



High Peak Trail, Hills and Dales

Explore beautiful and heritage rich landscapes



1. TR from the car park and follow road to High Peak Junction. TR into car park.
2. Dismount for short walk from car park to Cromford Canal and cross the swing bridge. Fork diagonally R between the railway wagon and workshop buildings onto the High Peak Trail's Sheep Pasture incline. Get into your lowest gear early - the gradient is 12%.
3. Pass the engine house and continue on the trail under Black Rocks, and above the National Stone Centre.
4. Get in a low gear as you pass The Wheel Pit then rise up (12% gradient), to Middleton Top cycle hire and information centre.
5. Cross a gated access track then pass through the Hopton tunnel.
6. TL onto NCN 547 at brown sign for Carsington. Descend concessionary access to road. TL then immediately L at crossroads towards Cromford. (Beware lorries). Rise uphill then enjoy the descent!
7. At a staggered crossroads TR towards Ashbourne then TL towards Wirksworth. This descent is steep (11% gradient), sustained and narrow with bends. Descend with care to a T-jct.
8. TL and descend a steep hill (beware parked cars) to a T-jct by Wirksworth cobbled market place.
9. TL on the B5036, pass the petrol station and rise (sustained) to Steeple Grange.
10. Descend Cromford Hill. This is long and steep (12% gradient) busy road - take care.
11. Cross the A6 carefully and turn on to Mill Road which takes you back to the start.

Start/End Point: Cromford Wharf car park DE4 3RP

Distance: 15km/9miles

Ascent: 460m/1509ft

Grade: Hard

59% road/ 41% Trail

Cafes: Cromford Wharf & Mills, High Peak Junction, National Stone Centre, Wirksworth

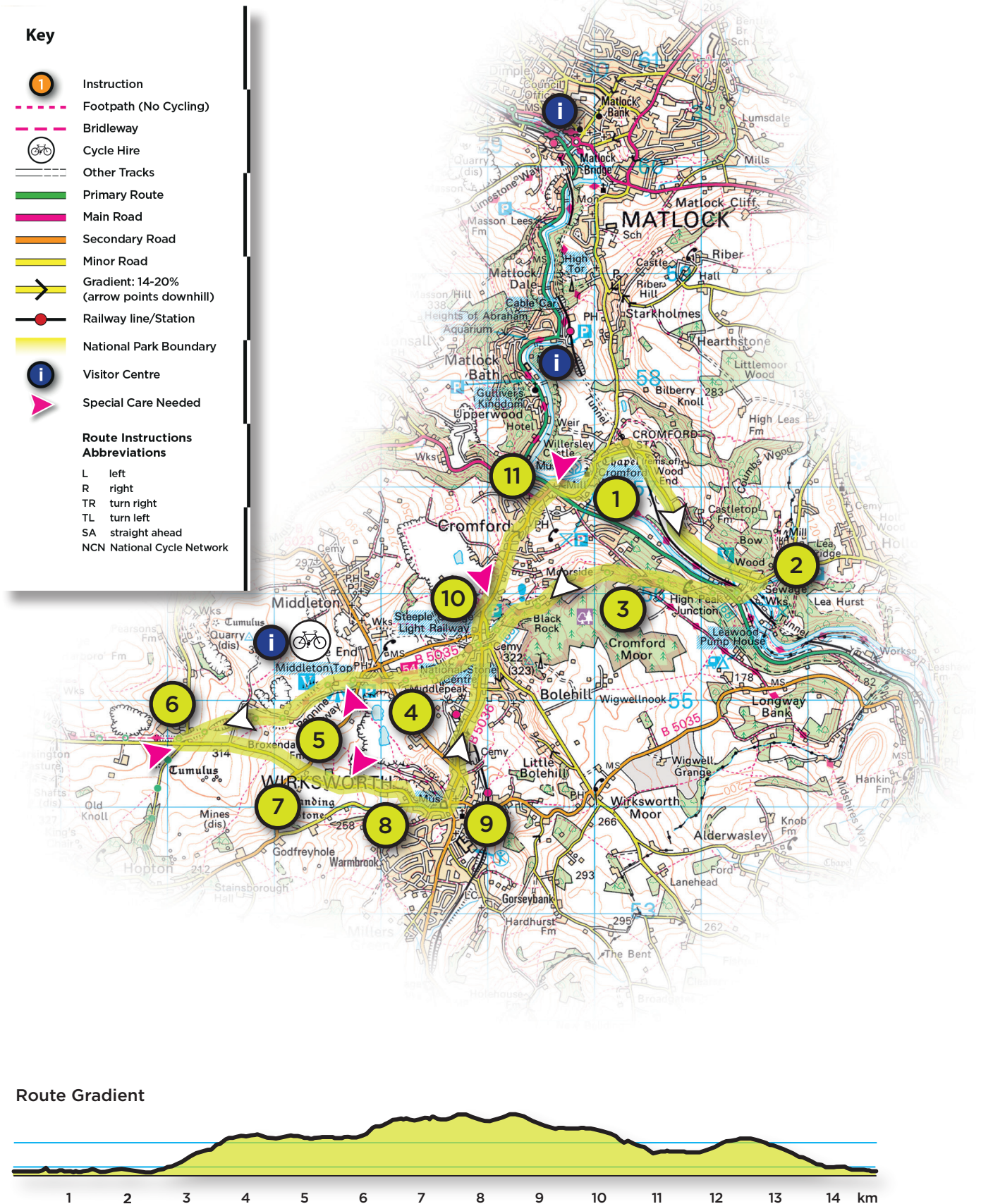
Pubs: Cromford, Wirksworth

Shops: Cromford, Wirksworth

Cycling Around Matlock

ROUTE 2

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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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