

Title.	Distance	Place	OS Map
<b>High Peak Trail</b>	18 Miles 28 Km	See map for Parking	OS 119 Buxton & Matlock

### The High Peak Trail not visited yet.

The High Peak Trail is on a disused railway line which runs from High Peak junction near Cromford to Black Rocks – Middleton Top – Minninglow – Friden - Parsley Hay – to Hurdlow near Buxton and covers a distance of about 18 miles.

Some of the views can be quite outstanding and there are many villages to visit close to the trail and the short Hopton and Newhaven Tunnels to go through. There are quite a few stretches where you are limited to a view as you are in railway cuttings.

- **Facilities** – Along the trail are a few refreshments and toilets facilities – at some places there are picnic tables – and close by are various interesting villages with a Public House.

Parking and mileage between places on the trail are the following :-  
 High Peak Junction 1.5 mile to Black Rock – 1 mile to Middleton Top – 6.5 mile to Minninglow – 2.5 mile to Friden – 2.5 mile to Parsley Hay – 2 mile to Hurdlow – then 1.5 mile to the end of the trail.

- **Café – Toilets -**

High Peak Junction – Café / Refreshments – Toilets – Information Point – Cycle Hire – Public House.

Black Rock – Parking – Toilets – Picnic tables.

Middleton Top – Small Visitors Centre with leaflets, gifts etc, – Refreshments – Accessible Toilets for disabled – Tarmac car park – Cycle Hire.

Minninglow - Parking - Picnic tables

Friden - Parking – Picnic tables.

Parsley Hay - Café / Refreshments – Toilets – Information Point – Cycle Hire

Hurdlow - Parking – Picnic tables.

Opening times of cafes may vary. [ please check ].



Parsley Hay Café

- **Path** – Most of the paths are made up of fine rolled-in crushed stone with areas of a tarmac surface, and there are some ‘gravelly’ areas – but there are also some quite long slopes, which are only suitable for motorised wheelchairs - there are also certain areas where a manual wheelchair with a pusher will only be able to go so far.

Manual wheelchair / pushchair users will need to assess the trail individually.

You will need to pick a parking place to start your walk as it is a there / back journey



Crushed Stone Path

**See gallery for Information – High Peak Trail not visited yet.**

- **Information** – There is an excellent guide route on the website which describes each section of the walk in detail and photographs of the trail and surface. You can also obtain many leaflets on the High Peak Trail.

Tel. No. – Parsley Hay Café – Kiosk 01298 84888 – Cycle Hire 01298 84493

- **Website**- High Peak Trail  
High Peak Trail – [www.easyaccess.wanadoo.co.uk](http://www.easyaccess.wanadoo.co.uk) - walk and pictures  
" " " - [www.gps-routes.co.uk/.../RoutesLinksCycle/high-peak-trail...](http://www.gps-routes.co.uk/.../RoutesLinksCycle/high-peak-trail...)

- **Directions** – The High Peak Trail runs from High Peak Junction to Hurdlow in Derbyshire see maps for parking places.

- **Places to visit nearby** – Bakewell – Monyash – Baslow – Chatsworth - Cromford – Cromford Mill - Matlock Bath – Wirksworth



High Peak Junction



Hopton Tunnel



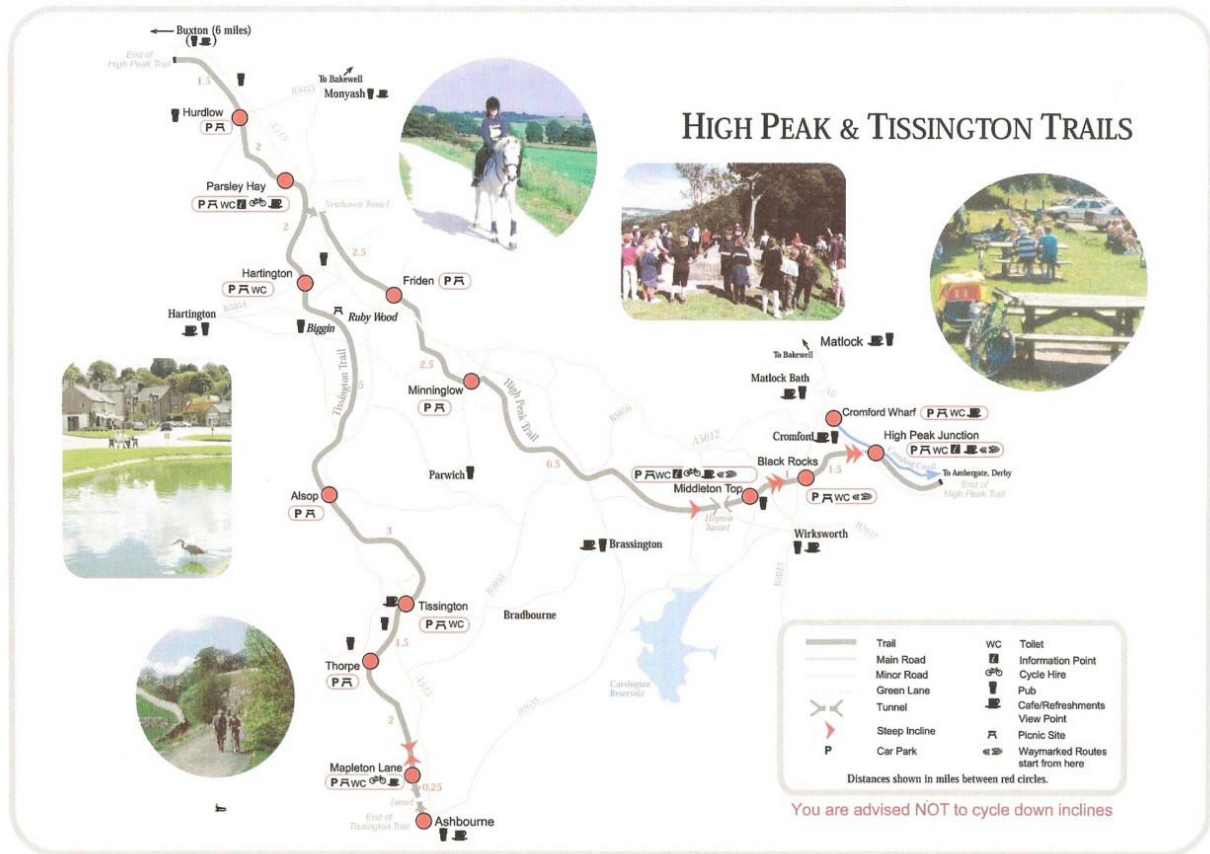
Cromford Wharf



Middleton Top



Path



High Peak Trail