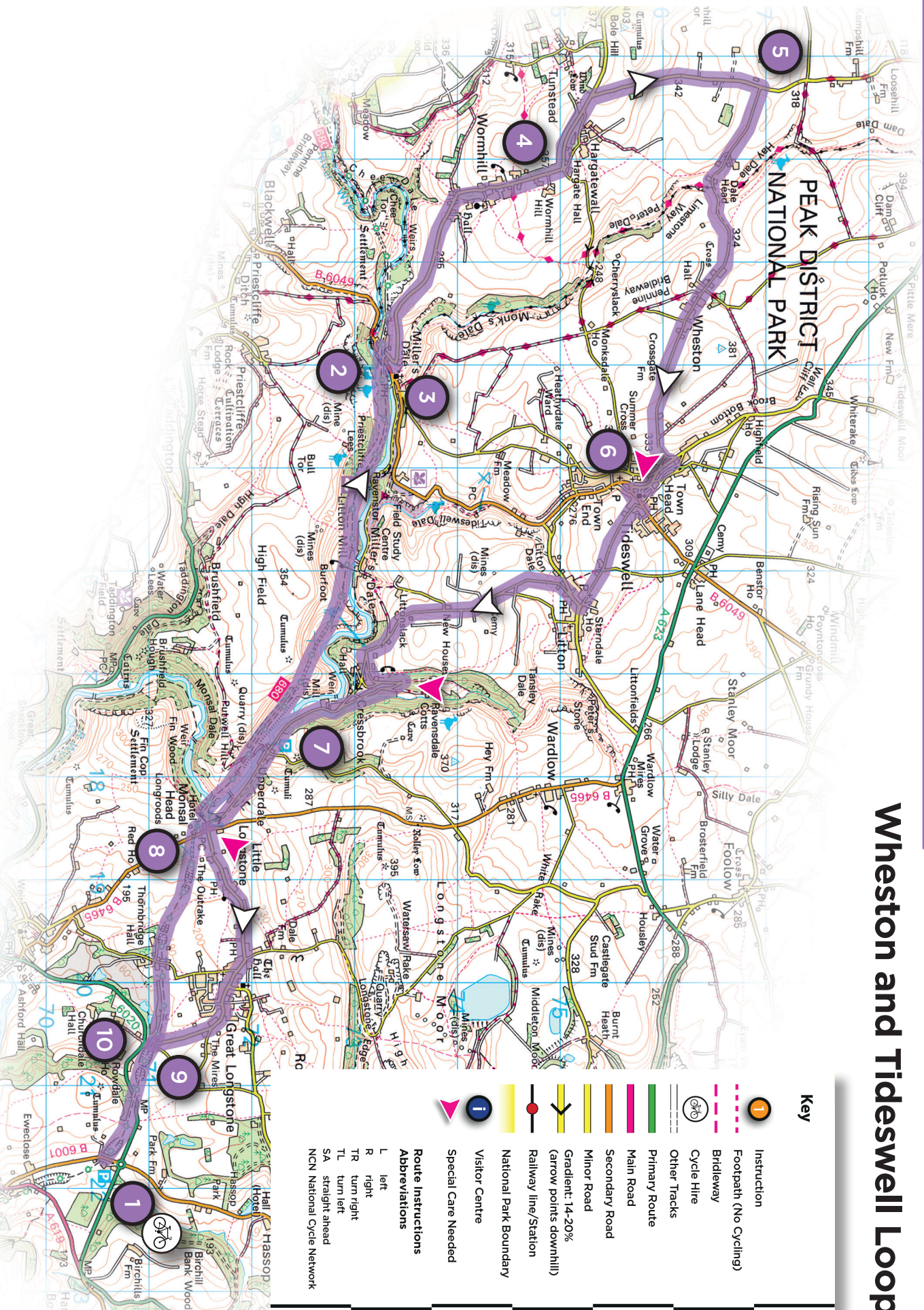
Cafes: Hassop station, Millers Dale station, Tideswell, Litton

Pubs: Millers Dale, Tideswell, Litton, Monsal Head, Little Longstone, Great Longstone

Shops: Tideswell, Litton and Great Longstone



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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
 - Social 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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