

# 13 DERBYSHIRE EDALE & MAM TOR

Distance: 10 miles/16km Time: 4½ hours Grade: Challenging



PHOTO: JULIE ROYLE

Kinder and Edale from Rushup Edge.



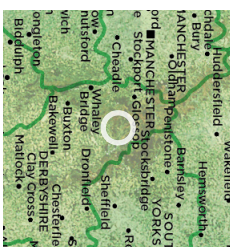
**CHOSEN BY...**  
**JULIE ROYLE**

The Pennine Way National Trail is

possibly the most iconic long-distance walk in the UK, and any section of it is worth tackling. This exhilarating walk starts where the Pennine Way itself starts, in the village of Edale, nestled below the formidable gritstone slopes of Kinder Scout. It stays with the Pennine Way for just over three miles until the trail heads north over Kinder. At that point this route turns southwards instead, over the lonely summit of Brown Knoll, before returning to Edale via Rushup Edge and the Great Ridge. Rushup Edge, an easy and enjoyable walk, is topped

with a Bronze Age barrow called Lord's Seat. Quite soon after passing Lord's Seat, you'll descend steeply to Mam Nick for the brief climb up to the Great Ridge, where the charismatic summit of Mam Tor is topped by a hillfort which is the largest in Derbyshire. There are two Bronze Age barrows on the site but the fort itself seems not to have been occupied until the Iron Age, from c1200BCE. To put that in context, the carboniferous rocks which constitute Mam Tor were formed about 320 million years ago. Further along the ridge is Hollins Cross, from where an enjoyable descent to Edale completes a satisfying day.

## PLAN YOUR WALK



### ROUTE

**Start/parking** Edale station or adjacent car park, grid ref SK123853, postcode S33 7ZL

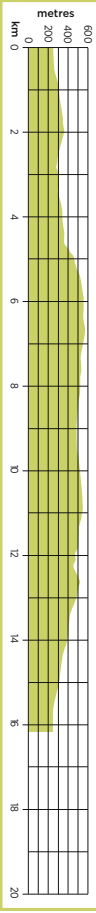
**Is it for me?** Paved or well-trodden paths over moorland, boggy in places Stiles 6

### PLANNING

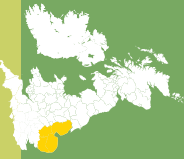
**Nearest town** Chapel-en-le-Frith  
**Refreshments** Penny Pot Café, Newford Farm Store and Café, Old Nags Head (01433 670291), Rambler Inn (01433 670268); all in Edale  
**Public toilets** In car park and at Moorland Centre  
**Public transport** Trains on Manchester-Sheffield Hope Valley Line to start (northernrailway.co.uk)  
**Maps** OS Explorer O.L.I.; Landranger 110

A pair of popular cafés and celebrated Peak District pubs await you at the end.

## GRADIENT PROFILE



## MIDLANDS



# 14 SUFFOLK FRESTON

Distance: 6½ miles/10.5km Time: 3 hours Grade: Moderate

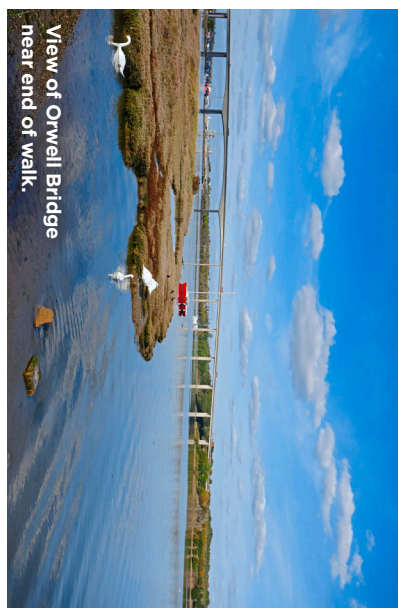


PHOTO: PHOEBE TAPLIN

View of Orwell Bridge near end of walk.



**CHOSEN BY...**  
**PHOEBE TAPLIN**

A smell of baking bread, bottles of

local wine and apple juice, bunches of fresh herbs ... the Suffolk Food Hall is packed with good things to eat and drink. You can have tea and scones with a view of the Orwell Estuary then take a stroll through the farm fields that produce some local edibles, from beef to sugar beet. This is a walk that gets better as it goes on, with paths through ancient woods and pretty valleys to a viewpoint by the River Orwell.

footpath sign along concrete track away from road. Keep straight past Suffolk Food Hall.

### 2¼ mile/0.4km

Follow concrete track uphill (ignore Private Road sign). Keep on past flint-walled church. At crossroads with cottages, keep straight on tarmac lane. Cross main road carefully, heading slightly L and continue on concrete track past gate to reservoir.

### 3 1½ miles/2.5km

Keep going on path through trees. Keep R at first fork on rough, but defined path, heading downhill and slightly R. Cross stream and continue between fences and under brick railway tunnel.

## PLAN YOUR WALK



### ROUTE

**Start/parking** Red House bus stop/parking at Suffolk Food Hall nearby, postcode IP9 2AA, grid ref TM168411

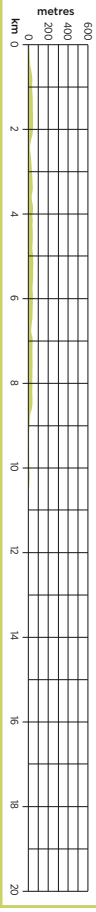
**Is it for me?** Generally easy to navigate, muddy in winter, cows in some fields. Good tracks and paths: two road crossings and one railway

### PLANNING

**Nearest town** Ipswich  
**Refreshments** Suffolk Food Hall (01473 786610), The Boot, Freston (01473 780722)  
**Public toilets** Suffolk Food Hall  
**Public transport** Buses 92/97 hourly Ipswich railway station-Red House (ipswichbuses.co.uk)  
**Maps** OS Explorer 197; Landranger 169

Keep straight over field and through trees ahead. Turn L on

## GRADIENT PROFILE

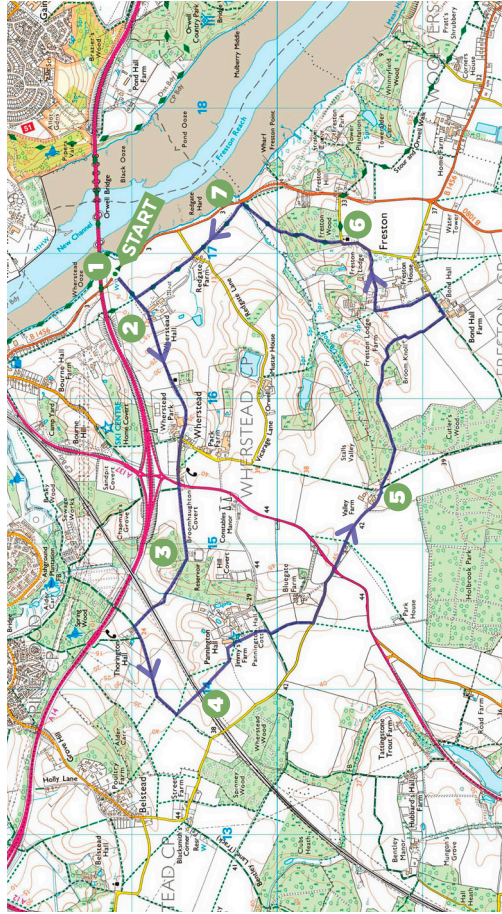


## EAST



# 14 SUFFOLK FRESTON

OS Explorer map 197 Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)



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DATE WALKED






TIME TAKEN

YOUR RATING






track. Keep L on path with hedge on R then pylons. Soon after joining pylons, turn L at post with waymark, over field. Cross railway via stiles/steps.

## 4 2½ miles/3.6km

Keep straight across another field, through hedge, and turn L. Turn R around meadow keeping Jimmy's Farm on L and head for gate near trees. Cross lane, pass gate, turn R on grassy track and very soon L on field edge path with trees on L. Turn L on road. Cross main road into Valley Lane. Keep straight on lane to business centre and continue on drive by posts, keeping all buildings on L.

## 5 3½ miles/5.6km

Keep straight on concrete track, staying L with oaks on L.

path and over footbridge. Go through gate into field and turn R across pasture to another gate. Keep straight across corner of arable field and continue by edge to road.

## 7 5½ miles/9.2km

Emerging onto road, turn immediately sharp L onto footpath and follow it R across field towards farm. Cross lane and keep straight onto grassy track between fences. At far end, turn R back to bus stop or L for car park and café. [CW](#)

## VIEW THE WALK ON OS MAPS ONLINE!

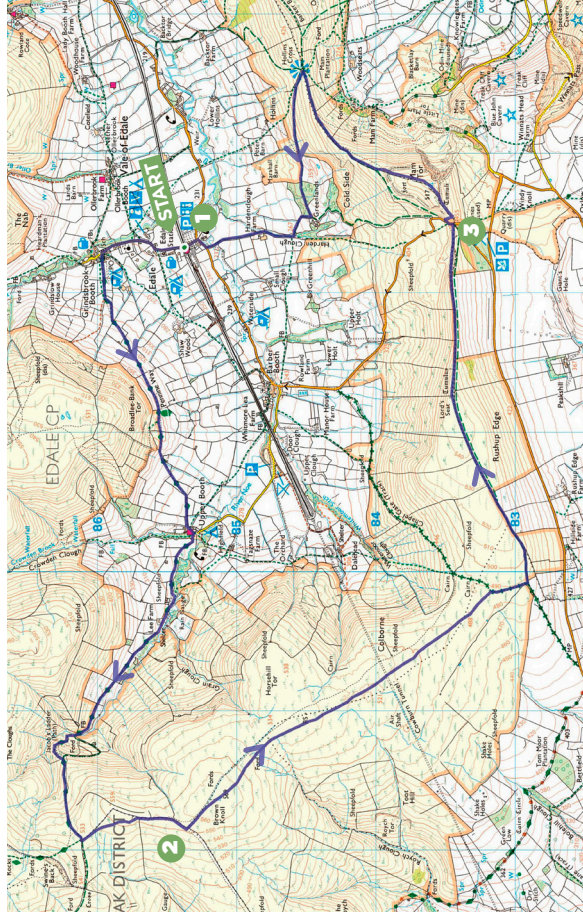
walk1000miles.co.uk/cwroutes

IN ASSOCIATION WITH



# 13 DERBYSHIRE EDALE & MAM TOR

OS Explorer map 011 Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)



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DATE WALKED






TIME TAKEN

YOUR RATING






here, go forward through gate then take paved path L, over Brown Knoll. The path initially follows a wall, then bears away from it, before temporarily returning to the wall.

## 2 3¼ miles/6km

As the path moves away from the wall again, look for another paved path going L. Follow it to the trig point then continue SE. About 1½ miles from the trig you'll come to a junction marked only by the remains of a fingerpost. Turn R on wide, sandy path which leads to stone wall, then turn L on path 124, signed 'to Castleton and Hope by Mam Tor and Hollins Cross'. Follow this path over Rushup Edge.

## DON'T MISS...



The Moorland Centre is Edale's visitor information centre. There are exhibitions and interactive displays, and a shop where you can buy books and maps.

## 1 Start

Head N from station or car park, following lane into village, as far as Old Nags Head. Take Pennine Way L, signed to Upper Booth. Follow Pennine Way for about 3¼ miles until it turns sharp R towards Kinder Scout. Leave it

Descend to road at Mam Nick, turn L, then take path R, and turn R, initially by road, for path up Mam Tor. From top, a gentle descent along ridge-top leads to the col at Hollins Cross. Descend L on path.

## 3 7½ miles/12km

At waymarked junction take bridleway L. At Greenlands (farmhouse) descend farm lane to road. Turn R, then L to Edale station and car park. [CW](#)

## VIEW THE WALK ON OS MAPS ONLINE!

walk1000miles.co.uk/cwroutes

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