



Mam Tor Ridge from Castleton

A delightful walk along the Hope valley, with a stiff ascent of Lose Hill. This is followed by one of the finest ridge walks in the area, returning to Castleton through Winnats Pass

Essential Facts

- Route distance: 13.0 km (8.0 miles)
- Approximate time: 4 hours 45 mins
- Approx. total ascent: 475 metres
- Start point Grid Ref: SK 149 829
- GPS Ref: SK 14912 82952
- Recommended O.S. Map: Explorer OL1
- Toughness Rating: Peaks 3

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

The walk begins outside the National Park Information Centre, by the main Car Park in Castleton, **S**. Turn left up the street and follow this around sharp bends, first left and then right. Shortly after Weaving Avenue, and near the end of the village, turn right along a walled path signposted 'Hope'.

Follow the path being guided by well marked stiles and keeping Peakshole Water to your left. Cross the railway line with care and continue to Pindale Road at **A**. Turn left and take the road downhill emerging at Hope church.

Turn left at the crossroads and after just a few metres cross the road and take a path between a shop and 'Blacksmith Cottage'. At the road turn right and then take the path to the left of the village school. Continue straight via a series of stiles and gates with fine views of Lose Hill ahead. Cross the railway over a small bridge.

At the lane take the path straight on and to the right of a bungalow, sign-posted Lose Hill. Watch for a large gate with a wooden stile to its left and signed as the path to Mam Tor via Lose Hill Farm at **B**. Take this path, which climbs gently at first and then more steeply passing a stone barn and then Lose Hill Farm, **C**.

At the farm take the path to the left, across the top of the farm house and continue to climb ignoring paths going off to the left. Pass over the stile in a fence on the right and climb the well made path for a further 400 metres to the top of Lose Hill, **D**

To the left is the classic ridge path, which we will follow for 3.25 km to the summit of Mam Tor, with fine views of the Hope Valley to the left and Edale to the right.

Before reaching the Tor we come to a major intersection of paths known as Hollins Cross at **E**. Keep straight ahead along the well defined path to the summit of Mam Tor. The path climbs more steeply, until the day's main ascent is over as the trig point is reached, **F**.

From the summit continue straight ahead and descend to a minor road. At the road turn immediately left down a field and to another road which you cross entering a further field. Turn almost immediately left and take the path to a gate crossing the road again and back into a field. Take the path to Winnats Head Farm, **G**, keeping close to the farm. The path goes straight ahead, with the road to your right, and steeply descends Winnats Pass.

At the foot of the pass and shortly after Speedwell Cavern take the path to the right marked Longcliff, at **H**. Take this path all the way into the village, crossing the stream at a bridge and passing delightful cottages and small cafes and soon returning to the main car park, **S**.



A Cave Entrance



Mam Tor Trig Point



National Trust Sign

Refreshment

The Castle Hotel
Hotel
Castle Street, Castleton
Tel: 01433 620578
Accommodation, Meals
and Beer Garden.

Three Roofs Cafe
Cafe
The Island, Castleton
Tel: 01433 620533
Breakfasts, lunches and
snacks.

Bulls Head Hotel
Hotel
Cross Street, Castleton
Tel: 01433 620256
Accommodation, Meals
and Beer Garden.

There are numerous
inns and tea rooms in
Castleton

LOCAL INFO

Castleton is one of the most popular villages within the Peak District, sitting at the head of the Hope Valley on the northern edge of the White Peak. In addition to spectacular walking and stunning scenery the village offers a ruined Norman Castle and a number of caverns to visit.

The village developed around **Peveril Castle**, which dates back to the late 11th Century and was built by William Peverel an illegitimate son of William the Conqueror.

There are several excellent inns and tea shops in the village. However, its very popularity often causes Castleton to be full to capacity on summer week-ends.

Mam Tor is known as the "Shivering Mountain" as a result of the loose shale face of the hill is constantly shifting and sliding into the valley. A landslide in 1974 resulted in the closure of the A625 road between Sheffield and Stockport resulting in traffic being diverted through Winnats Pass.

Winnats Pass is a steep sided limestone valley with imposing cliffs on each side being a collapsed cave system.

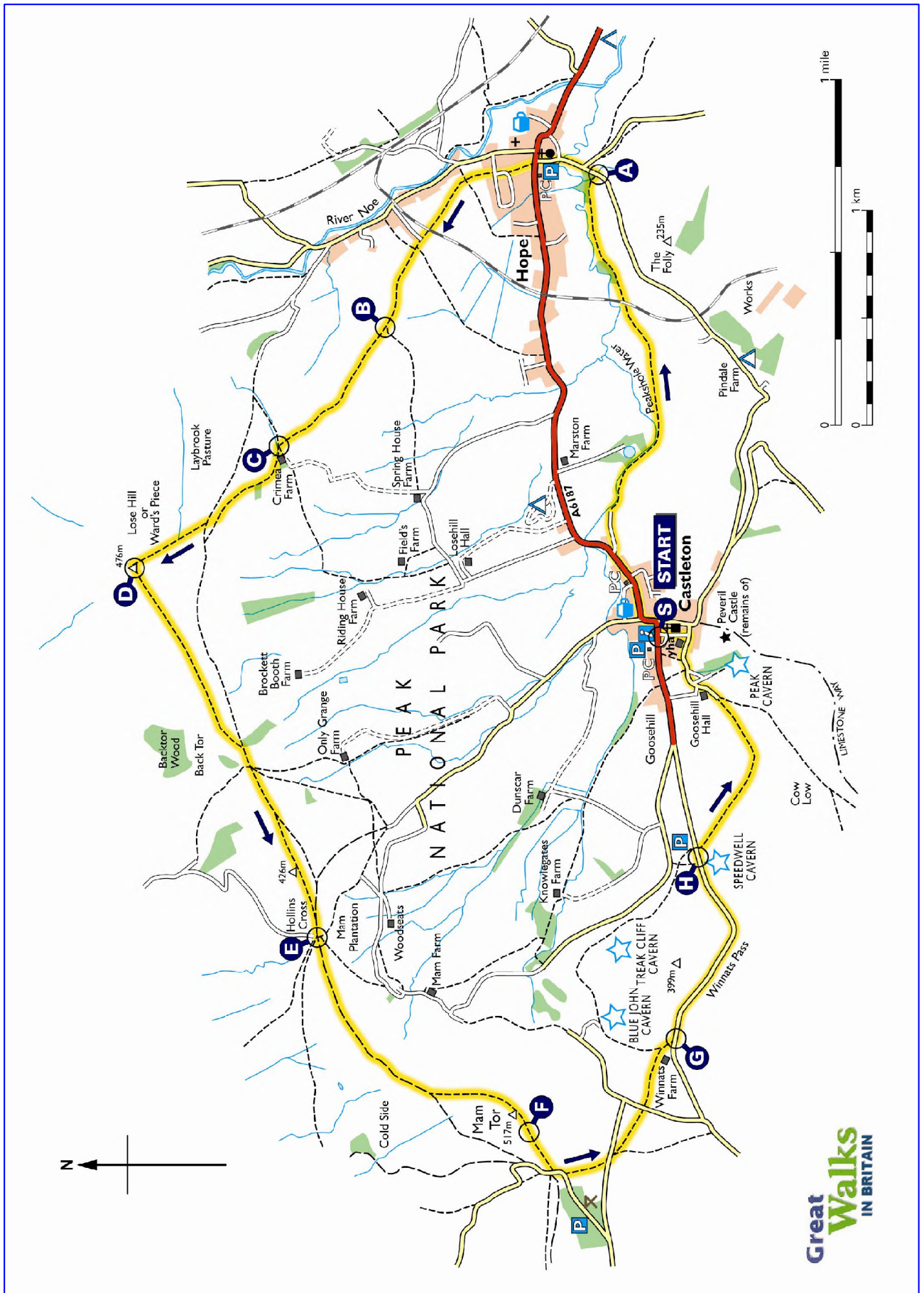
A visit to Castleton would not be complete without a trip to one of the four caverns open to visitors. Blue John and Treak Cliff caverns sit close to the old A625 (now diverted), Speedwell Cavern at the foot of Winnats Pass and Peak Cavern near the centre of the village.



Speedwell Cavern

**MAM TOR RIDGE WALK
FROM CASTLETON
G.P.S. WAYPOINTS**

WAYPOINT NAME	MAP REF		CO-ORDINATES		ELEVATION: Metres
CAS S	S	SK	14912	82952	183
CAS A	A	SK	17126	83250	176
CAS B	B	SK	16419	84201	203
CAS C	C	SK	15879	84697	313
CAS D	D	SK	15312	85360	478
CAS E	E	SK	13603	84519	395
CAS F	F	SK	12774	83613	518
CAS G	G	SK	13107	82878	388
CAS H	H	SK	13935	82760	244



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.