



Version 1.0 : August 2022

The Millstone 100

The Limestone 50

The Peveril 33

Written Route Instructions

This document contains written instructions for all 3 routes used by the Peak District Ultras.

They should be used in conjunction with a good quality and detailed map of the area showing rights of way, areas of open access land etc. 1:25,000 scale is recommended.

They are a reflection of how things looked like on the ground at the time they were prepared, but please bear in mind that things can change over time.

If you spot any errors or omissions, or have suggestions for improvement please let us know by emailing: info@peakrunning.co.uk

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Peak District Ultras: Section 1: Castleton to Snake Pass (100 Route only)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From the START at the Peveril Centre turn left along the main road.	100
0.1	Turn left onto footpath at far side of entrance to visitors' centre car park, and follow out of rear of car park onto narrow street by stream.	200
0.3	Turn left onto Hollowford Road to head north out of the village.	500
0.8	Take left fork to continue on Hollowford Road.	840
1.6	As lane bends left go straight on through gate onto stoney footpath.	200
1.8	Go through gate and take prominent path diagonally left uphill towards the col at Hollins Cross.	600
2.4	At Hollins Cross go over the col and take the path which goes diagonally left downhill.	130
2.6	Take the left fork to stay on the higher path.	970
3.5	Go through gate and turn sharp right onto lane heading downhill. Continue on lane towards Edale ignoring any footpaths leading off.	860
4.4	At 'T' junction turn right onto road. Take CARE of traffic.	100
4.5	Turn left to head up lane past Edale railway station .	750
5.3	At the Nags Head pub fork left onto footpath. This is the official start of the Pennine Way (PW) , which you will now be following all the way to Torside (23.5km)	330
5.6	Turn left to follow PW across open fields towards Upper Booth.	1850
7.4	At Upper Booth remain on the PW as it turns left through farm yard and then right onto lane.	1750
9.2	Cross the Packhorse Bridge and continue on PW as it climbs Jacob's Ladder	850

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
10.0	Take right fork and continue to climb.	430
10.5	As path drops slightly take the left fork to go uphill with Edale Rocks on your left hand side.	540
11.0	As the path levels bear slightly right to go past Kinder Low trig point and continue north to reach the westerly edge of the Kinder Scout plateau.	100
11.1	Continue through the rocky landscape along the edge for 2km to reach the top of the Kinder Downfall waterfall.	1960
13.1	At the Kinder Downfall cross the stream at a safe point and turn left to continue along the edge for another 2km .	2100
15.2	Bear left to descend with CARE down steep rocky steps to path crossroads at the top of William Clough .	310
15.5	Go straight on at path crossroads and head uphill towards Mill Hill	460
15.9	At top of Mill Hill turn right to follow slabbed path for almost 4km	3920
19.9	Arrive CP 1: SNAKE PASS	

Distances are approximate.

TO BE USED IN CONJUNCTION WITH YOUR OWN MAP OF THE AREA

Peak District Ultras: Section 2: Snake Pass to Ironbower (100 Route Only)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From CP 1 continue north on Pennine Way to the wooden stake at Bleaklow Head. Watch out for national trail acorn symbols and arrows on stone pillars which demark the PW at key points.	3820
3.8	At Bleaklow Head continue north on PW as it winds its way through the bleak landscape.	1970
5.8	Descend steeply down to cross the stream with CARE (where Wildboar Grain meets the upper reaches of Torside Clough) and climb steeply up the other side of the narrow valley.	40
5.8	Bear right to follow PW along the western edge of Torside Clough . Take EXTREME CARE as the path is narrow and challenging underfoot and, at times, has a shear drop to your right .	2370
8.2	Descend down steep rocky path with CARE to reach track leading from Reaps farm .	370
8.6	Turn left along track and look out for grassy path dropping down on the right after 380m	380
9.0	Turn right to descend on said grassy path and, after 60m, turn right to follow the Trans Pennine Trail (former railway line) along the southern side of Torside and Woodhead reservoirs	6110
15.1	Go past the station platform next to the mouth of Woodhead Tunnel and continue on track for 150m	180
15.2	Arrive CP 2: IRONBOWER	

Distances are approximate.

TO BE USED IN CONJUNCTION WITH YOUR OWN MAP OF THE AREA

Peak District Ultras: Section 3: Ironbower to Howden (100 Route Only)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From CP 2 you will be on the Trans Pennine Trail (TPT) for another 5 km. From the CP take the stoney track that switches back very sharp left at the far end of the parking area , and climbs up towards the main road (A628)	140
0.1	Just prior to road turn sharp right to a crossing point opposite track on far side of road.	20
0.2	Cross main road (A628) with CARE and take the track going diagonally right uphill. Follow this as it switches back left and then swings around to the right.	440
0.6	At a 'T' junction of tracks turn right to follow track east.	400
1.0	Continue straight ahead on track	1390
2.4	Cross main road (A628) with CARE and continue in same direction on TPT on far side.	690
3.1	Turn left to remain on TPT towards road	450
3.5	Cross main road (A628) with CARE for third time and continue straight on minor road opposite.	1290
4.8	Turn right onto bridleway which descends across the moorland toward the western corner of Upper Windleden Reservoir . You have now left the TPT and are on the Barnsley Boundard Walk (BBW) for 6.5 km	540
5.4	Near corner of reservoir continue on same path as it crosses Broad Clough and then Woodland Clough before ascending across the moor to, once again, reach main road again (A628)	1130
6.5	Immediately prior to road turn left to follow rough path parallel to the road. DO NOT run/walk along the carriageway.	630
7.1	Bear left on what is now a more prominent track which drifts further away from the road for a while.	1890
9.0	Where the track emerges back at the main road (A628) at the far end of a large layby, cross the road for a fourth time with CARE and turn left . Pass in front of the Dog & Partridge Inn quietly to join the pavement heading east.	500
9.5	Turn right onto track immediately before buildings.	380

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
9.9	Turn left to follow path with walls both sides.	730
10.6	At 'T' junction at end of track, turn left .	220
10.8	As track bends right, bear left to take path along left hand side of woods	440
11.3	At junction of tracks turn very sharp right to head south through woods.	320
11.6	Bear right and follow track over bridge and around to the left. You have now left the BBW.	170
11.8	Follow main track (bridleway) as it winds its way steeply upwards onto moorland.	660
12.4	Continue straight ahead over Hingcliff Common and follow the prominent bridleway (Cut Gate Path) as it heads south along the eastern side of Mickleden Edge and up onto Featherbed Moss	4530
17.0	On reaching large cairn at a path junction at the highest point, continue straight ahead and descend towards Cranberry Clough .	1370
18.3	Descend steeply down with CARE through a series of switch-backs and head west along Cranberry Clough . Note: a footpath takes a more direct line than the bridleway through the switch-backs - either route down is acceptable.	670
19.0	Go over footbridge and join track to reach CP 4: HOWDEN	

Distances are approximate.

TO BE USED IN CONJUNCTION WITH YOUR OWN MAP OF THE AREA

Peak District Ultras: Section 4: Howden to Ladybower (100 Route Only)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From CP 3 take the main track heading south along the eastern side of Howden and Upper Derwent Reservoir	4090
4.1	At Abbey Tip Plantation (600m beyond Howden Dam) turn very sharp left to head uphill. After 100m turn right onto footpath towards Abbey Bank and Bamford House	1150
5.2	At path junction turn left to head uphill with wall on your left. Follow path as it turns right at next wall and then curves left to meet a track.	690
5.9	Continue in same direction on track.	250
6.2	Turn right on faint path which runs below Lost Lad before ascending to Derwent Edge 250m to the south of Back Tor trig point	1680
7.9	On reaching the path junction on Derwent Edge , turn right to head south along the edge for 3km	3010
10.9	At path junction turn left onto the more prominent path to descent across Derwent Moors .	1200
12.1	Continue on track in same direction as it crosses Highshaw Clough and then rises slightly before descending to a path junction at a gate	590
12.7	Turn sharp right to follow track heading west on the far side of the wall.	830
13.5	Cross Highshaw Clough again and go straight across track to continue on bridleway in same direction . There is high step up on the far side of the track	1310
14.8	On reaching the main road (A57) next to the Ladybower Inn , cross the road with CARE and turn right towards Ladybower Reservoir	320
15.1	Turn left onto the A6013 . Cross the road with CARE and use pavement on far side.	480
15.6	Turn left (crossing the road with CARE) to go uphill into Heatherdene car park.	60
15.7	Take the first right turn and head through the car park.	130
15.8	Arrive at CP 4: LADYBOWER	

Distances are approximate.

TO BE USED IN CONJUNCTION WITH YOUR OWN MAP OF THE AREA

Peak District Ultras: Section 5: Ladybower to Castleton (100 Route Only)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From CP 4 continue in same direction past public toilets onto footpath heading out of south end of car park	360
0.4	Turn right to descend on path to road (A6013). Cross with CARE and take footpath over Ladybower Dam	420
0.8	Go straight across the road and take the path that heads diagonally left through the woods	500
1.3	Follow the path as it bends right to head up Parkin Clough with the stream on your left	260
1.5	At path crossroads continue straight on up steps on path opposite	140
1.7	Go through metal kissing gate, turn right and then immediately left to continue climbing through woods towards open ground. Use steps where provided.	340
2.0	Go up steps at broken down wall and continue straight on up steps to reach the summit of Win Hill .	190
2.2	Descend to your left with CARE to join path running along south side of summit below trig point.	120
2.3	Join lower track and continue in the same direction on the sandy track along Thonhill and Hope Brink , with the fence line on your left	870
3.2	Go through metal kissing gate and continue on sandy track as it bears slightly right and meanders down towards woods on the right hand side of the hill.	850
4.1	Continue straight on sandy track towards stone gate post. Ignore path on left.	200
4.3	40 metres beyond stone gate post turn sharp left onto path which goes around to the left and descends towards Fullwood Stile Farm . Hope cement works will be ahead of you in the distance.	750
5.0	Drop down to join track below on your right, go through gate and continue on lane (which becomes tarmac road) towards Fullwood Stile Farm .	500
5.5	At entrance to Fullwood Stile Farm (next to Brinks Road sign) follow the lane around to the right and downhill	440
5.9	At road junction, continue straight ahead towards Castleton and Hope , crossing the river bridge	90

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
6.0	Turn sharp right onto Lose Hill Lane (dead end sign)	270
6.3	Take left fork , signposted Townhead	100
6.4	Take right fork and then turn immediately right onto footpath going up towards Lose Hill	300
6.7	Go through wicket gate and continue towards Lose Hill , which is above you	160
6.9	At corner of wall bear slightly right to climb onto grassy hill and continue towards Lose Hill	660
7.5	Fork right to join clear path towards summit of Lose Hill	400
7.9	At Lose Hill summit bear left to follow paved path along the 'Great Ridge'	830
8.8	At 3rd of 3 piles of rocks fork left along fence line towards lone tree. Descend down steep rocks at Bac Tor with CARE and continue along ridge for short distance	230
9.0	At path junction go through gate on your left and take path heading diagonally downhill (signed Castleton) towards 2 clumps of trees	290
9.3	At trees continue descending on path same direction , heading straight across a path crossroads (100m ahead) and towards gate near trees.	260
9.5	Immediately before gate bear right to take the lower of 2 paths which descends within a gully	210
9.7	Turn left through gate to follow path signed Hollowford Road	200
9.9	Go straight ahead onto Hollowford Road and follow it down to the edge of Castleton	1360
11.3	Just after passing the end of Mill Lane on your left, turn right onto narrow lane. Continue past the houses onto the footpath alongside the visitors' centre car park.	200
11.5	Turn right on main road to reach CP 5 Castleton (Race HQ) on your right.	

Distances are approximate.

TO BE USED IN CONJUNCTION WITH YOUR OWN MAP OF THE AREA

Peak District Ultras: Section 6: Castleton to Leadmill Bridge (Note: 50&33-mile events start with Section 6 of the 100-mile route)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From rear of Peak Cavern (Devil's Arse) car park (opp race HQ), turn left over bridge and head up lane (The Stones) towards Castleton Market Place	250
0.3	From Market Place bear right to go uphill on Bargate and follow the lane around to the left; which becomes Pindale Road.	400
0.7	Take right fork to continue uphill on the lane (Siggate)	1050
1.7	Take right fork and continue on lane.	250
2.0	Take right fork onto stoney track OR continue straight on lane (your choice - same distance)	500
2.5	Option to switch between stoney track and tarmac lane	500
3.0	If on stoney track, turn left through gate to re-join tarmac lane. Otherwise continue on lane.	1600
4.6	Turn left onto lane, head past stone barn and downhill towards Bradwell	700
5.3	Continue downhill on lane, ignoring right turn	400
5.7	Continue straight on towards village	350
6.0	At corner of playing field in Bradwell turn right down Town Lane and then right on main road (Netherside) towards UK Petroleum garage. Take CARE crossing road.	550
6.6	After church turn left as main road bends right, and then go straight into pedestrianised section to climb steps.	300
6.9	At top of steps continue in same direction and (as lane bends to right), straight onto Bessie Lane . After a few yards fork left downhill into a dip.	100
7.0	As lane starts to climb take right fork onto Edge Lane	200
7.2	At end of Edge Lane go straight uphill on bridleway. After gate follow bridleway as it swings right to head diagonally uphill towards Bradwell Edge	200
7.4	At stone pillar turn left onto level path and after 20 metres switch back right to continue climbing.	350
7.7	Continue on path between stone wall and gorze, ignoring stile on right.	50

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
7.8	Go through squeeze stile and continue in same direction .	170
7.9	Go through another squeeze stile in right hand corner of field and continue along right hand edge of field.	160
8.1	Go through gate and immediately over stile , and turn right to follow track.	670
8.8	Continue on track in same direction , ignoring right turn onto tarmac road.	500
9.3	Stay on main track as it swings to left at " Wolf's Pit ".	1070
10.3	Follow track as it bends right past mast and heads downhill with Hathersage village and church in the distance.	690
11.0	As track swings sharp left turn right through gate at footpath finger post sign, and follow grassy track around the hill side and then down.	1360
12.4	At end of track near farm, turn right onto tarmac lane.	380
12.8	Bear left off lane at footpath sign to follow path diagonally down the hill.	340
13.1	At end of footpath turn left through farm yard and through gap in wall . Take footpath dropping steeply down, diagonally right , and enter woods.	160
13.3	Turn left and follow path as it descends through the woods.	320
13.6	At edge of woods go through gate and continue on grassy path , which swings right downhill to gate.	210
13.8	Go through gate and turn right to follow track as it heads uphill and bends to the left.	270
14.1	As track meets tarmac lane at Mount Pleasant farm turn sharp left to follow footpath diagonally down hill across field, towards rocky edge in distance.	400
14.5	Go over stone stile next to decrepit gate. Continue on footpath as it drops down steps towards river, and across field with river on your left.	300
14.8	Go through gate next to Leadmill Bridge and turn left along main road.	100
14.9	Take the first right turn onto track leading to Harper Lee farm. Go past sewage works to reach CP 6: LEADMILL BRIDGE	400

Distances are approximate.

TO BE USED IN CONJUNCTION WITH YOUR OWN MAP OF THE AREA

Peak District Ultras: Section 8: Baslow to Darley Dale (100 & 50 Routes)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From CP 7 turn right and follow road past public toilets and car park to river bridge.	60
0.1	Turn right onto lane signposted Chatsworth	200
0.3	At Plantation Cottage turn right through metal kissing gate and head across field to stone footbridge.	50
0.3	After bridge continue straight ahead and, at far side of field, bear left to follow diverted footpath.	270
0.6	At tarmac track turn left and follow the track	880
1.5	Turn right to cross temporary bridge over river, and then left to follow diverted path parallel to the river until reaching the permanent bridge close to Chatsworth House .	1150
2.6	Cross road and continue on footpath signposted Beeley and Carlton Lees , keeping river on your left. Head towards steps that can be seen in the distance.	700
3.3	At top of steps take higher path which bears slightly right towards Carlton Lees .	800
4.1	Turn left on road and head through blue gate next to cattle grid. Follow footpath along bottom of car park at Carlton Lees .	400
4.5	At end of car park go straight on along lane.	300
4.8	At road junction with grass island turn left , signed Rowsley	170
5.0	After houses with blue doors & drains, go over stile at end of lane and turn left , signed Rowsley	230
5.2	Go over stile on your left and turn right down hill to continue in same direction (south) on Derwent Valley Heritage Way .	150
5.4	Continue in same direction across two large open fields towards trees in distance.	950
6.3	Go through pedestrian gate (footpath arrow) on right hand side and continue south on path, with river on your left	180

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
6.5	Go through gate and continue on footpath along right hand side of field, as river snakes away and then back towards path	190
6.7	At end of fields go through gate and follow track in same direction through to Rowsley	730
7.4	At end of track in Rowsley turn left on road and then turn left at end onto main road (A6)	400
7.8	After Grouse & Claret pub turn right into industrial area and immediately turn right into car park.	10
7.8	Go diagonally across car park onto footpath (Derwent Valley Heritage Way) heading south alongside river	450
8.3	Remain on path closest to river , DO NOT go over wooden walkway.	1040
9.3	Follow path as it swings left to cross bridge over culvert (on private road) and then right to continue alongside river	140
9.5	Turn right along track and then take path to the right hand side of railway line, remaining close to the river; signed Church Town	180
9.6	Go over stile and follow Derwent Valley Heritage Way along left hand side of field. Continue in same direction over a number of fields.	1200
10.8	Go over stile next to gate as path becomes a track. Continue on track towards houses at Church Town .	380
11.2	Go straight on along road past Church Town school and turn right at T-junction onto main road	200
11.4	After church yard turn right through gate onto footpath across fields. Head diagonally left skirting past corner of fence.	520
11.9	Continue on footpath heading to the left of cricket ground. Join track with white fence on your right.	180
12.1	Go through cricket ground car park and turn right on road. Follow road around towards Square and Compass pub.	220
12.3	CP 8: DARLEY DALE is on right hand side opposite Square and Compass.	

Distances are approximate.

TO BE USED IN CONJUNCTION WITH YOUR OWN MAP OF THE AREA

Peak District Ultras: Section 8B: Baslow to Monsal Head (33-mile route ONLY)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From CP 7 turn left and follow main road (A619) past the Cavendish Hotel .	350
0.4	At the roundabout turn right .	150
0.5	Go past Rowley's pub and bear left at the mini roundabout.	150
0.7	Go past church and turn left (signed Bubnell) immediately prior to the Co-op shop to go over a stone bridge.	110
0.8	After the bridge turn right and go along the lane at the side of the river. USE THE PAVEMENT.	840
1.6	Continue on lane as it swings left and starts to climb. Ignore any paths/tracks off the lane.	1200
2.8	Continue on lane over top of hill and down to the road at the bottom.	200
3.0	At end of lane cross road with CARE and go straight on up track opposite with broken concrete surface.	1000
4.0	At track junction continue straight on .	900
4.9	Continue on track as it climbs along left hand side of quarry.	450
5.4	Continue on same track , ignoring byway on the left.	650
6.0	Continue on track over crest of hill and start to drop down, with Monsal Head hotel and Monsal Dale visible in the distance.	400
6.4	At end of track turn left towards Bleaklow Farm on tarmac lane.	1700
8.1	At sign stating 'Motor Vehicles Prohibited 150 yds; turn right onto lane to Dale Farm and continue past camp site and farm buildings.	170
8.3	As track swings right, go straight ahead through pedestrian gate onto footpath. Stay on left hand side of field.	110

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
8.4	Go through kissing gate and continue in same direction along left hand edge of field.	170
8.6	After farm house turn left through gate and follow path to road.	90
8.6	Turn right down the hill and continue on road through Little Longstone . TAKE CARE WHERE NO PAVEMENT.	860
9.5	At end of road opposite Monsal Head Hotel , cross main road with CARE and onto road on right hand side of hotel.	100
9.6	As road turns sharp right, go through gap in wall towards footpath sign and turn right down hill on steps.	0
	YOUR ROUTE HAS NOW MERGED WITH THE 50 & 100 MILE ROUTE (Sect 10B)	

Section 10B: Monsal Head to Miller's Dale

0	Go down the steep steps, signed Upperdale & Monsal Viaduct , and follow path down towards valley bottom.	150
0.2	At path junction by bench go straight on down hill, signed Monsal Dale (NOT Monsal Viaduct) .	350
0.5	When path meets a track turn left on track and continue to cross footbridge over river.	100
0.6	Turn right onto footpath on far side of wire fence (signed Brushfield and Taddington Dale) and head up hill towards Monsal Trail (former railway line). BE CAREFUL OF BARBED WIRE NEXT TO PATH	200
0.8	At footbridge turn right through gate and drop down onto the Monsal Trail	900
1.7	Continue straight on through Cressbrook Tunnel and Litton Tunnel	3500
5.2	Just after viaduct turn right into old station yard to reach CP 10: MILLERS DALE.	

Distances are approximate.

TO BE USED IN CONJUNCTION WITH YOUR OWN MAP OF THE AREA

Peak District Ultras: Section 9: Darley Dale to Monyash (1) (100 & 50 Routes)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From CP 8 follow road in same direction over river bridge into village.	60
0.1	Follow road as it swings right and then left.	120
0.2	Turn right onto road signed Stanton Lees	400
0.6	Fork left onto lane 'unsuitable for motor vehicles' as main road swings right	720
1.3	At end of tarmac follow unpaved track which swings right and then left up the hill. DO NOT go down through gate posts	300
1.6	Stay on track as it swings left and continues to meander up hill	1250
2.9	Continue straight on track, ignoring footpaths on left and right	400
3.3	Continue on track as it meanders through farm buildings	120
3.4	At end of track turn right and follow lane into Birchover village.	420
3.8	At 'T' junction with grass triangle turn left along road	240
4.0	At Druids Inn , bear left onto track with dead end sign.	220
4.3	Continue straight on track signposted Rocking Stone Cottage	180
4.4	Go straight on where track switches back and follow track around to left; ignoring footpath sign on right.	90
4.5	Take left fork up slight rise to gate & stone stile. Continue on track as it starts to drop.	200
4.7	Go through right hand gate and take path which descends to road. Rocks of Robin Hood's Stride visible across valley. Take CARE on steps.	180

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
4.9	Go through gate and cross wooden boardwalk (SLIPPERY if wet). At road turn left and take CARE for traffic (fast road)	150
5.1	Turn right onto lane and then immediate right onto Limestone Way	350
5.4	Bear left onto grassy footpath (Limestone Way) as track swings right.	200
5.6	Go through gate into access land and continue on footpath with the rocks of Robin Hood's Stride on your left	120
5.7	At brow of hill turn left to go over stile and, after 20 metres, turn right across fields on Limestone Way. Farm visible in distance to left of path.	430
6.2	At road go straight on along track to Harthill Moor Farm . DO NOT follow the Limestone Way	150
6.3	At farm turn left towards barns and then turn right following painted footpath sign	100
6.4	Go over stile and head for small wooden gate (next to main gate) 60 metres further on. Bear left on faint path skirting round side of hill.	200
6.6	With village of Youlgreave visible ahead, descend to left . Go over stile and turn right to join track (rejoin Limestone Way) adjacent to power lines.	370
7.0	Turn right at stone gate posts just after tree to take footpath down field, towards Youlgreave in the distance	280
7.3	Follow footpath down into dip and then up the other side on the same trajectory	430
7.7	Continue on footpath as it becomes a stoney track and then reverts back to grass. Head towards houses, with Youlgreave church on hill behind.	320
8.0	At road turn right down hill (signed Limestone Way)	100
8.1	Turn left on far side of bridge in Youlgreave to take footpath alongside river, passing 'unsuitable for motor vehicles' sign	130
8.2	Continue along side of river , ignoring path on the right.	350

Distances are approximate.

TO BE USED IN CONJUNCTION WITH YOUR OWN MAP OF THE AREA

Peak District Ultras: Section 9: Darley Bridge to Monyash (2) (100 & 50 Routes)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
8.6	Go through gate or squeeze stile, cross bridge and continue on footpath on opposite bank , signed Limestone Way	1080
9.7	Turn right over stone footbridge and follow path which zig-zags up hill through woods, signed Limestone Way	70
9.7	Fork left to pass remains of stone building (signed Limestone Way)	370
10.1	Go through gap in wall and turn right along road (signed Limestone Way). Continue on road as it bends right and up small hill	360
10.5	Turn left onto footpath up hill across field as road bends right (signed Limestone Way)	140
10.6	Go over stile to road and turn left along road, ignore footpath opposite	100
10.7	Bear right through gate to go diagonally up hill on footpath (Limestone Way)	240
10.9	Follow the most well trodden path as it meanders uphill and round to the right.	140
11.1	Go through wooden gate in right hand corner of field and follow footpath between wall on right and trees on left	130
11.2	Continue straight ahead on wider track towards gate at end	100
11.3	At road turn left	160
11.5	At road junction head through squeeze stile on opposite side of road . Head diagonally across fields in direction of footpath sign towards trees in distance	300
11.8	Go over stone stile and cut diagonally across corner of field to next stone stile. Continue on path on same trajectory	680
12.5	Go through wooden gate and head for stone stile & wooden gate at other side of woods. Continue diagonally across next field.	350
12.8	Go through kissing gate and continue diagonally to next gate in stone wall (signed Limestone Way)	100

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
12.9	Go through kissing gate into woods, and continue in same direction through 3 more gates.	130
13.0	After emerging from woods into open farm land go diagonally down field towards gate in right hand wall	80
13.1	Continue downhill , signposted Cales Dale . Lathkill Dale visible over to the right.	560
13.7	Go through kissing gate and take CARE going down steep steps into bottom of dale	90
13.8	At path junction in bottom of dale turn right on path signed Lathkill Dale	290
14.1	Go over wooden footbridge in Lathkill Dale and turn left to follow path through upper reaches of the dale	1180
15.2	Go through squeeze stile and continue through dale as it gets shallower	420
15.7	As you emerge from dale, go through gate and continue on footpath in same direction	550
16.2	Turn left on road towards Monyash village. Take CARE where no pavement.	720
16.9	Take right fork along right hand side of village green, past Bull's Head pub	80
17.0	Turn right on Chapel Street	100
17.1	Enter CP 9: MONYASH in Methodist Church on right hand side	

Distances are approximate.

TO BE USED IN CONJUNCTION WITH YOUR OWN MAP OF THE AREA

Peak District Ultras: Section 10B: Monsal Head to Miller's Dale (ALL Routes)

Acc Distance from last CP (km)	Instruction <i>NB. Accumulative distance is from Monsal Head</i>	Distance to next instruction (m)
0	From the footpath signpost next to the small car park at Monsal Head : go down the steep steps , signed Upperdale & Monsal Viaduct , and follow path down towards valley bottom.	150
0.2	At path junction by bench go straight on down hill, signed Monsal Dale (NOT Monsal Viaduct) .	350
0.5	When path meets a track turn left on track and continue to cross footbridge over river.	100
0.6	Turn right onto footpath on far side of wire fence (signed Brushfield and Taddington Dale) and head up hill towards Monsal Trail (former railway line). BE CAREFUL OF BARBED WIRE NEXT TO PATH	200
0.8	At footbridge turn right through gate and drop down onto the Monsal Trail .	900
1.7	Continue straight on through Cressbrook Tunnel and Litton Tunnel	3500
5.2	Just after viaduct turn right into old station yard to reach CP 10: MILLERS DALE.	

Distances are approximate.

TO BE USED IN CONJUNCTION WITH YOUR OWN MAP OF THE AREA

Peak District Ultras: Section 11: Miller's Dale to Castleton (1) (ALL Rotutes)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
0	From CP 10 go out of old station yard through car park to road, and turn left uphill.	130
0.1	At first bend in road turn right onto footpath and descend towards church ; which is nestling amongst trees at bottom.	70
0.2	Pass Monk's Dale Nature Reserve sign and continue in same direction downhill.	100
0.3	Go through gate and follow path through switch backs and past church to meet the road.	60
0.4	Turn left on road and then fork left onto lane heading steep uphill ; past 'Except for Access' signs.	140
0.5	Turn very sharp left through gate and head uphill on Limestone Way .	140
0.6	Straight on through five-bar gate.	90
0.7	Go straight on onto concrete track into farm yard. Then turn left to go through gate on right hand side of house (next to old plough). Signed Limestone Way.	50
0.8	Follow track as it winds it way gradually up hill	470
1.3	Continue straight on through gate (blue footpath sign).	550
1.8	Go through gate to track junction and turn left onto track which then swings right.	840
2.6	At crossroads turn left on road downhill, signed Pennine Bridleway.	710
3.4	At bottom of hill turn right onto footpath and head into dale, signed Limestone Way.	350
3.7	Go between gate posts and follow footpath through middle of open ground .	1200
4.9	Go over stile onto road and turn right . After a few yards turn left on footpath to continue through the dale.	250

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
5.2	Go through gate and continue in same direction on path through Hay Dale Nature Reserve .	850
6.0	Go over stile and continue in same direction on track.	200
6.2	As track starts to bend right and climb, turn left onto footpath at finger post. Continue on footpath keeping dry stone wall on your left.	400
6.6	Ignore faint path to continue on same path at side of wall.	600
7.2	Continue on same path as it passes alongside large farm buildings , on your left.	250
7.5	At end of farm buildings go over step stile and continue in same direction up the hill, signed Peak Forest .	70
7.5	As gradient levels go slightly diagonally left to go over high stile at wall, and continue in same direction .	180
7.7	Continue in same direction crossing over 3 more stiles, and head through scrub land towards white house on road at Peak Forest village	350
8.1	At main road, cross with CARE , turn left and continue past Devonshire Arms to traffic lights.	250
8.3	At traffic lights turn right onto lane signed Perryfoot and Pennine Bridleway .	400
8.7	As road bends left at junction go straight ahead and then immediate right on Old Dam Lane past cottage with beige end.	500
9.2	Turn left onto lane (signed 'Access to Oxlow End') and go down slight hill towards farm and houses.	200
9.4	At end of driveway turn right to go through metal gate and follow bridleway which winds it way up through trees.	800
10.2	Continue through silver gate and go straight ahead on track towards brow of hill,	400
10.6	Go straight ahead through gate onto grassy track. Mam Tor now visible in the distance to your left (if clear and daylight).	300

Distances are approximate.

TO BE USED IN CONJUNCTION WITH YOUR OWN MAP OF THE AREA

Peak District Ultras: Section 11: Miller's Dale to Castleton (2) (ALL Routes)

Acc Distance from last CP (km)	Instruction	Distance to next instruction (m)
10.9	Go through gate at footpath/bridgeway sign and turn left along field, with wall on your left	700
11.6	Go through gate and continue straight ahead through gate on far side of track.	100
11.7	After next gate bear diagonally right on footpath signed Castleton. Win Hill visible straight ahead in distance (if clear / daylight)	300
12.0	As path descends to meet another path go straight ahead on path up a small rise.	300
12.3	At top of rise continue down other side of hill on path, with Lose Hill now straight ahead in the distance.	450
12.8	Go over stile and bear slightly left downhill on footpath, with Castleton village visible below.	400
13.2	Turn very sharp left as path switches back and continues down hill.	380
13.5	Turn sharp right onto path alongside wall.	370
13.9	Go through metal gate to follow track down towards village.	80
14.0	Continue in same direction as track becomes a tarmac lane into the village.	140
14.1	Turn left onto footpath through Peak Cavern (Devil's Arse) car park , just before stone bridge.	110
14.2	Cross road with CARE and enter the Peveril Centre to FINISH .	50

Distances are approximate.

TO BE USED IN CONJUNCTION WITH YOUR OWN MAP OF THE AREA