

The Hope Valley

The Hope Valley is one of the most popular parts of the Peak District and a superb area to discover by bike. Journey through moorland landscapes, experience traditional Dark Peak villages and enjoy spectacular gritstone edges overlooked by Mam Tor and Lose Hill the area offers far reaching views and picturesque villages to explore. Hathersage, set beneath the spectacular gritstone outcrop of Stenage is a good starting point for three of the rides. With a large car park and an outdoor heated lido you can even take a refreshing dip after your cycle ride. From here you can explore the Upper Derwent Valley which, surrounded by high moorland, was flooded to create three impressive reservoirs. The cycle route is relatively flat as it follows the edge of the reservoirs, on a quiet road on the western bank and along a track on the opposite side.

The five routes in this cycle guide have been chosen to offer you some of the best places to visit with stunning views, quiet lanes and tracks, minimal traffic and an abundance of cycle friendly places to stop for refreshments. You can cycle them on a road, hybrid or mountain bike as they use quiet tarmac roads and former railway lines. Please take special care along any stretches of main road and at road crossings. Each route is highlighted on the map with arrows showing the suggested way round and added directions at numbered points help with navigation. It is also a good idea to have the **OS Explorer Maps OL1 and OL24** with you so that routes can be extended or shortened as required. All distances are approximate.

Following the routes

Cycling in the Peak District

One of the best and most enjoyable ways to enjoy your time in the Peak District is out cycling.

It's fun and free, and you'll be able to explore further than you would imagine!

If you're out exploring though it always pays to be prepared, especially if you're not familiar with the roads you're riding on. Rural roads, especially in the Peak District, are often narrow with sharp bends and steep descents, so do take heed of road signs. Unsure of what lies ahead? Then take it easy - you're not in a race! Ride well within your abilities and expect the unexpected - whether that's oncoming traffic or a pothole at the bottom of the hill. Any potholes you do find, make sure to report them via www.fillthathole.org.uk

If traffic is building up behind you, do consider pulling in - but only when there's a safe spot to do so. We're all out to enjoy ourselves in the Peaks, so when out riding be nice, say hi! Give plenty of warning to horse riders you're approaching and space when overtaking, and remember when cycling off road to give way to walkers, wheelchair users and horse riders if there's not enough space for you to pass. Do care for the environment and if possible try to reach the start of your journey with public transport or by cycling. Follow the countryside code of Respect, Protect, Enjoy and you won't go wrong!

- Snacks and water
 - A map
 - Tools, pump and a spare inner tube in case of a puncture
 - Front white light and red rear light
 - Waterproofs
- Also do check your bike beforehand to make sure the brakes are working, the tyres are pumped and your gears are shifting smoothly. Above all - enjoy your ride!



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 European Union
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For more information about cycle friendly accommodation and places to eat and drink visit:
www.visitorpeakdistrict.com
www.cyclistswelcome.co.uk



Cycling around the Hope Valley

Five journeys of discovery on quiet lanes, tracks and trails in the Peak District

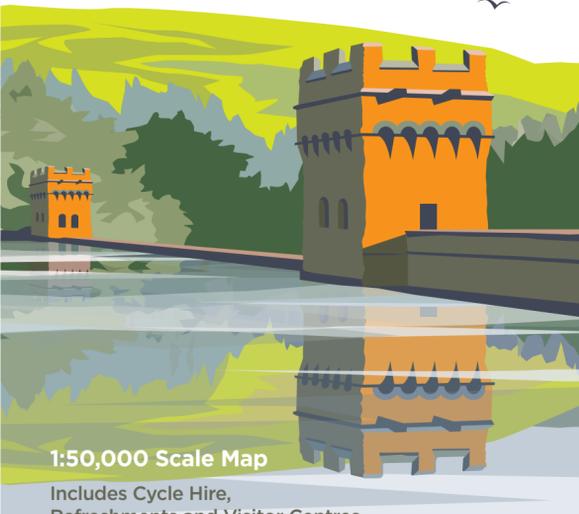
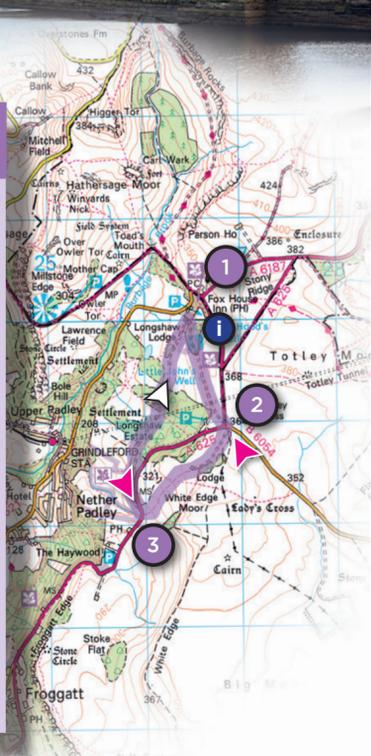
ROUTE 1 Abney and Eyam Loop

- ### Highs and lows around Hathersage
1. Leaving the station TL on the main road under the railway bridge.
 2. After crossing the River Derwent TR to Abney and the Gliding Club at the Plough PH (take care crossing road).
 3. Continue uphill, passing through Abney and past the gliding club and continue to T-jct, TR.
 4. Continue downhill then TL (signpost Grindlow).
 5. TL at T-jct towards Foolow.
 6. Pass the Bulls Head PH in the centre of Foolow and continue to the village of Eyam. TL after the school.
 7. Bear L at the T-jct in the direction of Riley Graves.
 8. Continue straight on where the road is closed to motor and horse drawn vehicles.
 9. TL at the T-jct (B6001) Take care as busy road.
 10. In Grindleford TL uphill (signpost Hathersage) on the B6001. Take care as busy road. TR back to Hathersage railway station.
- Start/End Point:** Hathersage station S32 1DT
Distance: 22.5km/14miles
Ascent: 376m/1233ft
Grade: Moderate
100% road
- Cafes:** Hathersage, Eyam
Pubs: Hathersage, Great Hucklow, Foolow, Eyam, Grindleford
Shops: Hathersage, Eyam, Grindleford



ROUTE 2 White Edge Loop

- ### An off-road loop to White Edge Lodge through the Longshaw Estate
1. Start in front of the Visitor Centre. Follow the road R and turn R past the den building area. Bear R and follow the brideway up through the beech wood towards a gate. Follow the path enjoying views over the Hope valley. Where the path splits, bear L up the incline. Stop and dismount at the gate.
 2. Taking care, go through the gate and cross the busy road heading towards another gate. Follow the path up towards White Edge Lodge. Skirt around the far side of the lodge, bear slightly R and head down the path towards the road.
 3. Again taking care cross the road, go through the gate opposite and follow the brideway back towards the Visitor Centre. Look out for a set of stone gate posts, there you will find the companion stone. Look through the hole in the gate post on your left and you will see the guidestoop.
- Start/End Point:** Longshaw Visitor Centre S11 7TZ
Distance: 4.5km/3miles
Ascent: 80m/262ft
Grade: Easy
100% off road
- Cafe:** Longshaw
Pub: Fox House Inn



1:50,000 Scale Map
 Includes Cycle Hire, Refreshments and Visitor Centres

ROUTE 4

Hope Valley and Stanage Edge

Experience Dark Peak villages and spectacular gritstone edges

1. Leaving the station TR on the main road.
2. TL along the Hope Valley (A6187) towards Castleton. Pass Travellers Rest PH at Brough.
3. TR (signpost Aston) before Hope village.
4. Follow the road to Thornhill.
5. TL at T-jct (signpost Ladybower).
6. TR over bridge up hill to A6013.
7. TL then immediately R up New Road.

8. TL at T-jct.
 9. TR after toilets.
 10. TL on to the main road in Hathersage and retrace your route to the station.
- Start/End Point:** Hathersage Station S32 1DT
Distance: 21km/13miles
Ascent: 503m/1650ft
Grade: Hard
100% road
- Cafes:** Hathersage, Bamford (on A6187)
Pubs: Hathersage, Brough, Bamford, Yorkshire Bridge
Shops: Hathersage

ROUTE 5

Upper Derwent Valley

Explore off-road in the Upper Derwent valley

1. From Bamford station head towards the road.
2. TR then 1st left and continue past the recreation ground.
3. Join the Thornhill Trail at the car park and continue on the Trail to the dam wall.
4. Cross the dam wall then TL to follow the cycle lane alongside Ladybower Reservoir.
5. TL at the traffic lights.
6. Cross A57 before the bridge (take care) to follow the route anti-clockwise around Derwent and Howden Reservoirs.
7. NOTE: A short cut across to the west side is possible to Fairholmes (at the dam wall between Ladybower and Derwent reservoirs).
8. On reaching the A57 again TL and cross the bridge.
9. Cross the A57 (take care). Take the cycle lane and TR at lights to retrace your outward journey.

Start/End Point: Bamford station S32 1EG or Derwent Cycle Hire S33 OAG
Distance: 35km/22 miles
Ascent: 733m/2404ft
Grade: Moderate
27% road/73% trail

Cafes: Bamford, Fairholmes
Pubs: Bamford, Yorkshire Bridge, Ladybower (on A57)
Shops: Bamford

ROUTE 3

Hope Valley to Great Hucklow

A journey through moorland landscapes

1. Leaving the station TL on the main road under the railway bridge.
2. After crossing River Derwent TR at the Plough Inn PH to Abney and the gliding club. Take care crossing the road.
3. Turn sharp right at the T-jct.
4. Continue through Great Hucklow, passing Queen Anne PH.
5. Go straight on crossing the B6049 at Windmill. Take care at this junction.
6. TR at the T-jct following signs to Castleton.

7. TL (signpost Castleton).
 8. Take great care on steep descent into Castleton.
 9. TR past the village green to join A6187.
 10. Follow the road back via Hope to Hathersage and TR by the George Hotel to return to the station.
- Start/End Point:** Hathersage station S32 1DT
Distance: 28km/17.5miles
Ascent: 548m/1798ft
Grade: Hard
100% road
- Cafes:** Hathersage, Castleton, Hope, Bamford (on the A6187)
Pubs: Hathersage, Great Hucklow, Castleton, Hope, Brough
Shops: Hathersage, Castleton, Hope

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

