



## Up Hill and Down Dale

**A landscape full of heritage with breathtaking views**



1. Cross Derwent Way via the crossing. Cross the River bridge. TL at the Crown Square roundabout towards Bakewell.
2. TR onto Dimple Rd and begin a sustained steep ascent, continuing up Hurds Hollow.
3. Just after the school, TR at a T-jct up Old Hackney Lane, then TL up Farley Hill. Pass Tax Farm. TR following brown sign for Matlock Farm Park onto Jagers Lane (caution: take care at blind bend on turn).
4. At a crossroads, TR onto a long straight road.
5. TR onto the A632 towards Matlock. Take care as busy road. TL onto Lant Lane. After a garage, as the roads bends sharp R, TL onto Allen Lane.
6. TR at T-jct. Pass café then cross over a staggered junction onto Lickpenny Lane.
7. Take care as you cross the A615 onto High Lane (towards Holloway).
8. TR at the crossroads. Bend R and descend steeply to Lea. Bend L and down past Smedley's Mills to T-jct
9. TR towards Cromford passing Cromford railway station.
10. TR (sharply) onto Willersley Lane. Rise steeply uphill to Starkholmes. Pass the White Lion PH then descend steeply to the A615 (beware speed humps near school and parked cars).
11. TL along this busy road. TL opposite the Cricket Club into Knowleston Place. TR by a children's play area onto a tree-lined path through Hall Leys Park to the start.

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

**Distance:** 24km/15miles

**Ascent:** 480m/1575ft

**Grade:** Hard

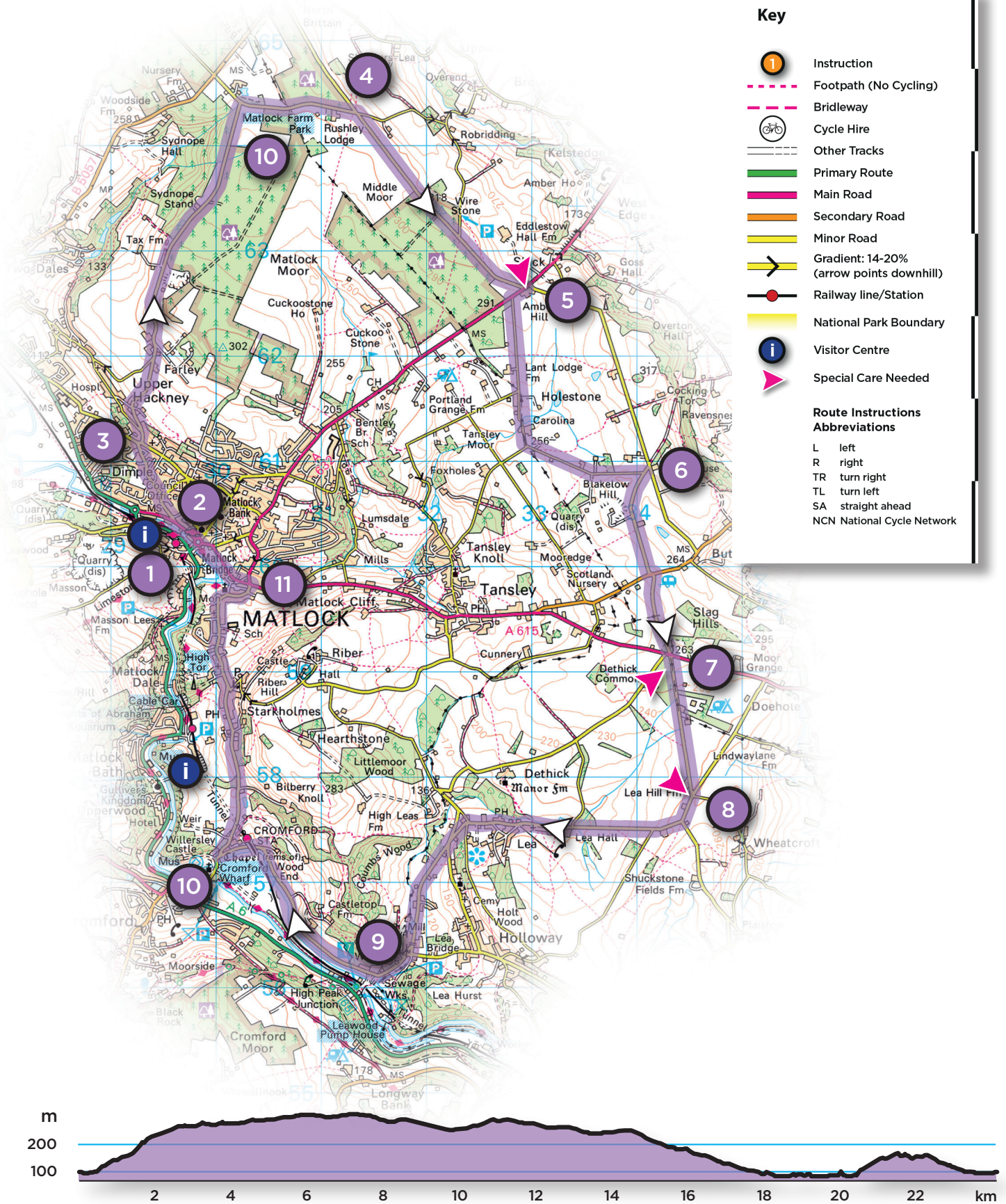
**100% road**

**Cafes:** Matlock, Cromford,

**Pubs:** Matlock, Holloway, Lea, Cromford, Starkholmes

**Shops:** Matlock, Holloway, Cromford

## Up Hill and Down Dale



**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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