



The Heights of Abraham from Bonsall

A short walk from Bonsall over Masson Hill to the Heights of Abraham, returning via Upperwood

Essential Facts

- Route distance: 7.0 km (4.4 miles)
- Approximate time: 2 hours 30 mins
- Approx. total ascent: 260 metres
- Start point Grid Ref: SK 279 582
- GPS Ref: SK 27901 58294
- Recommended O.S. Map: Explorer OL 24
- Toughness Rating: Peaks 1

Please see the notes on Toughness Ratings at the end of this report

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CHALLENGE ?**

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Full Info from the Great Walks web site

THE ROUTE

There is usually plenty of space to park in Bonsall and there are public conveniences near the play area. The walk starts at the Cross in Bonsall, **S**, opposite the King's Head public house. From here take the footpath sign next to the telephone box leading uphill. The path is part of the Limestone Way, depicted by the rams head on the footpath signs. Soon a stile is reached and a choice of ways; take the path to the left. Continue forward when the path divides.

Shortly after this, at **A**, turn right still uphill. A little further on cross a stile by a gate. When a second gate is reached, **B**, there is a choice of paths. Go over the stile on your right just before the gate. Follow the path through fields until a lane is reached at **C**. Go over the stile opposite and cross this field diagonally right to the next stile, after which turn left and begin to lose height.

On reaching a second lane, **D**, there is a choice of routes, and a seat. Turn right and follow the lane, continuing forwards all the way over Masson Hill towards the Heights of Abraham. You can recognise this by the flag flying from the top of the tower. At **E**, just before reaching the tower there is a good spot to rest, with seats and views of Matlock and Riber Castle. Just off the path to the left is a talking telescope (pay), with a commentary on the view.

When the gate to the Heights of Abraham is reached turn right through the wood, traversing above Matlock Bath but with occasional views down to the river. At the end of the wood, **F**, turn left just before the stile, descending fairly steeply down the hill to a lane. Here turn right and enjoy the wonderful views and beautiful gardens.

Continue forward along the lane through Upperwood after which the path gets narrower and becomes just a footpath. Ignore the path off to Scarthin which will drop down into Cromford. When the path divides keep going to the right as you contour around the hillside, until the edge of the quarry is reached at **G**.

The path now rises uphill again with the quarry on your left. After several open fields a back lane into Bonsall is reached, **H**. This passes the church built high up on the hillside and the old war memorial, before descending down to the Cross where the walk started, **S**.



Bonsall Church



Bonsall Cross



The Jughole

Refreshment

The Kings Head
Public House
62, Yeoman Street,
Bonsall
Tel: 01629 822703
Meals and bar snacks
available

The Boat Inn
Public House
Scarthin, Matlock
Tel: 01629 823282
Food available.
Walkers and families
are welcome.

The Greyhound
Public house
Market Place, Cromford
Tel: 01629 822551
This historic hotel built
by Sir Richard
Arkwright was restored
in 1999. Open for
meals.

Scarthin Bookshop
Bookshop with Organic
Cafe
The Promenade,
Scarthin
Tel: 01629 823272
Café serving hot and
cold snacks and drinks
within the bookshop

Barley Mow
Public House
The Dale, Bonsall
Tel: 01629 825685
Lunches



**The Kings Head Pub
During Well Dressing Week**

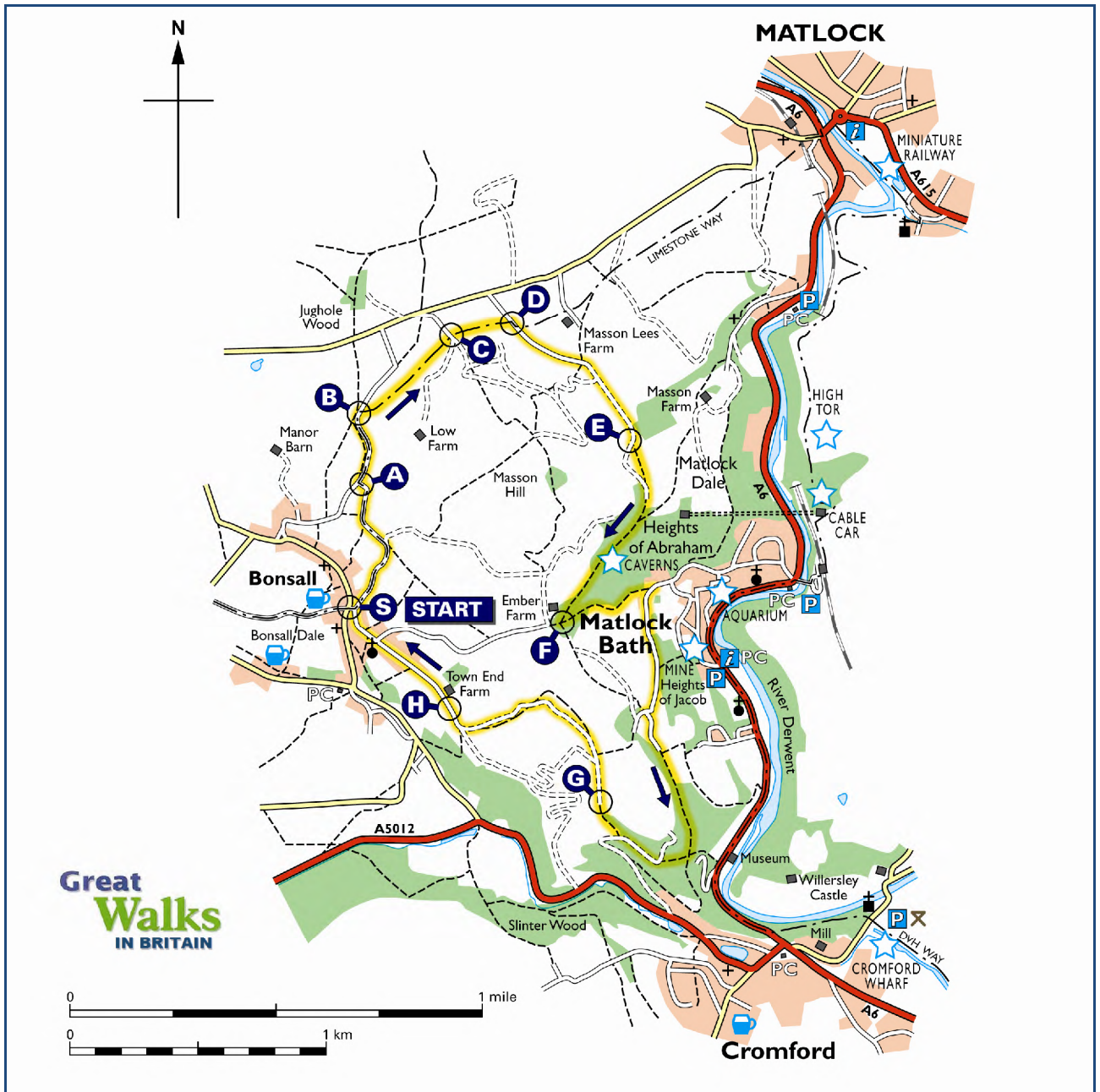
LOCAL INFO

Bonsall, like many villages in the Peak District, has a long history of lead mining, going back to Roman times, and the settlement is mentioned in the Domesday Book. Bonsall inhabitants have also been involved in the textile industry, pre- and post-Arkwright. In early modern times it was on an important salters' route, and was a staging post on the road between Derby and Manchester. Bonsall is still a working village, mainly involved in agriculture.

The Heights of Abraham comprise one of Derbyshire's leading tourist attractions. There is a cable car right to the summit, for those less energetic than our readers.

THE HEIGHTS OF ABRAHAM FROM BONSCALL G.P.S. WAYPOINTS

WAYPOINT NAME	MAP REF	CO-ORDINATES	ELEVATION: Metres
BON S	S	SK 27901 58294	190
BON A	A	SK 27954 58784	262
BON B	B	SK 27948 59072	291
BON C	C	SK 28300 59368	300
BON D	D	SK 28551 59418	281
BON E	E	SK 29023 58839	283
BON F	F	SK 28733 58245	274
BON G	G	SK 28773 57512	248
BON H	H	SK 28300 57912	223



Great Walks
IN BRITAIN

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MAP LEGEND					
	Great Walks route		Church with tower		Spot height - metres
	M6 Motorway		Church with spire		Information centre
	A23 Main road		Other place of worship		Parking
	B2116 Secondary road		Cathedral / Abbey		Public convenience
	Minor road		Building		Public house
	Other road		Built up area		Picnic site
	Track		Woodland		Camp site
	Footpath		Sand, shingle or mud		Major tourist feature
	Bridleway		Water feature		Other tourist feature
	National trail				
	Railway				

Safety First

Safety should always be your first priority in planning and undertaking a walk, whether on your own or leading a group. Please read these Safety First and Walking Our Routes notes.

Lead a group of other walkers only if you have leadership and navigational experience adequate for the 'worst case' conditions which may be encountered on the particular walk, bearing in mind the terrain, possible weather and navigational demands.

Weigh up the capabilities of your party, in terms of fitness and walking speed. Adjust your time expectations accordingly.

Ensure all your party are adequately clothed for the weather and conditions. Footwear is particularly important. Clothing must protect against cold, wet or strong sun according to the time of year.

Emergencies are quite rare, but it is essential to think ahead about what to do if someone in your party sustains an injury. Will you have a First Aid kit? Is there a qualified First Aider in the party? How could help be summoned in a serious eventuality?

Refreshment, particularly water, can be vital. Dehydration in hot summer conditions can be rapid, and frequent intake of fluids is essential.

On tougher walks it is a good idea to tell someone where you are planning to go – and when you expect to be back. Remember - mobile phones often lose reception in mountainous or isolated areas.

All our walks use legitimate routes: Public Rights of Way, Public Footpaths, Bridleways, Permissive Paths, Access Land, Byways and Roads.

Road walking calls for particular care. When there is no defined footpath or verge wide enough for safe walking it is usually best to walk on the right – facing oncoming traffic. An exception may be a tight bend, where walkers would be more visible on the left.

Occasionally you may find a public footpath blocked or unuseable. It is perfectly in order to take the shortest available diversion without damaging crops, perhaps around a field margin.

It is courteous to close gates after passing through, sometimes even if the gate was open when you arrived – particularly if it is obvious livestock may escape.

Mutual respect for farm animals is to be encouraged! Don't frighten or annoy them, but equally don't put your party members in danger or discomfort. You certainly wouldn't be the first walkers to go round the outside of a field of frisky bullocks.

Dogs should always be kept on a lead anywhere near farm animals, and under close supervision elsewhere in the countryside.

Walking Our Routes

Our walks are designed to be negotiated using the route directions in conjunction with the map section provided. We suggest walkers also take the Ordnance Survey Explorer or Outdoor Leisure map recommended for each walk.

On mountain, moorland and open heathland walks it is **ESSENTIAL** to have navigational expertise and tools, including the recommended Ordnance Survey map(s).

Take care to observe any cautions in the route description; exposed paths, areas liable to flooding etc.

Consider conditions before setting off. Will heavy rain have made a water meadow impassable? Will frost or snow make a path slippery?

When navigating the route look for clues to confirm you are in the right place. Are map features where you would expect on the ground? Are features mentioned in the text where expected? If you suspect you may have taken a wrong turn, take action sooner rather than later. It is better to re-trace to a known point rather than carry on regardless with the possibility of becoming increasingly confused.

All our routes are carefully checked before publication, but features can change on the ground – sometimes surprisingly quickly. Footpaths may be re-routed, buildings can appear or change significantly and these days pub names seem to change frequently.

The approximate time given for each walk is based on an average walking speed of 2.5 miles per hour (4 km/hour), plus an allowance for ascent, descent and any difficult terrain.

Total ascent is the approximate total ascent over the whole walk.

GPS users can enter in the waypoints provided in each of our walk reports. It is important to read our guide **Introducing GPS for Walkers**, available as a PDF file from the Great Walks in Britain web site.

Remember that GPS is a great navigational tool, but only one of those available to the navigator. Never dispense with conventional map and compass – and the training and skills to use them, especially on mountain, moorland or open heathland walks.

TOUGHNESS RATINGS

Most of our **Peak District** routes can be undertaken by reasonably fit walkers able to utilise the map segments and our recommended Ordnance Survey maps, together with the route guidance notes.

The toughest walks should be undertaken or led only by experienced mountain walkers with navigational expertise. Always consider recent and forecast weather.

Each walk has been allocated a **Toughness Rating**:

1. Easier walks with modest ascent and generally on well defined paths. There may be stiles or narrow gateways to negotiate.
2. Routes which are more demanding. They may include more ascent and possibly paths which are looser or more difficult underfoot.
3. More strenuous walks. There may be prolonged steep ascents, and perhaps several ascents over the whole walk. Conditions may be challenging underfoot.
4. The toughest walks, requiring considerable fitness and navigational experience. There may be prolonged steep ascents. The ability to navigate by compass may be essential.

Toughness Ratings are allocated in the context of the terrain in the edition area. For example a walk rated as demanding in Cambridgeshire may be equivalent to an easier or moderate route in the Peak District..