



## **Lose Hill & Kinder's Southern Edge**

**A challenging walk with the prospect of wonderful views of the Mam Tor Ridge and of Kinder's valleys and ridges**

### **Essential Facts**

- Route distance: 20.0 km (12.5 miles)
- Approximate time: 6 hours
- Optional shorter route: 17.8 km (11.1 miles)
- Approx. total ascent: 390 metres
- Start point Grid Ref: SK 171 835
- GPS Ref: SK 17103 83514
- Recommended O.S. Map: Explorer OL1
- Toughness Rating: Peaks 4

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

**Up For A  
CHALLENGE ?**

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**A Team Effort**

**Full Info from the Great Walks web site**

## THE ROUTE

**Caution:** Parts of this walk incorporate some challenging terrain. It is essential to wear suitable boots and clothing, and to avoid adverse weather conditions. The full route is for experienced walkers with navigational experience. There is a less challenging shorter route option.

The walk starts, **S**, from the public car park on the main road in Hope. There are toilet facilities here and several cafes within a few metres. Leave the car park and cross the road. Opposite the Woodroffe Arms public house is a footpath sign. Follow this to a residential street. Turn right and pick the path up again to the left of the school building. The path towards Lose hill is clearly signed and passes through several gates and stiles.

On reaching Lose Hill Farm the path goes behind the buildings and then right, to the top of Lose Hill at **A**. From here the path leads along the ridge over Black Tor reaching Hollins Cross at **B**. This is the lowest part of the ridge and is marked with a monument. While here take a moment to look across to Kinder, your next destination.

From Hollins Cross descend to your right on the path that leads diagonally towards Edale. Again it is clearly marked and crosses a road at **C**. After going under a railway bridge it reaches the road in Edale. Turn right passing the Church, until you reach The Old Nags Head **D**. Here turn right down to a signpost before a footbridge. Take the left path signed Grindsbrook. (You will see that here is the official start of the Pennine way).

The next section includes some steep ascent over rocky terrain. There is a short-cut which is useful in poor weather: From Edale take the path eastwards toward Ladybower and rejoin the walk at **H**.

The Grindsbrook path soon crosses a wooden footbridge and leads onto the foot of the hill. You will see a barn with a seat on your left at **E**. This is where you leave the Grindsbrook path and set off right, on the steep uphill path. The path zig-zags uphill including over a rocky outcrop until the top of the ridge is almost reached. You will come across a paved path going from left to right at **F**. Go right here, enjoying the views of the route already taken.

The path now meanders along the edge of the ridge. After passing the top of the valley of Jagers Clough look for a large boulder **G**, and the start of a path that descends gradually down to your right. Once on more open land you will see a signpost by two lone trees next to an old stone with markings on. Take the route left as pointed out by the signpost. On reaching a wall turn right. Shortly after there is a stile and the path from Edale joins the route here, **H**.

Continue forward passing the large monument of Hope Cross. At a gate continue forward following the course of the old Roman Road. The path contours gradually down to a lane. Walk down the lane until Fullwood Stile Farm is reached at **J**. The path leads through the farm to another lane. Continue forward at the lane which passes under the railway and joins the road into Hope. Cross straight over following a footpath sign which, after a field, rejoins the route taken to Lose Hill. Turn left here and retrace your steps past the school and back to the car park, **S**.



The Path Ahead



Grindsbrook Bridge



A Mountain Stream  
From Kinder

## Refreshment

The Woodroffe Arms  
Public House  
Castleton Road, Hope  
Tel: 01433 620351  
Meals and bar snacks  
available

Woodbine Cafe  
Café and Tea Room  
Castleton Road, Hope  
Tel: 07778 113882  
Café with lots of home  
made food

The Cheshire Cheese Inn  
Public House  
Edale Road, Hope  
Tel: 01433 620411  
16<sup>th</sup> Century Inn with food

## LOCAL INFO

**Edale** was slower to develop than its neighbour over the ridge, Castleton. The route over the ridge was once the main route between the two villages. The dead had to be carried to the churchyard in Castleton to be buried. Also in 1792 Richard Arkwright built a mill in Castleton and many women and children used to cross the ridge to go to work each day whatever the weather.

Edale is just south of a large peat and gritstone mass known as Kinder Scout which is generally accepted as the southern end of the Pennines. It is also the official start of The Pennine Way.

## LOSE HILL & KINDER'S SOUTHERN EDGE G.P.S. WAYPOINTS

WAYPOINT NAME	MAP REF	CO-ORDINATES	ELEVATION: Metres
KIN S	S	SK 17103 83501	159
KIN A	A	SK 15314 85359	469
KIN B	B	SK 13599 84526	409
KIN C	C	SK 12809 85332	228
KIN D	D	SK 12269 85987	261
KIN E	E	SK 12243 86281	270
KIN F	F	SK 12535 87578	556
KIN G	G	SK 14358 88055	518
KIN H	H	SK 15975 87641	335
KIN J	J	SK 17096 84888	210



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.