



Follow signs for route 54

First R

R in Hopton and follow 54A to rejoin trail back to Middleton Top

R - 54A to Carsington

L follow 54A to start or R follow dam wall to Millfields

L - B5035 to Ashbourne

L SP Bradbourne

L at Moon Lane

L at Blind Lane

Follow Carsington Water circular bike route to tarmac road (Upperfield)

ROUTE INFORMATION

Distance: 21 miles/33.8km or 18miles/29km (short cut)
Start and Finish: Middleton Top visitor centre and cycle hire DE4 4LS

Terrain: Traffic free trails, unsurfaced roads (which can be muddy following wet weather) and quiet country lanes with moderate hills. The shorter ride follows signed route 54A back to the start).

Refreshments: Middleton Top, Parwich, Carsington Water, Wirksworth

Toilets: Middleton Top, Carsington and Wirksworth
Map: Ordnance Survey Landranger 119 Buxton & Matlock

Total Ascent: 579m



Produced by the Peak District National Park Authority and Visit Peak District & Derbyshire, 2011 © Peak District National Park Authority
 For further information on this cycle route (including places to eat, cycle hire centres and places to visit) and other downloadable cycle routes in the Peak District, please see www.visitpeakdistrict.com/cycleroutes