

Matlock

A lovely setting on the banks of the River Derwent and the presence of thermal springs brought the early tourists to Matlock and nearby Matlock Bath.

Wealthy clients came from all over England to try water 'cures' in grand hydropathic hotels, dominated by John Smedley's hydro. This Victorian legacy of interesting architecture is complemented today by independent shops, riverside parks and quality cafes.

A cycle path along a former railway line between Matlock to Rowsley enables cyclists to enjoy a traffic-free bike ride along the valley of the River Derwent. You can follow this off road route or choose different loops into the surrounding hills with testing road climbs.

Stanton in Peak, Winstanley and other picturesque villages offer traditional pubs for refuelling, as well as numerous cafes in Matlock and Matlock Bath. With the UNESCO Derwent Valley Mills World Heritage Site at Cromford, cable car rides at Matlock Bath and the National Stone Centre at Wirksworth this is an area worth exploring slowly on two wheels.

Following the routes

The five routes in this cycle guide have been chosen to offer you some of the best places to visit with stunning views, quiet lanes and tracks, minimal traffic and an abundance of cycle friendly places to stop for refreshments.

You can cycle them on a road, hybrid or mountain bike as they use quiet tarmac roads and former railway traffic-free bike ride along the valley of the River Derwent. You can follow this off road route or choose different loops into the surrounding hills with testing road climbs.

Each route is highlighted on the map with arrows showing the suggested way round and added directions at numbered points help with navigation. It is also a good idea to have the **OS Landranger Map 119** with you so that routes can be extended or shortened as required. All distances are approximate.

Cycling in the Peak District

One of the best and most enjoyable ways to enjoy your time in the Peak District is out cycling.

It's fun and free, and you'll be able to explore further than you would imagine!

If you're out exploring though it always pays to be prepared, especially if you're not familiar with the roads you're riding on. Rural roads, especially in the Peak District, are often narrow with sharp bends and steep descents, so do take heed of road signs. Unsure of what lies ahead? Then take it easy - you're not in a race!

Ride well within your abilities and expect the unexpected - whether that's oncoming traffic or a pothole at the bottom of the hill. Any potholes you do find, make sure to report them via www.flllthathole.org.uk

If traffic is building up behind you, do consider pulling in - but only when there's a safe spot to do so.

We're all out to enjoy ourselves in the Peaks, so when out riding be nice, say hi! Give plenty of warning to horse riders you're approaching and space when overtaking, and remember when cycling off road to give way to walkers, wheelchair users and horse riders if there's not enough space for you to pass.

Do care for the environment and if possible try to reach the start of your journey with public transport or by cycling. Follow the countryside code of: Respect, Protect, Enjoy and you won't go wrong!

You're allowed to cycle on roads, byways, bridleways and cycle paths, so please avoid riding on public footpaths.

It's always best to be prepared, particularly if you're heading into remote sections where mobile reception can be patchy.

It's sensible to carry on your ride:

- Waterproofs
- Front white light and rear red light
- Tools, pump and a spare inner tube in case of a puncture
- A map
- Snacks and water

Also do check your bike beforehand to make sure the brakes are working, the tyres are pumped and your gears are shifting smoothly.

Above all - enjoy your ride!



Cycling around Matlock

Five journeys of discovery on quiet lanes, tracks and trails in the Peak District

1:50,000 Scale Map
Includes Cycle Hire, Refreshments and Visitor Centres

ROUTE 2

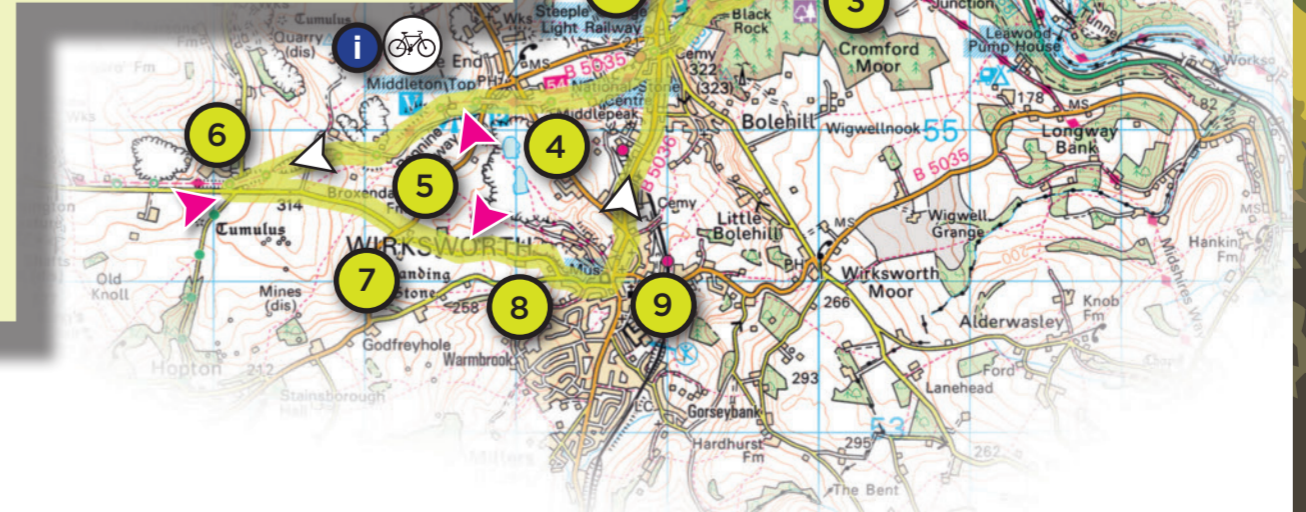
High Peak Trail, Hills and Dales

Explore beautiful and heritage rich landscapes

1. TR from the car park and follow road to High Peak Junction. TR into car park.
2. Dismount for short walk from car park to Cromford Canal and cross the swing bridge. Fork diagonally R between the railway wagon and workshop buildings onto the High Peak Trail's Sheep Pasture incline. Get into your lowest gear early - the gradient is 12%.
3. Pass the engine house and continue on the trail under Black Rocks, and above the National Stone Centre.
4. Get in a low gear as you pass The Wheel Pit then rise up (12% gradient), to Middleton Top cycle hire and information centre.
5. Cross a gated access track then pass through the Hopton tunnel.
6. TL onto NCN 547 at brown sign for Carsington. Descend concessionary access to road. TL then immediately L at crossroads towards Cromford. (Beware lorries). Rise uphill then enjoy the descent!
7. At a staggered crossroads TR towards Ashbourne then TL towards Wirksworth. This descent is steep (11% gradient), sustained and narrow with bends. Descend with care to a T-jct.
8. TL and descend a steep hill (beware parked cars) to a T-jct by Wirksworth cobbled market place.
9. TL on the B5036, pass the petrol station and rise (sustained) to Steeple Grange.
10. Descend Cromford Hill. This is long and steep (12% gradient) busy road - take care.
11. Cross the A6 carefully and turn on to Mill Road which takes you back to the start.

Start/End Point: Cromford Wharf car park DE4 3RP
Distance: 15km/9miles
Ascent: 460m/1509ft
Grade: Hard
59% road/ 41% Trail

Cafes: Cromford Wharf & Mills, High Peak Junction, National Stone Centre, Wirksworth
Pubs: Cromford, Wirksworth
Shops: Cromford, Wirksworth



ROUTE 1

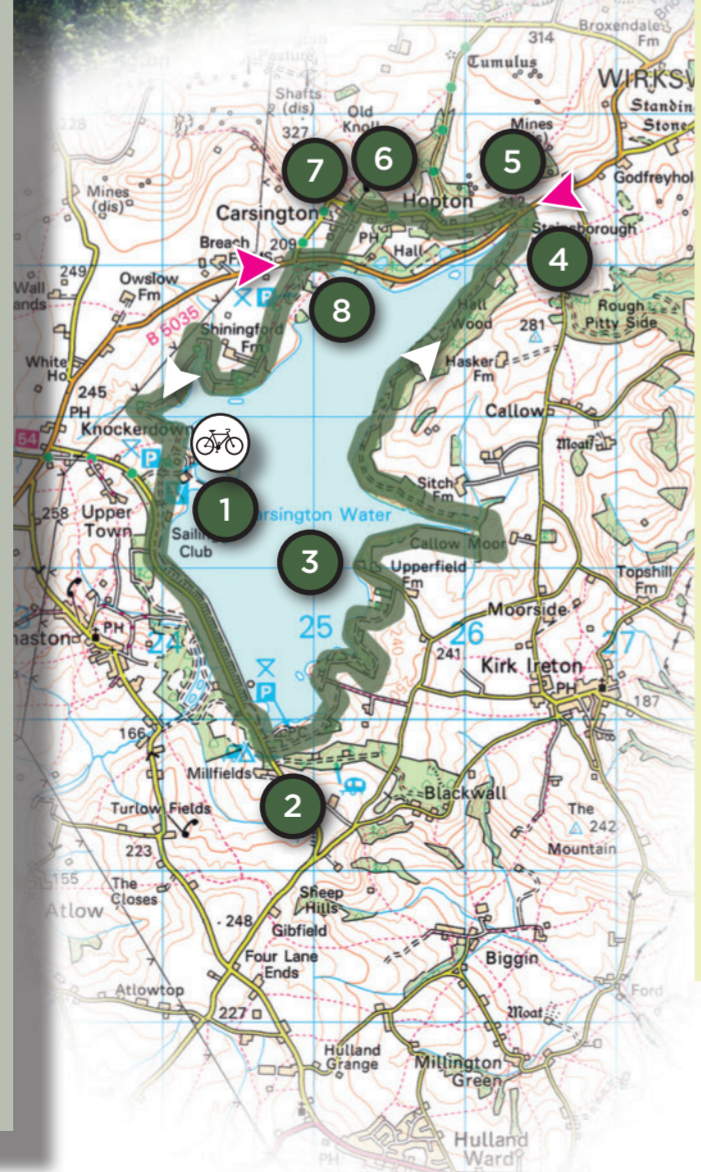
The Carsington Loop

A delightful loop of the reservoir

1. With the visitor centre behind you, TL onto the Carsington Water Circular Route (CWCR) cycle track at the base of the access road. Cross the sailing club access road and follow blue CWCR arrows over the dam wall to the edge of Millfields car park.
2. Fork slight L. Cross an inlet, round a small bay and pass a small building. A few "steep slopes" and "sharp bends" follow - watch out for a gate at the end of the third.
3. TL onto a short track. TR just before a gate at the edge of the reservoir. Follow the CWCR round an inlet and over lovely open pasture - look out for the armchair!
4. As the track nears the road, bend sharp L (don't cross the road just yet), then cross with care at the "Historic Link" access track point. Rise up to Hopton village.
5. TL along the road and cycle past Hopton Hall to Carsington village.
6. TR onto a lane opposite the Miners Standard PH. Fork L to a village road running below the pub. Opposite the pub, TR onto a lane.
7. Rise up to Wash Farm, TL onto a cycle track and descend to re-cross the B5035.
8. TR onto the CWCR track, bend L and past Sheepwash car park, and follow the track back to the visitor centre.

Start/End Point: Carsington Water visitor centre DE6 1ST
Distance: 12km/7.5miles
Ascent: 205m/673ft
Grade: Easy
91% Trail/9% road

Cafes: Carsington Water
Pubs: Carsington, Knockerdow
Shops: Carsington



OS Map Data: © Crown Copyright and database rights 2018 Ordnance Survey 010022750

Designed by Baile and Taylor 07554 109292. Photography ©Phil Sproson 0766 509726
Printed on 100% Recycled Silk Paper. FSC Certified and Carbon Neutral

Disclaimer:
All routes are followed at a rider's own risk. These routes are intended to be general guides; please observe all road signs, waymarks and other specific on-route instructions.
Neither the PDNPA nor partners can be held responsible for any errors or consequences that arise from using this route information.

For more information about cycle friendly accommodation and places to eat and drink visit:
www.visitpeakdistrict.com
www.cyclistswelcome.co.uk

ROUTE 4

Along the Derwent Valley

Cycle a former railway line along the river valley

1. With the station on your left, follow the on pavement cycle way (NCN 680). Cross the access road to the car park and use the crossing at Cawdor Way.
2. Follow the cycleway L at the roundabout. Past ARC leisure centre TL onto an access track following NCN 680 signs.
3. Cross the railway line to the far side and follow path. Exit through a gate and TL onto the road.
4. TR at the crossroads. Follow blue signs over level crossing then TL into Whitworth Park through gate. Follow blue 680/WPL signs through park. Bend L at the far end of a football pitch then sharp R as footpath joins from the L.
5. Cross Church Lane adjacent to the level crossing and continue on cycleway beside the railway.
6. Slow down near the Derwent Lane footpath access to the railway terminus which can be busy at peak railway times, then veer slightly R through a tree lined section below the road.
7. Cross Harrison Way (take care). Follow blue signs L then along the track running parallel to the recycling centre. Pass a wooded wetland area, cross boardwalk and a small industrial works to reach Rowsley car park.
8. To return to Matlock follow the route in reverse.

Start/End Point: Matlock railway station

Distance: 8km/5 miles

Ascent: 55m/180ft

Grade: Easy

94% Trail/6% road

Cafes: Matlock, Darley Dale, Whitworth Park, Rowsley
Pubs: Matlock, Darley Dale, Churchtown, Rowsley
Shops: at Matlock, Darley Dale, Rowsley

ROUTE 3

Stanton Moor circular

Testing climbs and superb views over the Wye Valley

1. Follow Route 4 to Rowsley car park.
2. L out of car park then L onto A6. Cross River Derwent then sharp L. L out of Salter's Lane and ride between bollards.
3. After crossing the river follow the road as it bends sharply to the R and climb steeply. Continue SA over a minor crossroads towards Stanton in Peak.
4. TL at the T-jct in Stanton in Peak near the church. Bear R towards Birchover. Stay on this road and descend steeply on a narrowing road to Birchover.
5. TL into Upperdown Road.
6. Continue SA, descending a very steep, tree-lined "sunken road" and pass the access to Whiteholmes Farm. TL out of Birchover Lane.
7. This narrows and bends sharp L into Winstler. Immediately on the sharp L bend, TR onto West Bank. TL onto a busy road (B5056) opposite the Miners Standard PH.

100% road

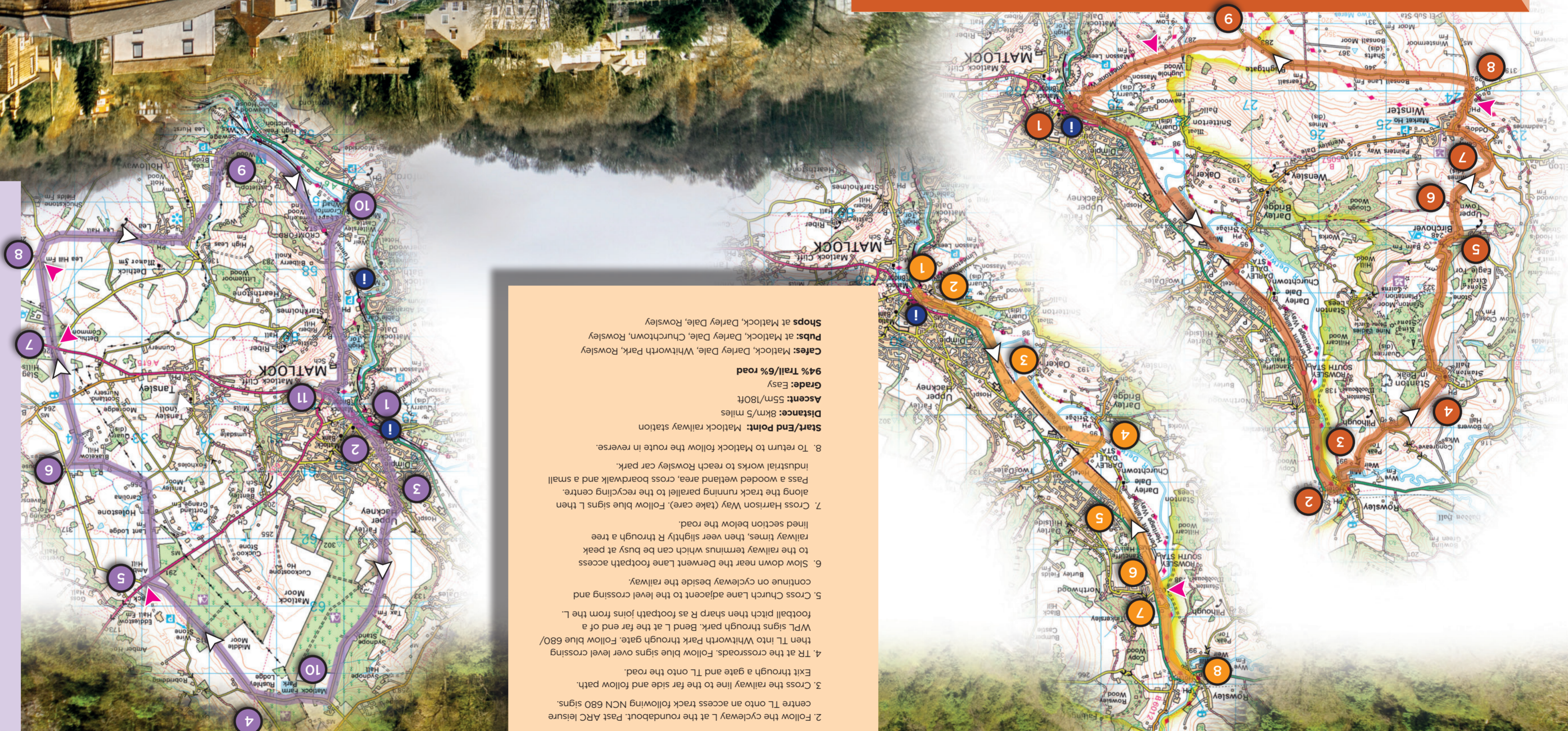
Grade: Hard

Ascent: 480m/1575ft

Distance: 22.5km/14miles

Start/End Point: Matlock railway station

Cafes: Matlock, Darley Dale, Whitworth Park, Rowsley
Pubs: Matlock, Darley Dale, Churchtown, Rowsley, Stanton in Peak, Birchover, Winstler
Shops: Matlock, Darley Dale, Rowsley, Winstler



Up Hill and Down Dale

A landscape full of heritage with breathtaking views

1. Cross Derwent Way via the crossing. Cross the River bridge. TL at the Crown Square roundabout towards Bakedale.
2. TR onto Dimple Rd and begin a sustained steep ascent, continuing up Hurd's Hollow.
3. Just after the school, TR at a T-jct up Old Hackney Lane, then Matlock Farm Park onto Jaggers Lane (caution: take care at blind bend on turn).
4. At a crossroads, TR onto a long straight road.
5. TR onto the A532 towards Matlock. Take care as busy road. TL onto Lant Lane. After a garage, as the roads bends sharp R, onto Lickpenny Lane.
6. TR at T-jct. Pass café then cross over a staggered junction onto Lickpenny Lane.
7. Take care as you cross the A615 onto High Lane (towards Holloway).
8. TR at the crossroads. Bend R and descend steeply to Lea. Bend L and down past Smedley's Mills to T-jct.
9. TR towards Cromford passing Cromford railway station.
10. TR (sharply) onto Willersley Lane. Rise steeply uphill to Starkhones. Pass the White Lion PH then descend steeply to the A615 (beware speed humps near school and parked cars).
11. TL along this busy road. TL opposite the Cricket Club into Knowleston Place. TR by a children's play area onto a tree-lined path through Hall Leys Park to the start.

Start/End Point: Matlock railway station

Distance: 24km/15miles

Ascent: 480m/1575ft

Grade: Hard

100% road

Cafes: Matlock, Cromford.
Pubs: Matlock, Holloway, Lea, Cromford, Starkhones
Shops: Matlock, Holloway, Cromford

Key

- Instruction
- Footpath (No Cycling)
- Bridleway
- Cycle Hire
- Other Tracks
- Primary Route
- Main Road
- Secondary Road
- Minor Road
- Gradient: 14-20% (arrow points downhill)
- Railway line/Station
- Visitor Centre
- Special Care Needed

Route Instructions

- L left
- R right
- TR turn right
- TL turn left
- SA straight ahead
- NCN National Cycle Network