

Edale Circular (via Kinder Scout and Mam Tor)		
1 st walk check	2 nd walk check	3 rd walk check
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Edale Circular (via Kinder Scout and Mam Tor)

Start: Edale Station

Finish: Edale Station

Edale Station, map reference SK 122 853, is 236 km north west of Charing Cross and 244m above sea level, and in **Derbyshire**.

Length: 20.6 km (12.8 mi), of which 3.2 km (2.0 mi) on tarmac or concrete.

Cumulative ascent/descent: 843m.

For a shorter walk, see *below* **Walk options**.

Toughness: 10 out of 10

Time: 5 ¾ hours walking time.

For the whole outing, including trains, sights and meals, allow at least 12 hours.

Transport: Edale Station is on the Hope Valley Line from Manchester to Sheffield, with a journey time from 33 mins from Sheffield. Sheffield Station is the terminus of the Midland Main Line from London St. Pancras, with up to two trains per hour (journey time from 121 mins Mon-Sat, longer on Sundays).

Saturday Walkers' Club: Take a train no later than 9.00 hours.

OS Landranger Map: 110 (Sheffield & Huddersfield)

OS Explorer Map: OL1 (The Peak District – Dark Peak Area)

Walk Notes:

A walk of many contrasts in the Dark Peak area of the Peak District, associated with rugged moorlands and dramatically sculpted gritstone outcrops (or 'edges'), which also routes through the lush Vale of Edale, while in the afternoon affording grand views into the Hope Valley (including the notable dry gorge of Winnats Pass) from the Great Ridge, which separates the Dark Peak (sandstones) from the White Peak (limestones). Follow the Pennine Way from its start at The Old Nag's Head pub up along the fertile Vale of Edale, surrounded by towering hills, and up the Jacob's Ladder path to Edale Head and to the edge of the Kinder Scout moorland plateau, a rugged, desolate peat bog. You then follow the edge past some magnificent rock formations and through an area of scattered wind-and-rain-sculpted gritstone boulders to choose one of three descent routes back to Edale village for lunch.

After lunch rise steeply onto the Great Ridge overlooking the Hope Valley and up to Mam Tor, whose summit is a great vantage point and a former late Bronze Age and early Iron Age hill fort. Its other name of "Shivering Mountain" is due to frequent – and still active – landslips.

An extension to Kinder Downfall, the highest waterfall in the Peak District, either as an out-and-back or combined with a crossing of the Kinder Plateau upland peat bog (only for confident navigators), as well as some shortcuts before and after lunch, are described.

Walk options:

An out-and-back **Extension to Kinder Downfall**, the highest waterfall in the Peak District: add 5.4 km/3.4 mi and 165m ascent/descent.

An Extension to Kinder Downfall, **combined with a crossing of the Kinder Plateau** upland peat bog: add 3.2 km/2.0 mi (but see the warning on page 9).

A Shortcut via Grindslow Knoll: cut 2.8 km/1.7 mi and about 200m ascent/descent.

A Shortcut down Grindsbrook Clough (this involves light but prolonged scrambling): cut 2.5 km/1.6 mi and about 200m ascent/descent.

Cut out the southerly loop up to Mam Tor: cut 5.4 km/3.1 mi and 220m ascent, **rated 7/10**.

Start with the southerly loop up to Mam Tor, recommended if starting late and depending on a pub for lunch (follow the route to the end of the first paragraph and turn right there as mentioned in the text).

Lunch:

The Old Nag's Head Grindsbrook Booth, *Edale, Hope Valley, Derbyshire, S33 7ZD (01433 670 291, <http://www.the-old-nags-head.co.uk/>)*. Open 12.00-23.00 Mon-Sat and 12.00-22.30 Sun. Food served 12.00-21.00 Mon-Sat, 12.00-20.00 Sun. The Old Nag's Head is located 14.4 km (9.0 mi) into the walk. Situated at the start of the Pennine Way, it dates back to 1577. Overlooked to the North by Kinder Scout, made famous by the Mass Trespass of 1932, and residing in one of the World's most visited national parks – the Peak District – The Old Nags Head is listed as one of the 100 greatest pubs of England.

The Rambler Inn Grindsbrook Booth, *Edale, Hope Valley, Derbyshire, S33 7ZA (01433 670 268, <http://theramblerinn.com/>)*. Open all day. Food served 12.00-21.00 Mon-Sat and 12.00-20.00 Sun. The Rambler is located 350m off route, 15.1 km (9.4 mi) into the walk.

Note: both pubs are owned by the same company and in quieter periods they may co-ordinate in closing one of them at a time.

Tea:

The Old Nag's Head & The Rambler Inn As above.

Cooper's Café/Cooper's Chippy Grindsbrook Booth, *Edale, Hope Valley, Derbyshire, S33 7ZD (01433 670 401)*. Café open 09.00-16.00 Mon-Fri & 08.30-17.00 Sat-Sun (summer). Chippy open 16.00-20.00 Thu-Sat.

The Penny Pot Café Station Approach, *Edale, Hope Valley, Derbyshire, S33 7ZA (01433 670 293)*. Open Nov-Dec 10.00-16.00 Sat-Sun, 15 March-31 Oct 10.00-16.30 Wed-Sun (but 7 days and from 08.30 in Jul/Aug). Food served to 15.00.

Notes:

Edale/Vale of Edale

Historically, Edale was the name of the valley of the River Noe. From the Norman Conquest of England it was in the royal Forest of High Peak and at its centre is the Edale Cross, which marked the boundary of the three wards at the Forest. Settlement in the valley consists of several *booths*, originally established in the 13th century as 'vaccaries' (cattle farms) along the valley of the River Noe, which have since developed into the hamlets of Upper Booth, Barber Booth, Grindsbrook Booth, Ollerbrook Booth and Nether Booth. When the Hope Valley Line opened, the railway station to the south of Grindsbrook Booth was named 'Edale', and the name came to be used for the settlements in the parish, rather than the valley as a whole.

The valley is usually now referred to as the 'Vale of Edale' or, much less frequently, as the 'Noe Valley'. Edale is best known to walkers as the start (or southern end) of the Pennine Way.

The Pennine Way

The Pennine Way is a waymarked 429 km (267 mi) National Trail running along the Pennine hills, sometimes described as the 'backbone of England'. It starts in Edale in the Peak District National Park and runs north through the Yorkshire Dales and the Northumberland National Park and ends at Kirk Yetholm, just inside the Scottish border, and features 287 gates, 249 timber stiles, 183 stone stiles and 204 bridges.

Kinder Scout/River/Downfall/Mass Trespass

Kinder Scout (= *Water over the edge*, from Old Norse), owned by the National Trust, is a moorland plateau and National Nature Reserve in the Dark Peak area of the Derbyshire Peak District. Part of the moor, at 636 metres (2,087 ft) above sea level, is the highest point in the Peak District, the highest point in Derbyshire, and the highest point in the East Midlands (although it is considered by many to be in Northern England, due to lying between the cities of Manchester and Sheffield). In excellent weather conditions Manchester can be seen, as well as the mountains of Snowdonia in North Wales.

The plateau was the target of the mass trespass on 24 April 1932, an act of wilful trespass by ramblers to highlight the fact that walkers in England and Wales were denied access to areas of open country. The mass trespass was one of the most successful acts of civil disobedience in British history. It arguably led to the passage of the National Parks legislation in 1949 and marked the beginning of a media campaign by The Ramblers' Association, culminating in the Countryside and Rights of Way Act 2000, which legislates rights to walk on mapped *access land*. The introduction of this Act was a key promise in the manifesto which brought The Labour Party back to power in 1997.

Kinder Downfall is the tallest waterfall in the Peak District, with a 30 metre fall. It lies on the River Kinder, where it flows west over one of the gritstone cliffs on the plateau edge. The waterfall was formerly known as *Kinder Scut*, and it is from this that the plateau derives its name. Although usually little more than a trickle in summer, in spate conditions it is impressive. In certain wind conditions (notably when there is a strong westerly wind), the water is blown back on itself.

River Noe

The River Noe is a tributary of the River Derwent. It flows approximately 19 km (12 mi) from its source, the confluence of two streams running off Kinder Scout, east through Edale and then southeast through the village of Hope. The river flows into the River Derwent a kilometre south of Bamford. The entire length of the river is closely followed by the Hope Valley railway line. The portion of the river downstream of Hope, along with the valley of the River Noe's main tributary, Peakshole Water, is known as the Hope Valley.

Great Ridge/Hollins Cross/Lose Hill or Ward's Piece

The Great Ridge is a ridge separating the vales of Edale and Hope. It extends for approximately 3 kilometres from Mam Tor at the western end of the ridge to Lose Hill at the eastern end, the lowest point being Hollins Cross. A path runs along the length of the ridge, and is roughly paved to prevent erosion caused by the large number of visitors. The only steep section of the path is Back Tor, just east of Hollins Cross. West of Mam Tor, the high ground continues, slightly changing direction, as Rushup Edge.

The origins of the name Lose Hill are disputed, while its alternative name Ward's Piece stems from local access activist G. H. B. Ward, who was given an area of Lose Hill by the Sheffield and District Federation of the Ramblers Association in 1945; he subsequently presented this to the National Trust.

Mam Tor

Mam Tor is a 517m hill, whose name means "mother hill", so called because frequent landslips on its eastern face have resulted in a multitude of "mini-hills" beneath it. These landslips, which are caused by unstable lower layers of shale, also give the hill its alternative name of "Shivering Mountain". Mam Tor is on the southern edge of the Dark Peak (sandstones) and overlooks the White Peak (limestones), including the notable dry gorge of Winnats Pass. The summit of Mam Tor is encircled by a late Bronze Age and early Iron Age univallate hill fort, occupied from around 1200 BC. The earliest remaining features are two Bronze Age burial mounds, one just below the summit and the other on the summit itself.

The most notable feature of Mam Tor is the still active landslide which invades its southeast side almost to the summit, and interrupts the ramparts of the hillfort. This rotational landslide began roughly 4,000 years ago. The toe is a debris flow. The landslide is due to weak shales underlying sandstones. Current mean annual movement is up to 0.25 metres, depending on levels of rainfall.

WALK DIRECTIONS

Alight from the train at **Edale Station** on platform 1 and exit through the further right of two wooden gates and then through the small car park and *turn left* along a tarmac lane's pavement. In 70m you pass the National Trust's **The Penny Pot Café** on your left. In 25m *turn left* at a T-junction to go under the railway line and up into the village. You pass **The Rambler Inn** on your left hand side and continue up the road. In 150m ignore a left turning signposted footpath through a wooden field gate and *bear right* with the road, in 70m pass the Peak District National Park's **Moorland Centre** (with its café) on your right hand side and in another 70m ignore a right turning signposted footpath along a tarmac lane. In 50m ignore a footpath turning right through a wooden gate opposite **The Church of the Holy and Undivided Trinity, Edale** on the left (that footpath is the start of the afternoon loop though, if you choose to walk that loop first, *turn right* through the gate and continue on page 7, 1st paragraph, second row).

In another 230m you get to a junction of footpaths just after **Newfold Farm's** yard on the left (with the **Cooper's Café** and **Cooper's Chippy**) and by **The Old Nag's Head** pub ahead. *Turn left* at a four-way signpost between houses to the right of the farmyard (signed 'Upper Booth 1¼ mile'), along **The Pennine Way** (PW), which you will now follow for 5.3 km/3.3 mi. In 20m you pass a plaque on the wall, commemorating the official start of the PW, and in 40m ignore a right turning footpath through a wooden gate to the left of a metal field gate and continue along a shaded sunken earth path with a stream on the right. In 250m go through a wooden gate into an open area with pastures on both sides and with a hill ahead (**Broadlee-Bank Tor**).

In 30m you *turn left* through a wooden gate with a PW signpost at a three-way junction (the right fork, a permissive footpath down from **Grindslow Knoll**, is the short return route) and continue for 400m through a total of five pastures, separated by drystone walls with wooden gates to walk through (through the first four fields you walk along a flagstone-paved path). In 50m from the fifth drystone wall by a marker post, ignore a right turning footpath & concessionary path, also descending from **Grindslow Knoll**. In 100m walk through another gate in a drystone wall and in 20m views open up further along the valley to **Upper Booth** hamlet with **Brown Knoll** rising behind it, as the path starts to descend. In 130m ignore a stile away up on the right at a drystone wall corner by a barbed wire fence corner (the area to the right of it is **Open Access Land**) and in 20m go through another wooden gate and continue in the same direction along a broad gravel track with a barbed wire fence on the left towards Upper Booth.

You go through a couple more wooden gates in 150m and in 220m and in another 25m have first views of some rock formations along the edge of the **Kinder Scout** plateau: **Edale Rocks** on the half right ahead, as well as of the **Crowden Tower** at the top of the **Crowden Clough** on the right, you will walk along them later ('clough' is Old English, meaning steep valley/ravine). In 170m walk through another wooden gate to the left of a wooden field gate and follow footpath markers left and right through a farmyard, while ignoring a left turning footpath through a wooden gate, and continue through the farm (over a stone slab stile to the right of a wooden field gate if the gate is shut) and past their campsite's entrance on your right. At a T-junction with a tarmac lane *turn right* (signposted PW and 'Jacob's Ladder 1 mile').

In 30m cross the **Crowden Brook** on the lane and continue in the same direction up the valley with the **River Noe** running on the left below, always audible, but mostly out of view. In 190m walk through a wooden gate to the left of a metal field gate by a National Trust sign for **Lee Farm**. In 240m by a fence corner on the left, ignore a footpath turning left to the river (signed 'Chapel Gate and Rushup Edge via Dalehead'). You can now see the **Noe Stool** rock up on the ridge to the right of Edale Rocks and in 160m you walk past a row of cottages (**Lee House** on the OS map) and continue in the

same direction along gravel to walk through wooden field gates in 30m and again in another 30m, by the interesting **Lee Farm Information Shelter** on the left.

In 350m the path levels out and in 200m you go over a stile to the left of a wooden field gate to continue with a drystone wall on your right. In 200m you go over a stile to the left of a wooden field gate and enter **Open Access Land** into the **High Peak Estate** by an info panel and in 290m walk through a wooden gate just before a bridge over the River Noe. On the other side of the bridge, by an info panel, the path forks (to later re-unite) and you *turn right with the footpath* up **Jacob's Ladder** (shorter but steeper and engineered all the way), ignoring the left turning bridleway (longer and less steep but often busy with cyclists). [*Jacob's Ladder* is named after Jacob Marshall, farmer at Edale Head in the 1700's, who built the first incarnation of this path.]

At the top of the rise by a large cairn the bridleway joins from the left and you have a good viewpoint a little away on the left. *Turn right* with the track towards the noticeable **Swine's Back** knoll ahead, along a paved uphill path (260°). You have several rock formations lining up on the opposite ridge on the right (all on the OS map): from **Edale Rocks** via **Noe Stool** and **Pym Chair** to the **Wool Packs**. The part-engineered path rises in two stages over the next 470m, with the latter rise being steeper, and then you have a low brick wall on your left for a short while. In 40m you *fork to the right* along large flagstones (285°), where another earthen path forks to the left (to Edale Cross or Brown Knoll). In 150m a path joins from the left and in 160m the engineered path levels out and continues as an earth track bending right. In another 50m it is paved again (now with Edale Rocks ahead) and in 20m you pass a cairn to the right and continue through the first bits of upland peatbog.

You pass another small cairn and at a following large cairn you have a choice:

To continue along the Pennine Way to Kinder Downfall, either as an out-and-back (add 5.4 km), or by crossing the **Kinder Scout plateau** across **Edale Moor** on the return (add 3.2 km), you *fork left* towards Edale Rocks and pick up the directions at the end of this text under **Kinder Downfall and Edale Moor Route**.

For the Main Walk, you *fork right* along the edge of the **Kinder Scout Plateau** towards the **Noe Stool**. In 625m pass Noe Stool, an anvil shaped rock, and in another 35m by a cairn take either fork (the left one is easier to walk along after the first few metres, but the right one has better views off the edge). You continue through the **Edale Head** area, where several small streams down from the Kinder Scout plateau join to form the River Noe, and in 470m reach the foot of a gritstone formation (**Pym Chair**), to then continue through an area of scattered wind-and-rain-sculpted gritstone boulders (**The Woolpacks**), without much of a defined path for stretches, but some way away from the edge, on a general bearing of 80°.

For the next 400m the path meanders, often ill defined, through part-boggy ground. In another 100m you continue along flagstones for a short stretch and in another 100m do the same again. In 50m you pass **a seat-shaped rock** on your right and in another 50m reach the top of **Crowden Tower**, a fortified pile of gritstone. Descend gently on a clear path bearing left and in 180m ford the **Crowden Brook**. Re-ascend on the other side and in 40m, at the top of the initial rise, a clear path joins from the left out of **Edale Moor**. This is the end of the **Kinder Scout/Edale Moor Crossing**. Continue in the same direction along the edge.

***)** You cross a few streams along the way and in 500m reach a plateau with good views ahead of a slab-like top, this is **Grindslow Knoll** (a path over its top, an excellent viewpoint, is the shortcut descent route). In about 200m you continue along a paved section of the path through some boggy ground and in 80m pass a rock formation on

your right that is somewhat reminiscent of a **Henry Moore Sculpture**, just where you *turn left* with the path. In 20m continue along a paved path again ([!]) ignore a right running path here), now heading towards the heathery Kinder Scout plateau (50°), with some fine views of **Win Hill and Lose Hill** a little on the right.

In 190m the path forks and you have a choice:

For a shortcut either over Grindslow Knoll or down Grindsbrook Clough, continue in the same direction along a paved path and in 10m you have a choice:

- **For the Grindslow Knoll Descent**, you *turn right* along a gravel path and pick up the direction at the end of this text under **Grindslow Knoll Descent**;
- **For the Grindsbrook Clough Descent**, involving some prolonged scrambling, you continue ahead into the clough and pick up the directions at the end of this text under **Grindsbrook Clough Descent**.

For the Main Walk, you *turn left*. In 50m, by a large cairn up on the left, descend to a ford and continue across a stream and along the edge, with the **Grindsbrook Clough** on the right below and most of **The Great Ridge** (SWC Walk Bamford to Edale (via Win Hill and the Great Ridge)), from Lose Hill on the left to Back Tor on the right, visible across the **Vale of Edale**. In 400m you ford a stream and *turn right* with the edge and path on the other side and in 250m *turn left* with the edge. In 250m walk through a wooden gate in a fence (at time of writing this is called a 'temporary' fence on a sign) and enter a grazed area. In 80m ford a stream and *turn right* with the path and in another 40m *turn left*, now with Edale village and Mam Tor to your right.

You pass the **Upper Tor** rock face on your right in 350m and in another 450m walk along a paved stretch (110°) through some more boggy ground for 430m, with another short paved section a further 100m along. The path descends to a fork 150m away, with a large cairn 50m down on the right. Continue in the same direction at the fork and in 50m ford a stream and ignore a right turning path (leading to the cairn). Continue in the same direction for 200m along a paved path and in 70m walk between some cairns, signifying the beginning of **Ringing Roger**, a wind-eroded finger of rock going down the hillside to the right. In 120m you pass a fenced area of the bog on your left as the path continues in the same direction with the **Ollerbrook Clough** on the right.

In 160m [!] *turn right* along a clear earthen path through the heathery flank of Ringing Roger (260° initially). The going is tough initially, as the path is narrow and steep and flanked by heather plants, but eventually gets wider and less steep. In 620m *turn right* with the path and in another 100m by a cairn *turn left* (215°), now with **Grindsbrook Clough** on your right. In 60m you pass a cairn on your left along a level section and in 250m start to descend again along a stepped path. In 60m *turn right* with the now paved path (but continue in the same direction for 25m to a **scenic viewpoint** ahead). In 200m *turn hard left*, as the **Grinds Brook** becomes audible in the valley below, and in 200m *turn down right* at a wood boundary with the path. In 90m *turn left* through a wooden gate to leave the grazed area and follow a clear path through a grassy slope. In 330m in the field corner you *turn left* along a paved path along the field boundary.

****)** Follow the paved path around to the right down a grassy area and in 60m descend some steps to go through a wooden gate and cross the **Grinds Brook** on a two-railed bridge. Re-ascend on the other side to continue by *turning left* along a gravel drive by a private road on your right hand side, leading to **Grindslow House**. In 75m ignore a left forking footpath along a grassy path to the left of a brick wall (signed 'Nether Booth & YHA') and continue along a tarmac lane into **Edale** village. In 75m you reach the junction walked along earlier by **The Old Nag's Head** on the left and by the start of the **Pennine Way** on the right. Continue in the same direction down through Edale.

***) In 250m, by the lychgate into the churchyard on your right, you *turn left* through a wooden gate with a yellow marker on it and walk down some steps and in 50m *turn left* at a T-junction with a tarmac track to cross the **Grinds Brook** on a two-railed bridge. In 25m you go through a wooden gate (with a following stone slab squeeze gap) to the right of a metal field gate and *turn right* through a pasture immediately, along a high wire fence on the right. You head to the left of a shed at the far end of the field (after 100m along stone slabs) and then go through a wooden gate (with a following stone slab squeeze gate) and continue in the same direction through the next pasture. You have splendid views back to the edge of Kinder Scout walked along earlier and up the **Grindsbrook and Ollerbrook Cloughs**.

In 120m go through another wooden gate (with a following stone slab squeeze gate) into another pasture and *turn right* along its right hand boundary wall towards the railway line and in 100m go under the railway bridge. In the next pasture *veer left* with a marker post towards its far left corner and in 130m go through a stone slab squeeze gate and *turn right* through a wooden gate to continue along a fenced path at a field's right hand boundary. In 170m leave the field through a wooden gate and cross a tarmac lane and continue opposite with a footpath signpost ('To Castleton and Hope via Hollins Cross') through a wooden gate. The path joins a car wide track in 20m and continues downhill to in 90m cross **The Noe River** on a concrete bridge.

On the other side go through a wooden gate to the left of a metal field gate, and then ascend with the car wide track – initially gently – towards the ridge ahead. In 75m *turn left* with the track and follow it around to the right again in 50m to eventually continue in the previous direction, in 150m passing **Peter Barn** (on the OS map). Follow a barbed wire fence on your right and in 130m (10m after the upper fence corner) you *turn right* along a grassy path at a two-way footpath signpost (signed 'Hollins Cross'), ignoring the continuation of the car wide track towards some farm buildings. In 75m go up some steps and through a wooden gate in a drystone wall and continue up a steep grassy slope on a bearing of 150°, to the right of some trees 130m away (a boardwalk leads you to the left initially across a boggy part, but do aim to the right of those trees).

You are now in **Open Access** land. In 30m from the first of the trees the path bears to the left and steadies out on a bearing of 100°, still steeply uphill, now between grass banks. In 250m a bridleway joins from the right behind by a marker post and you *veer left* with the path. In 120m you reach the top of the rise at **Hollins Cross**, the lowest point on the **Great Ridge**, by a memorial pillar at a six-way footpath-/bridleway junction. [Hollins 'Cross', as there used to be a cross erected up here.]

You have (on a clear day) stunning views, along the ridge with **Mam Tor** to the right and down into the **Hope Valley**, with Castleton village identifiable and with the **Hope Cement Works** lying to the left of it, and – to the right – the stupendous **Winnats Pass**, running through a deep cleft in the landscape. The route you have walked from Edale village to here, and then down to Castleton's church, is called **The Coffin Road**, as – prior to the building of Edale's first chapel in 1633 – the Parish church was in Castleton. Looking left along the ridge, a little to the right of its end you can see the **Bamford and Stanage Edges** in the distance, and to the left of it in the distance is the **Derwent Edge**.

You *turn right* along the ridge with a bridleway and follow a paved path for 1.3 km up to the top of **Mam Tor**, a popular destination for paragliders. **In more detail:** you go through a couple of wooden gates along the way and after 700m by the second wooden gate, *fork left* with a marker post along the paved path further uphill, ignoring a right forking bridleway. From this higher elevation, back views now reveal **Win Hill**, **Lose Hill** and **Back Tor**. In 400m the gradient increases and in another 50m the path continues as a stepped path. In 60m you walk through a clearly identifiable ditch and

bank of this **Bronze & Iron Age hillfort site**. In another 180m the gradient eases considerably and you can see a trig point ahead, which you reach in 125m on further raised ground (at a height of 517m above sea).

Ahead, a little to the right, is the **Rushup Edge** with its top: **Lord's Seat**, at 550m above sea a higher top than Mam Tor, and further right and in the half distance an upland peat bog plateau, culminating in its top: **Brown Knoll**, slightly higher still (569m). This in turn then curves around to the right towards **Edale Head** and the **Kinder Scout** plateau on the far right. On the left you have great views of the spectacular **Winnats Pass** gorge. Continue along the paved path to in 120m start the descent and in 200m, just before reaching a road and where the paved path turns left, **[!]** ignore the left turn of the paved path (although you may want to follow it for 40m to an NT info panel with a vivid sketch of how Mam Tor's Iron Age hillfort may have looked like 3000 years ago), and **[!]** *turn right* along a wooden fence instead, parallel to the road below on the left.

In 130m you reach a signposted bridleway fork by a wooden field gate on the left and follow the left fork (5°) parallel to the road (initially), downhill towards **Edale**, ignoring the uphill right fork. Where the road turns left in 60m, you continue in the same direction downhill along a drystone wall and in 150m go through a wooden gate to continue in the same direction along the wall. In 450m you pass some trees and follow a barbed wire fence and in 120m walk through a wooden gate to leave the **Open Access** Land. You now follow the path through a few turns and in 230m *turn right* by some buildings of **Greenlands** farm (on the OS map). In 40m walk through another wooden gate and *turn left* through a wooden gate 10m away by a three-way signpost onto the farm's drive and *turn down right* along it (signposted 'Edale').

In 80m the tarmac drive turns left down into **Harden Clough** and in 140m it turns right, just after crossing the **Harden Brook**. You follow the drive downhill along the brook, past **Hardenclough Farm** and eventually across **The Noe River** on a road bridge. In 50m *turn right* at a T-junction with the main road along the Vale of Edale and in 50m you cross a stream on the road. In another 25m you *turn left* to cross the road and continue up into Edale. In 70m ignore the left turn towards the **Penny Pot Café** and the station car park (and the platform for Manchester bound trains) and go under the railway bridge. Immediately afterwards *turn left* up a path towards the platform for Sheffield bound trains or continue to **The Rambler Inn** or even **The Old Nag's Head**.

Kinder Downfall and Edale Moor Route **(add 5.4 km/3.4 mi out-and-back or 3.3 km/2.1 mi for the moor crossing)**

You continue in the same direction along a clear path through the boulder-strewn upland bog, then along the edge of the **Kinder Scout Plateau**, broadly in a northerly direction, for the next 2.7 km. **But in more detail:** in 580m you pass a **trig point** a little on your right, this is point 633m at **Kinder Low**, and just 3m lower than the highest point of the plateau (about 500m to the north east across the peat bog); you follow a clear path gently descending towards the edge of the plateau in 500m, with the **Kinder Reservoir** down below on the left [the large conurbation on a bearing of 295° about 25 km away is **Manchester**]; and in 630m you ford a prominent stream, the **Red Brook**, by a deep cleft on the left; in another 1.0 km, as you approach the **Kinder Downfall**, the best views of it are from a point a little to the left. With a 30m drop, it is the tallest waterfall in the Peak District. Follow the path around to the right to the downfall's head to where the PW turns left to ford the **Kinder River**.

Here you have a choice:

For the direct return to the Main Walk, turn around and re-trace your steps for 2.7 km to the fork in the path by the edge overlooking the Noe River valley, and *turn left* along the edge and pick up the directions in the main text where you left them.

For the route across the Plateau, continue along the river (initially 50°).

Warning: Danger of Death! Unless you are an experienced and confident walker with good orienteering skills using just map and compass, the route across the moor is potentially extremely dangerous, even in benign conditions, never mind in rain, fog, sleet or snow. The path you are on will peter out and the terrain will then be one of pathless deep bog with deep groynes, and without any discernible landmarks, making orientation difficult and mobile phone reception unlikely. It is easy to get completely disorientated and lost. You are likely to be on your own.

In 120m you *curve to the right* with the river and in 240m you pass a large cairn on your right. You may want to ford the river here to continue along its left hand side for a while as the path on the right after a while goes through very boggy ground. In about 250m you climb up to a higher path, just before a distinct narrow section where high walls of sandstone bluff close in on the river (**Kinder Gates** on the OS map). In 100m the path continues at a lower level and in another 280m you get to a confluence of streams **by a large cairn in the riverbed**. To follow the footpath on the OS map, **[!]** *turn left* at the cairn to follow the lesser tributary of the river on its left hand side (due E). In 100m you *turn right* with the stream, now between high walls of turf, and in 35m pass another large cairn. Here *curve right briefly* with the stream and *turn left* with it immediately along a path on the right hand side of the stream (120°).

You now follow the stream, changing sides a few times and climbing up to the moor level a few times, for a good 300m. **[!]** Where the grough turns sharply to the left, you continue in the same direction along an indistinct upper level path (150°). You are now close to the watershed on **Edale Moor** at almost 630m above sea, the highest point of the plateau (at 636m) is some way away to the right, and there is also slightly higher ground away to the left (**Crowden Head** on the OS map). This is **pathless terrain with plenty of false leads** (i.e.: intermittent stretches of 'paths' that peter out in very boggy ground, deceptive grassy ground, which proves to be anything but solid when stepped on, 'posts' that turn out to be rusty remains of fences, etc.).

For the next 300m or so you try to stick to a bearing of 150° as much as possible while circumventing boggy holes and dead end paths. Eventually you'll pick up a path of sorts besides a different grough and follow the path as you get some views of rock slabs in the distance, with **Crowden Tower** to the right of it, signalling the southerly edge of the plateau. The path curves gently to the right and crosses a few tributaries to the stream (the infant **Crowden Brook**). Eventually you reach the edge of the plateau with the Crowden Tower above you to the right and the **Crowden Clough** below you leading into the River Noe Valley. The Main Walk joins from the right along the edge. *Turn left* along the edge and pick up the directions in the main text at the asterisk *).

Grindslow Knoll Descent (cut 2.8 km/1.7 mi)

In 70m you have a steep drop on your left: this is the **Grindsbrook Clough**, with the **Grinds Brook** running at the bottom of it, fed by the runoff from **Edale Moor**, as you continue along an earth path. The path gently ascends to the **Grindslow Knoll**, whose cairned rocky summit plateau you can see in 300m. In another 150m the ascent gets markedly steeper and in 80m you reach the summit. You have fantastic panoramic views from this superb vantage point: the **Great Ridge** ahead on the other side of the **Vale of Edale**, **Edale Head** on the right with the rock formations passed earlier, the **Grindsbrook Clough** to the left with the far away **Derwent and Bamford Edges** beyond, and **Kinder Scout** in the back. The route down from the top to Edale starts a little to the left as an initially rocky descent and picks up a clear engineered path later.

In 150m you walk through a wooden gate in a drystone wall and continue in the same direction along a clear sandy track. In another 250m you walk through another drystone wall and in 110m the path turns left. It descends the flank of the hill, curving right along the way, and in 550m you walk through a wooden gate in a drystone wall to leave the **Open Access Land** into a pasture. You *veer left* with a clear grassy path and in 300m walk through a gap in a drystone wall to continue through an adjacent pasture. Follow its right hand boundary and in 80m, by the three-way signpost passed in the morning, *turn left* through a wooden gate and along a tree-lined path. In 330m this leads to the four-way junction by the start of the **Pennine Way** and with **The Old Nag's Head** on the left and **Cooper's Café and Chippy** away to the right in the farmyard.

Turn right and pick up the directions in the main text at the triple asterisk ***).

Grindsbrook Clough Descent

With good views across the valley to **Win Hill** on a bearing of 100° and with **Stanage Edge** beyond – scramble down the first few hundred metres, initially steeply so (the best route is initially to the right of the **Grinds Brook**, then to the left). Eventually you walk through some gates either side of a deer fence and *turn right* with the path, now with **Ringing Roger** above on the left (on a bearing of 100°). The path continues to the left of the stream, at times high above the stream through the heathery slopes. In about 1.0 km you first ford one stream (views of **Mam Tor** ahead) and then cross a second stream joining from the left down **Golden Clough** on a two-railed bridge. Walk through a wooden gate into a wooded section and in 120m leave the wood through another wooden gate to continue in the same direction further downhill along a paved path. In 520m another path joins from the left down the grassy slope. This is the Main Walk. Pick up the directions in the main text at the double asterisk **).