

# Route 8 - Hills, dales and trails

## ROUTE INFORMATION

**Distance:** 9.5miles/15.3km (short loop) 23miles/37km (full loop)

**Start and Finish:** Parsley Hay Cycle Hire, SK17 0DG

**Terrain:** Much of this route is along quiet traffic-free former railway lines. There are steep ascents on the linking route up to Wetton Low and up to the A515 at Alsop Station. Two stretches of gated roads can be muddy.

**Refreshments:** Parsley Hay, Harrington, Hulme End, Wetton Mill and Alstonefield

**Toilets:** Parsley Hay, Harrington, Hulme End, Warslow, Wetton Mill, Alstonefield and Harrington station

**Map:** Ordnance Survey Landranger 119 Buxton & Matlock

**Ascent:** 355m (short loop)

9.5 miles

Ascent: 1025m (full loop)

23 miles

Cross bridge over river and pass through Hulme End village before joining Manifold Track on L

L enter gated road. Please close gates behind you.

Cross river and rejoin trail

L leave trail, cross bridge, ascend Larkstone Lane

Bear R as you enter village, signposted Asbourne

Take L fork Oxclose Lane. Climb steeply to road

L on Tissington Trail

Leave trail signed Harrington 54C. Please dismount on steep track to road.

**CARE:** steep descent, farm traffic. Please close gates on road behind you

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For further information on this cycle route (including places to eat, cycle hire centres and places to visit) in the Peak District, please see [www.visitpeakdistrict.com/cycleroutes](http://www.visitpeakdistrict.com/cycleroutes)

