

## Along the Derwent Valley

### Cycle a former railway line along the river valley



1. With the station on your left, follow the on pavement cycle way (NCN 680). Cross the access road to the car park and use the crossing at Cawdor Way.
2. Follow the cycleway L at the roundabout. Past ARC leisure centre TL onto an access track following NCN 680 signs.
3. Cross the railway line to the far side and follow path. Exit through a gate and TL onto the road.
4. TR at the crossroads. Follow blue signs over level crossing then TL into Whitworth Park through gate. Follow blue 680/WPL signs through park. Bend L at the far end of a football pitch then sharp R as footpath joins from the L.
5. Cross Church Lane adjacent to the level crossing and continue on cycleway beside the railway.
6. Slow down near the Derwent Lane footpath access to the railway terminus which can be busy at peak railway times, then veer slightly R through a tree lined section below the road.
7. Cross Harrison Way (take care). Follow blue signs L then along the track running parallel to the recycling centre. Pass a wooded wetland area, cross boardwalk and a small industrial works to reach Rowsley car park.
8. To return to Matlock follow the route in reverse.

**Start/End Point:** Matlock railway station

**Distance:** 8km/5 miles

**Ascent:** 55m/180ft

**Grade:** Easy

**94% Trail/6% road**

**Cafes:** Matlock, Darley Dale, Whitworth Park, Rowsley

**Pubs:** at Matlock, Darley Dale, Churchtown, Rowsley

**Shops** at Matlock, Darley Dale, Rowsley

# Cycling Around Matlock

# ROUTE 4

## Along the Derwent Valley



**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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