

Trails Triangle

Discover a rich industrial heritage and railway history

1. From Parsley Hay cycle hire centre, TL on the Trail. After roughly 500m, fork R onto the Tissington Trail. Follow this all the way to Tissington car park (approx 15 km).
2. Take the access road out of the car park and TR onto Darfield. Descend (steeply) to a ford, bypassing it on L.
3. Follow NCN 547 to cross the lane, then over the main road (take care). Rise steeply uphill on a rough cycle track (several gates).
4. TR back onto a road; go uphill into Bradbourne. TR towards Carsington on Brackendale Lane.
5. Continue SA at the T-jct on cycle trail past cafe. Cross the road by a campsite entrance and descend farm/cycle track to Carsington Water access road. TL. TL on cycle path immediately before car park starts. Fork L at end of car park and follow blue Carsington Water Circular Route (CWCR) signs all the way past Sheepwash car park.
6. Exit CWCR left through gate. Take care crossing B5035. Rise up a gated track to Wash Farm. TR onto tarmac lane and descend to village. TL.
7. TR at a sharp T-jct and pass back in front of the Miners Arms PH on main village road.
8. Just past Hopton Hall, TL and go steeply uphill.
9. Cross over jct, then immediately TR onto cycle access to High Peak Trail. TL to Parsley Hay, with a steep ascent up the Hopton incline. Beware A5012 road crossing.
10. Merge with the Tissington Trail near Parsley Hay and return to the start.

Start/End Point: Parsley Hay Hire Centre SK17 ODG

Distance: 45km/28miles

Ascent: 760m/2493ft

Grade: Moderate

19% road/81% trail

Cafes: Parsley Hay, Tissington, Carsington Water

Pubs: Knockdown (near Carsington Water), Carsington village

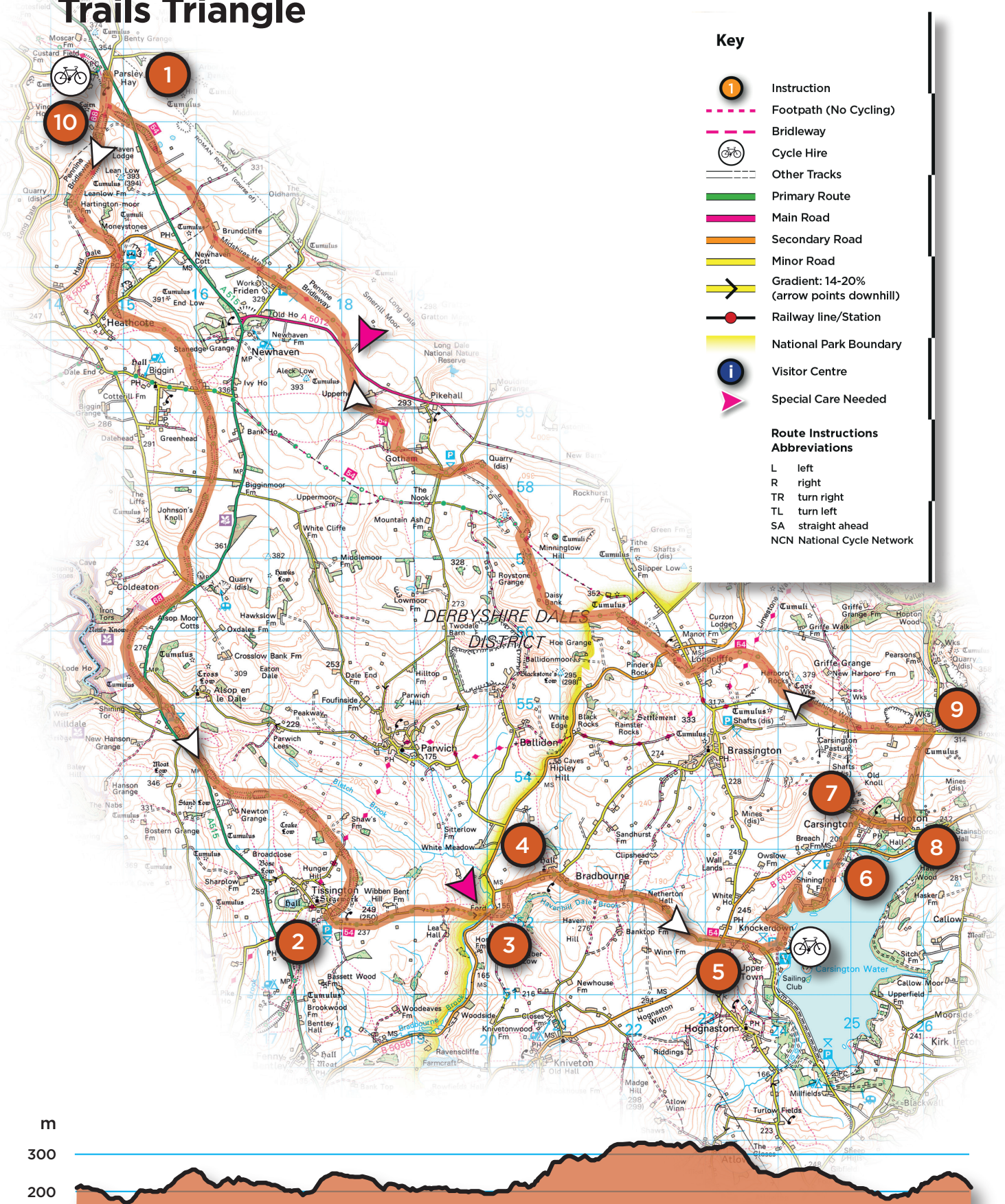
Shops: Carsington Water



Cycling Around Ashbourne

ROUTE 3

Trails Triangle

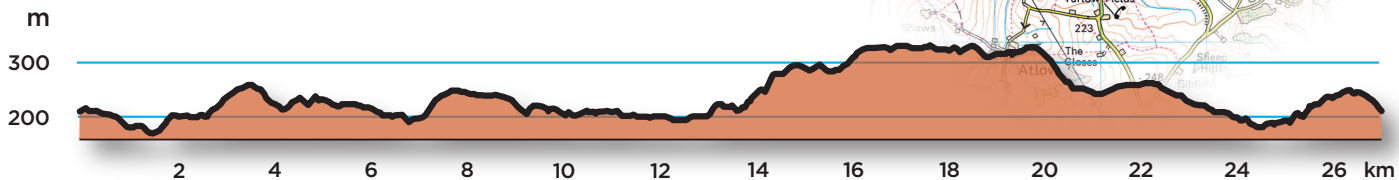


Key

- 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



Route Gradient

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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