

Cycle Hire Centres

Ashbourne (Mapleton Lane) 01335 343156

Carsington Water 01629 540478

Middleton Top 01629 823204

Parsley Hay 01298 84493

Waterhouses (Brown End Farm) 01538 308313

Waterhouses (Manifold Valley) 01538 308609

For your convenience - toilets, refreshments and information are available at the cycle hire centres.

Visitor Centres

Ashbourne 01335 343666

Bakewell 01629 816558

Buxton 01298 25106

High Peak Junction Workshops 01629 822831

Leek 01538 483741

Manifold Valley 01298 84679

Matlock 01629 583388

Matlock Bath 01629 55082

Middleton Top 01629 823204

Useful Websites

www.derbyshire.gov.uk/leisure/countryside for local information

www.peakdistrict.gov.uk/cycle for cycling in the National Park

www.nationaltrail.co.uk/penninebridleway for long distance route information

www.moretoexperience.co.uk for information on Carsington Water

www.sustrans.org.uk for national cycle routes

Managing the Trails & Highways

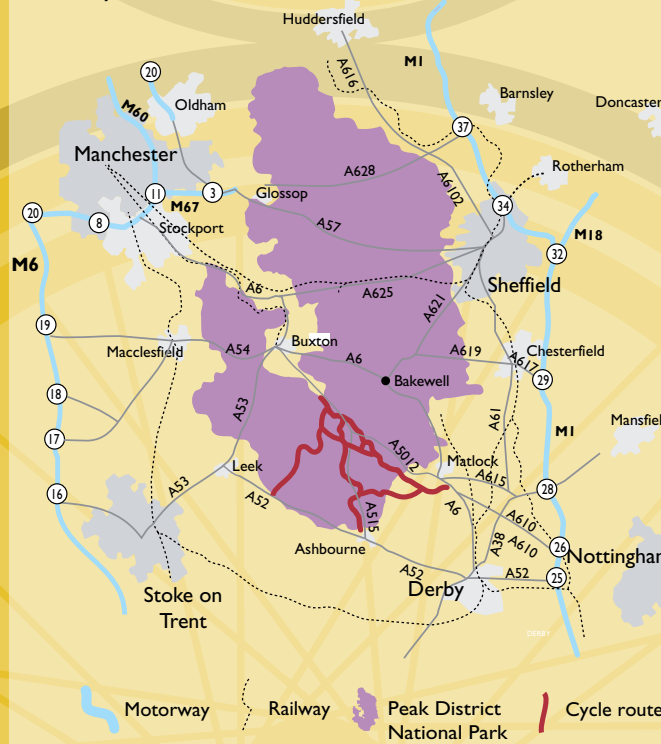
The Trails are managed by Wardens and Rangers employed by the National Park Authority, Derbyshire County Council, Staffordshire County Council and Severn Trent Water. You may meet them building walls or fences, working in woodlands or leading a guided walk. They are knowledgeable about the Trails and surrounding areas so please ask them if you need assistance.

The roads and road signs are the responsibility of the Highway Authorities (the County Councils).

Visit, Enjoy, Get Fit!

How to get here

Discover over 70 miles of relaxing cycling in spectacular countryside



Public Transport Information

www.transportdirect.info helps you plan bus, train and car journeys as well as calculate the carbon footprint of your journey.

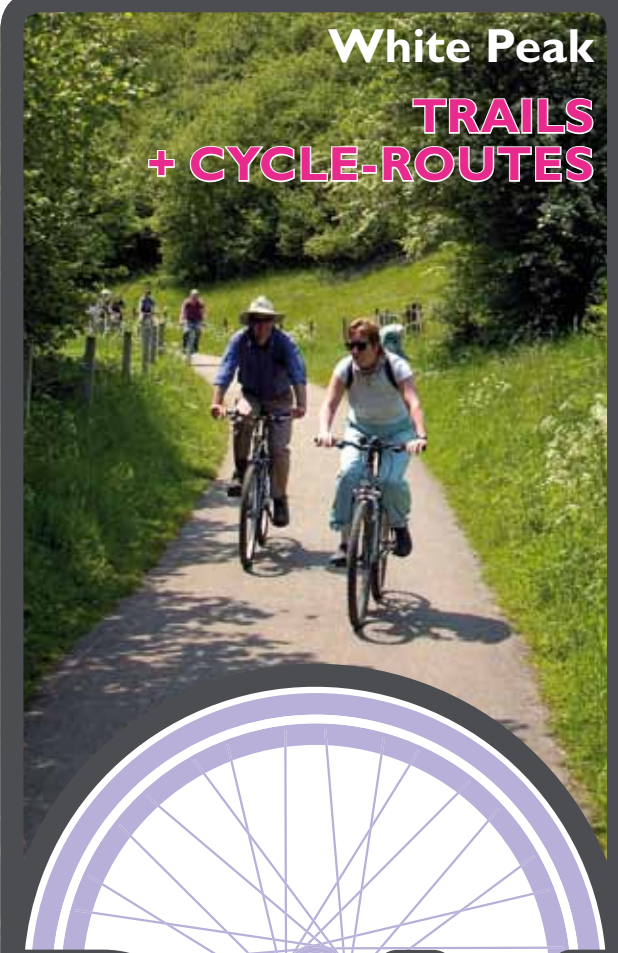
Traveline phone 0871 200 2233

www.traveline.org.uk



www.peakdistrict.gov.uk/cycle

White Peak TRAILS + CYCLE-ROUTES



Pedal

PEAK DISTRICT

DERBYSHIRE
County Council
Improving life for local people

PEAK
DISTRICT
NATIONAL PARK AUTHORITY
Improving life for local people

www.peakdistrict.gov.uk/cycle

Things to See and Do

The Countryside

Welcome to limestone country! The White Peak is a spectacular landscape of open views across hills and dales, criss-crossed by drystone walls that enclose farmland. Cycle, walk or ride along over 70 miles of Trails and cycle routes to experience nature's year round colour and discover a rich industrial heritage and railway history.

Look out for the mural at Friden brickworks on the High Peak Trail. Enjoy the Manifold Track and see a scale model of the railway in the Manifold visitor centre. Visit the historic villages of Hartington, Tissington and Cromford. Explore the old market towns of Ashbourne and Wirksworth.

Visit, Enjoy, Get Fit

Enjoy the countryside by bike. It's a great way to spend time with family or friends. Get fit whilst you relax and have fun. You'll be helping to reduce traffic congestion and pollution and it gets you closer to nature. It's win:win for everyone, and there are prizes to be won too!

If you are a new or occasional cyclist and sign up to the Cycling Challenge website through Pedal Peak District you get the chance to win a monthly prize of a bike worth £300.* Forms are available in Peak District National Park cycle hire centres and visitor centres or visit www.peakdistrict.gov.uk/cycle

Join up to get information about cycling routes and training opportunities near where you live. We'll help you set small, manageable goals to continue cycling. Every time you complete them you get entered into draws to win great prizes.

Pedal Peak District is a £2.25 million project set up to: encourage more people to cycle, particularly those who don't much or at all; promote cycling for fun, health, fitness and transport; create a new cycle route from Bakewell to Buxton; and promote better public transport links.

It is managed by the Peak District National Park Authority and is part of a pilot project being run by Cycling England, an independent body funded by the Department of Transport www.dft.gov.uk/cyclingengland

* www.peakdistrict.gov.uk/cycle for terms and conditions.

For Cyclists

Hire a bike or bring your own to explore the White Peak Trails and cycle routes.

Keep to the left and ride in single file.

Give way to pedestrians and horses.

Ring your bell or call out "Bike" when approaching others from behind so they know you are there.

Please consider other users at all times and do not race along the Trails.

On the Trails, you are advised not to cycle down steep inclines for safety.

Call in at the cycle hire centres for local cycling advice from friendly cycle hire assistants.

Sign up to the Cycling Challenge website and you could win a bike. www.peakdistrict.gov.uk/cycle

Take your time and enjoy the views!

For Horse riders

Horses and riders are welcome on the Trails. There is also a riding route around Carsington Water.

Route 54A is the only section of the network not open to horse riders due to poor visibility at road junctions.

There are several tunnels and steep inclines along the White Peak Trails and cycle routes – see map.

Please consider other users and do not gallop along the Trails. Keep to the left and ride in single file.

For horses, the Pennine Bridleway starts at Hartington Station where there are horse-box parking facilities. More information on www.nationaltrail.co.uk/penninebridleway

Relax and enjoy a gentle ride.



For Walkers

Walkers are welcome.

Keep to the left on the Trails.

The Trails are used by cyclists and horse riders so please consider other users at all times.

Keep dogs under control and clear up their mess.

The network includes country roads which do not have pavements alongside – be aware of traffic.

Enjoy your White Peak walk!



Access For All

The High Peak and Tissington Trail have level, mostly compacted stone surfaces providing easy conditions for all users with accessible car parks, picnic sites and toilets. Beware of the steep inclines in places, marked on the map.

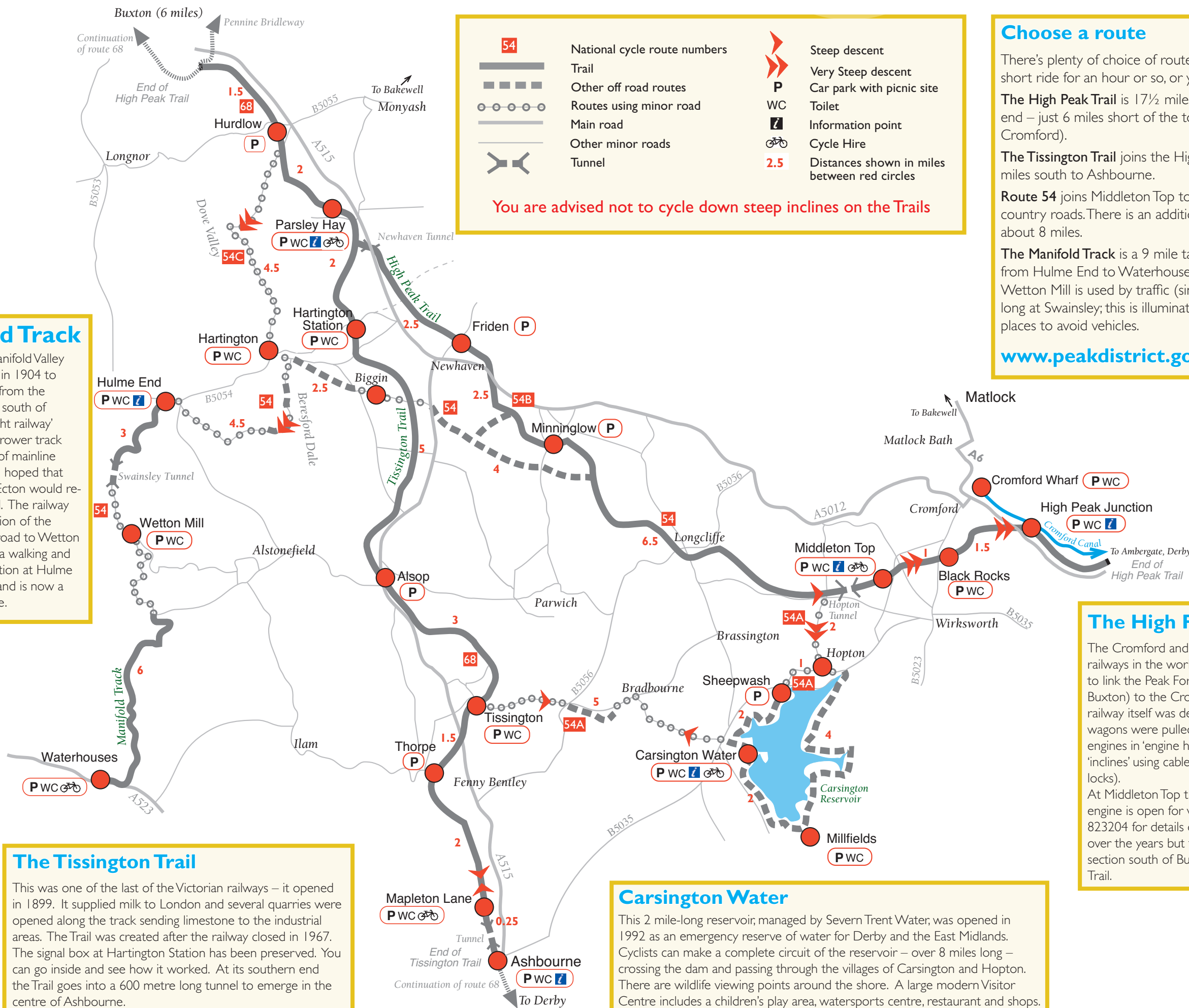
At Parsley Hay cycle hire centre there is a range of bikes suitable for all abilities including tandems, trikes, handcrank and wheelchair bikes. At Ashbourne, Carsington Water and Middleton Top you can hire a mobility scooter; phone for details.

Carsington Water has accessible facilities including visitor centre, restaurant, shops and toilets.

The Manifold Track has a good level tarmac surface but there is a section of it open to motor traffic.

For more information go to www.peakdistrict.gov.uk/visiting

White Peak Trails and Cycle Routes



	National cycle route numbers		Steep descent
	Trail		Very Steep descent
	Other off road routes		Car park with picnic site
	Routes using minor road		Toilet
	Main road		Information point
	Other minor roads		Cycle Hire
	Tunnel	2.5	Distances shown in miles between red circles

You are advised not to cycle down steep inclines on the Trails

Choose a route

There's plenty of choice of routes to cycle whether you're planning a short ride for an hour or so, or you would like a longer outing:

The High Peak Trail is 17½ miles long between Dowlow (at the Buxton end – just 6 miles short of the town) and High Peak Junction (close to Cromford).

The Tissington Trail joins the High Peak Trail at Parsley Hay and runs 13 miles south to Ashbourne.

Route 54 joins Middleton Top to Tissington via about 10 miles of country roads. There is an additional route around Carsington Water of about 8 miles.

The Manifold Track is a 9 mile tarmac track along a disused railway from Hulme End to Waterhouses. A section between Swainsley and Wetton Mill is used by traffic (single track) and contains a tunnel 100m long at Swainsley; this is illuminated but still quite dark with small passing places to avoid vehicles.

www.peakdistrict.gov.uk/cycle

The Manifold Track

This was the Leek and Manifold Valley Light Railway. It was built in 1904 to transport dairy products from the valley to the main railway south of Waterhouses. It was a 'light railway' because it used much narrower track than the 'standard gauge' of mainline railways. The owners also hoped that the old copper mines at Ecton would re-open - but they never did. The railway closed in 1934. One section of the trackbed became a new road to Wetton Mill and the rest became a walking and cycling route. The old station at Hulme End has been preserved and is now a Visitor Information Centre.

The Tissington Trail

This was one of the last of the Victorian railways – it opened in 1899. It supplied milk to London and several quarries were opened along the track sending limestone to the industrial areas. The Trail was created after the railway closed in 1967. The signal box at Hartington Station has been preserved. You can go inside and see how it worked. At its southern end the Trail goes into a 600 metre long tunnel to emerge in the centre of Ashbourne.

Carsington Water

This 2 mile-long reservoir, managed by Severn Trent Water, was opened in 1992 as an emergency reserve of water for Derby and the East Midlands. Cyclists can make a complete circuit of the reservoir – over 8 miles long – crossing the dam and passing through the villages of Carsington and Hopton. There are wildlife viewing points around the shore. A large modern Visitor Centre includes a children's play area, watersports centre, restaurant and shops.

The High Peak Trail

The Cromford and High Peak Railway was one of the first railways in the world. It was built between 1825 and 1830 to link the Peak Forest Canal at Whaley Bridge (north of Buxton) to the Cromford Canal – a distance of 33 miles. The railway itself was designed like a canal. On the flat sections the wagons were pulled by horses. Large steam powered beam engines in 'engine houses' pulled the wagons up the steep 'inclines' using cables (on a canal the inclines would have been locks). At Middleton Top the engine house with its massive beam engine is open for visitors to wonder at (telephone 01629 823204 for details of open days). The railway was adapted over the years but finally closed completely in 1967. The section south of Buxton was then converted to the High Peak Trail.