

What to Do Off the Trails

Visit the picturesque towns and villages close to the Trails for sight-seeing, gift shopping and refreshments.

Where to Stay/Eat and Drink

There are many great places around the trails to eat, drink or stay. Contact the local Tourist Information Centres at :

Bakewell: 01629 813227

Ashbourne: 01335 343666

Buxton: 01298 25106

Matlock: 01629 583388

Matlock Bath: 01629 55082.

Look at the PDNPA or DCCCS websites or ask for information about places to eat and drink at the Trails Information Centres.

Access for All

Most of the length of the Trails is suitable for people with disabilities. They are level and have a variety of surfacing materials, mostly compacted and reasonably firm

NOTE : there are some steep inclines and dips where bridges used to be, so plan your route

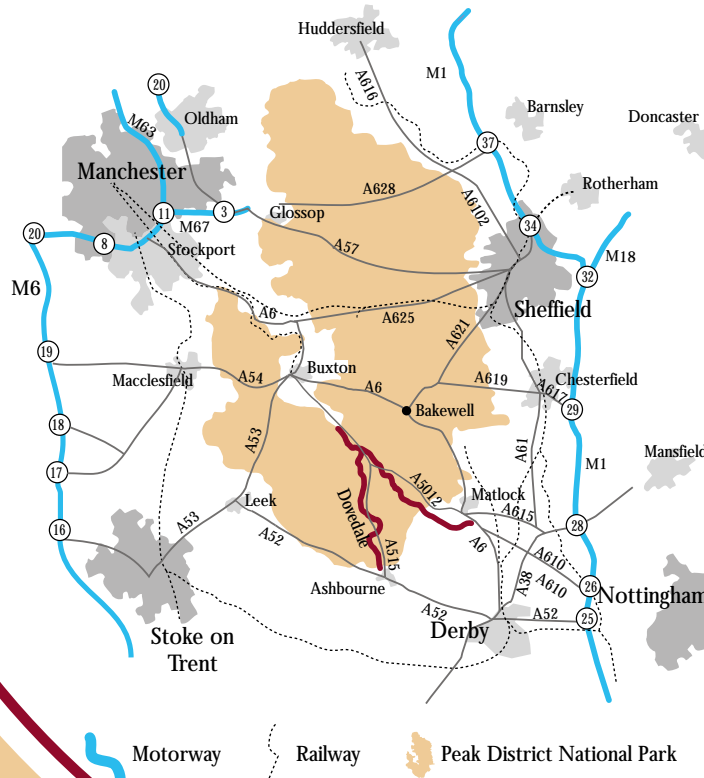
carefully (please refer to the map). All toilets on the Trails are suitable for disabled people except those at High Peak Junction Workshops.

How to Visit the Trails By Public Transport

Access to the Tissington Trail is by the daily Ashbourne-Buxton 442 bus. The southern end of the High Peak Trail is readily accessible using the Manchester - Matlock - Derby - Nottingham Transpeak (TP) or Bakewell - Derby (Trent R61/Stagecoach 61) daily bus services. You can catch trains daily from Matlock and Derby to Cromford railway station, which is 1 mile from High Peak Junction.

Details of services can be obtained from the National Travel Line 0870 6082608 and Derbyshire Public Transport website, www.derbybus.net

How to Find the High Peak & Tissington Trails



Further Information

Trails Information and Cycle Hire centres:
Middleton Top 01629 823204
High Peak Junction Workshops 01629 822831
Parsley Hay 01298 84493
Ashbourne (Cycle Hire only) 01335 343156

Or contact as appropriate:

Peak District National Park Authority,
Baslow Road, Bakewell, Derbyshire DE45 1AE
Tel: 01629 816200 or visit their website on:
www.peakdistrict-mpa.gov.uk
Derbyshire County Council,
Countryside Service, Middleton Top Visitor Centre,
Middleton by Wirksworth, Derbyshire DE4 4LS
Tel: 01629 823204, or visit their website on:
www.derbyshire.gov.uk

HIGH PEAK & TISSINGTON TRAILS

Over 30 miles of
relaxing countryside trails.



Discovering the High Peak & Tissington Trails

The High Peak Trail runs for 17¹/₂ miles from High Peak Junction, near Cromford to Dowlow 6 miles south of Buxton. At Parsley Hay it is joined from the south by the Tissington Trail, which runs for 13 miles from Ashbourne.

From Track to Trail

The High Peak and Tissington Trails were formerly the Cromford and High Peak, and the Ashbourne Buxton railway lines.

The Cromford and High Peak Line, was a very early railway built between 1825-30 on canal principles. The Ashbourne - Buxton Line was built at the end of the great age of railway building. Both lines were closed, for the most part by 1967 and re-opened as Trails by 1971.

How to Use the Trails

You can walk, cycle or ride a horse on the trails all year round. Why not create your own circular route by incorporating the trails into the existing network of public footpaths, bridleways and roads, using the White Peak Ordnance Survey map, (Outdoor Leisure 24). Use circular walks leaflets available at Middleton Top and High Peak Junction Workshops Information Centres.

Cromford & High Peak railway, Friden.



Tissington Trail

Why Not Bike It!

Visitors wishing to explore the Trails by cycle may hire

cycles. Free cycle hire leaflets are available from all Information Centres, or email: cyclehire@peakdistrict.org

How to keep safe on the Trails

The traffic free Trails are used by cycles, walkers and horse riders. Please consider other users at all times. Please do not race or gallop along the trail.

Cyclists give way to pedestrians - keep to the left of the trail and overtake others in single file. Please ring your bell or give a warning when approaching others from behind, so that they will know that you are there.

What to see on the Trails

Visitors can enjoy fantastic scenic views through the limestone countryside of the White Peak. Visit in spring and summer to see the wild flowers which attract many birds and insects.

You can also glimpse the railway's past at the 'old wharfs', 'engine houses' and 'workshops'. Look out for sculpted benches and the mural at Friden brickworks. Enjoy an audio tour at High Peak Junction Workshops.

Find out more by reading the Trail interpretation panels and visiting the Trails Information Centres.

Mole carving on the Tissington Trail at Ruby Wood



Events on the Trails

Join in, as an individual, group or school, special countryside events and activities organised by the Peak District National Park Authority (PDNPA) and the Derbyshire County Council Countryside Service (DCCCS). These include guided walks, cycle rides, tours of Middleton Top Engine House and High Peak Junction Workshops (see Further Information).

Organised events, such as sponsored walks, need permission from the PDNPA or the DCCCS.



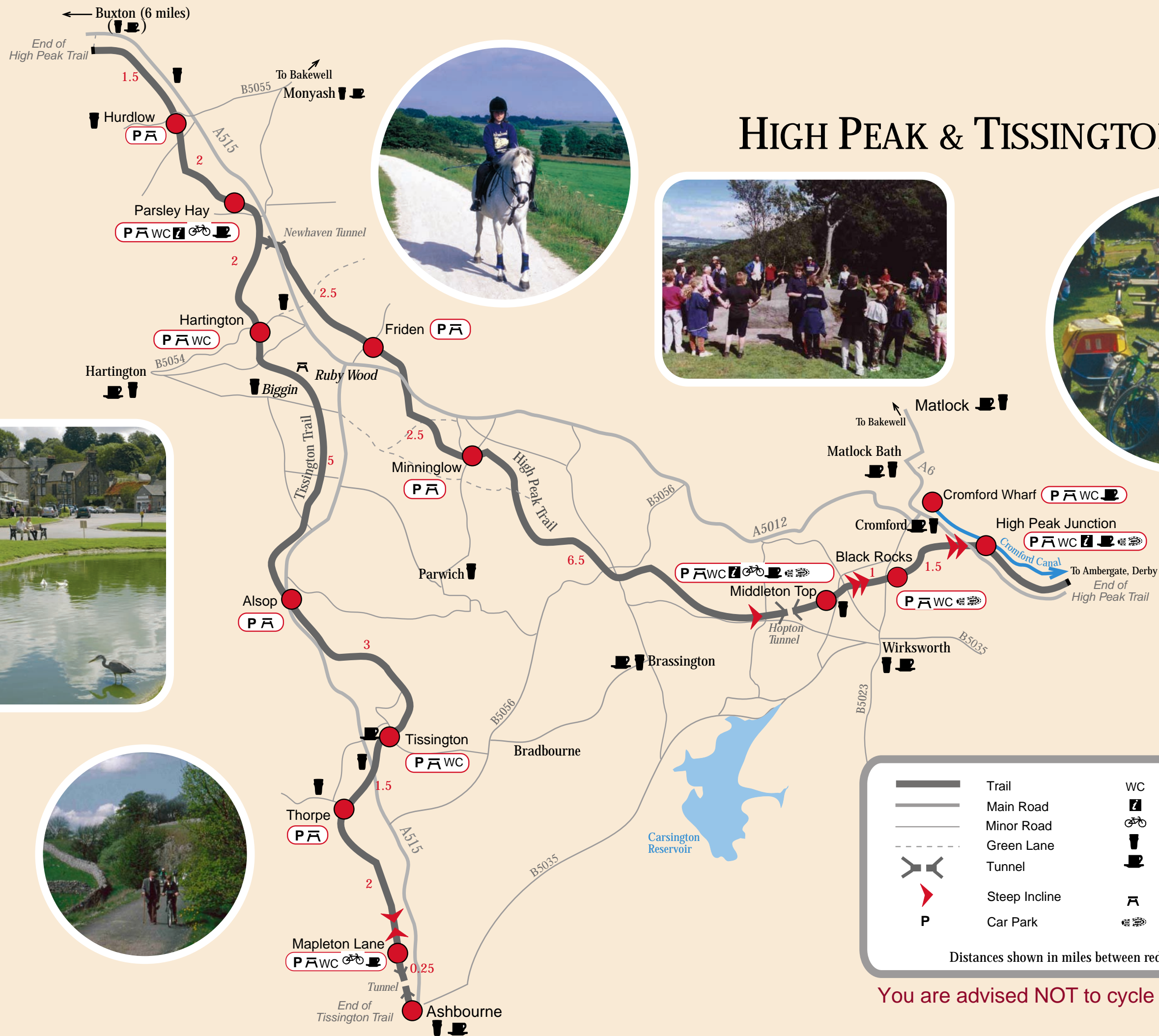
Hartington Signal box

Who Manages the Trails?

The Trails are managed by Wardens and Rangers employed by PDNPA and the DCCCS. You may see them drystone walling, fencing and managing woodland.

They are knowledgeable about the Trails and the surrounding areas so please ask for any assistance you need.

HIGH PEAK & TISSINGTON TRAILS



	Trail		Toilet
	Main Road		Information Point
	Minor Road		Cycle Hire
	Green Lane		Pub
	Tunnel		Cafe/Refreshments
	Steep Incline		View Point
	Car Park		Picnic Site
			Waymarked Routes start from here

You are advised NOT to cycle down inclines