



| <a href="#">Link</a> | Marp Miles | Code | Title  | Km  | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start         | Finish        | Region        | Out01   | Out02 | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|--|-----|-------|-----|-------|-----------------------|--------------------|---------------|---------------|---------------|---------|-------|---------|---------|-------------|
| <a href="#">GPX</a>  | 3          | 193  | Mellor- Where Water Was King                     | 4.0 | 2     | 105 | 344   | 2.1                   | Circular           | Mellor        | Mellor        | Peak District | Bus 385 |       | Bus385  | Bus 394 | 238         |
| <a href="#">GPX</a>  | 3          | 245  | Mellor- Firearms                                 | 4.0 | 2     | 119 | 390   | 2.2                   | Circular           | Mellor        | Mellor        | Peak District | Bus 385 |       | Bus385  | Bus 394 | 240         |
| <a href="#">GPX</a>  | 3          | 182  | Mellor Moor                                      | 4.0 | 2     | 140 | 459   | 2.2                   | Circular           | Mellor        | Mellor        | Peak District | Bus 385 |       | Bus 385 | Bus 394 | 244         |
| <a href="#">GPX</a>  | 3          | 229  | Mellor- Deep South                               | 4.0 | 2     | 153 | 502   | 2.3                   | Circular           | Mellor        | Mellor        | Peak District | Bus 385 |       | Bus385  | Bus 394 | 246         |
| <a href="#">GPX</a>  | 3          | 207  | Mellor- Outdoor Pursuits                         | 4.0 | 2     | 160 | 525   | 2.3                   | Circular           | Mellor        | Mellor        | Peak District | Bus 385 |       | Bus385  | Bus 394 | 247         |
| <a href="#">GPX</a>  | 14         | 149  | Alderley Edge and Hough                          | 5.0 | 3     | 122 | 400   | 2.5                   | Circular           | Alderley Edge | Alderley Edge | Cheshire      | Car     |       | Car     |         | 296         |
| <a href="#">GPX</a>  | 37         | 170  | Witton Park                                      | 5.0 | 3     | 180 | 590   | 2.6                   | Circular           | Blackburn     | Blackburn     | Lancashire    | Train   |       | Train   |         | 306         |
| <a href="#">GPX</a>  | 1          | 453  | WINDLEHURST-Via Victoria Cottage                 | 5.0 | 3     | 120 | 394   | 2.5                   | Circular           | Marple        | Marple        | Peak District |         |       |         |         | 295         |
| <a href="#">GPX</a>  | 0          | 603  | Windlehurst and Ridge End Via Macclesfield Canal | 5.0 | 3     | 105 | 344   | 2.4                   | Circular           | Marple        | Marple        | Peak District |         |       |         |         | 293         |
| <a href="#">GPX</a>  | 1          | 118  | Marple Golf                                      | 5.0 | 3     | 68  | 223   | 2.3                   | Circular           | Marple        | Marple        | Peak District |         |       | Bus 394 |         | 287         |
| <a href="#">GPX</a>  | 3          | 180  | Mellor- Stately Homes                            | 5.0 | 3     | 160 | 525   | 2.6                   | Circular           | Mellor        | Mellor        | Peak District | Bus 385 |       | Bus385  | Bus 394 | 302         |
| <a href="#">GPX</a>  | 3          | 187  | Mellor Coldwall                                  | 5.0 | 3     | 180 | 590   | 2.6                   | Circular           | Mellor        | Mellor        | Peak District | Bus 385 |       | Bus385  | Bus 394 | 306         |
| <a href="#">GPX</a>  | 37         | 102  | Ashover Goss Hall and Overton Hall               | 6.0 | 4     | 188 | 617   | 2.9                   | Circular           | Ashover       | Ashover       | Peak District | Car     |       | Car     |         | 362         |
| <a href="#">GPX</a>  | 3          | 549  | Tang   | 6.0 | 4     | 96  | 315   | 2.7                   | Circular           | Chadkirk      | Chadkirk      | Peak District | Car     |       | Car     |         | 346         |
| <a href="#">GPX</a>  | 26         | 109  | Calton Houses                                    | 6.0 | 4     | 139 | 456   | 2.8                   | Circular           | Chatsworth    | Chatsworth    | Peak District | Car     |       | Car     |         | 354         |
| <a href="#">GPX</a>  | 28         | 146  | Glazebury  | 6.0 | 4     | 18  | 59    | 2.5                   | Circular           | Glazebury     | Glazebury     | Lancashire    | Train   |       | Train   |         | 333         |
| <a href="#">GPX</a>  |            | 614  | Alcock Tarn                                      | 6.0 | 4     | 320 | 1,050 | 3.3                   | Circular           | Grasmere      | Grasmere      | Lakes         |         |       |         |         | 384         |
| <a href="#">GPX</a>  | 8          | 535  | Middle Moor                                      | 6.0 | 4     | 195 | 640   | 2.9                   | Circular           | Hayfield      | Hayfield      | Peak District | Bus 358 |       | Bus 61  | Bus 199 | 363         |



| <a href="#">Link</a> | Marp Miles | Code | Title                    | Km  | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start                                | Finish                               | Region        | Out01   | Out02 | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|--------------------------|-----|-------|-----|-------|-----------------------|--------------------|--------------------------------------|--------------------------------------|---------------|---------|-------|---------|---------|-------------|
| <a href="#">GPX</a>  | 8          | 126  | Kinder Reservoir         | 6.0 | 4     | 243 | 797   | 3.1                   | Circular           | Hayfield                             | Hayfield                             | Peak District | Bus 358 |       | Bus 358 | 394     | 371         |
| <a href="#">GPX</a>  | 0          | 134  | Watermeetings Farm       | 6.0 | 4     | 121 | 397   | 2.8                   | Circular           | Marple                               | Marple                               | Peak District |         |       |         |         | 351         |
| <a href="#">GPX</a>  | 6          | 120  | Nelson Pit               | 6.0 | 4     | 52  | 171   | 2.6                   | Circular           | Poynton                              | Poynton                              | Peak District | Car     |       | Car     |         | 339         |
| <a href="#">GPX</a>  | 22         | 106  | Higger Tor and Carl Wark | 6.0 | 4     | 183 | 600   | 2.9                   | Circular           | Upper Burbage Bridge                 | Upper Burbage Bridge                 | Peak District | Car     |       | Car     |         | 361         |
| <a href="#">GPX</a>  | 0          | 617  | Springwater              | 6.3 | 4     | 100 | 328   | 2.8                   | Circular           | Marple                               | Marple                               | Peak District |         |       |         |         | 364         |
| <a href="#">GPX</a>  |            | 447  | Arnside                  | 7.0 | 4     | 186 | 610   | 3.2                   | Circular           | Arnside                              | Arnside                              | Lake District | Train   |       | Train   |         | 417         |
| <a href="#">GPX</a>  | 10         | 555  | Whiteley Green           | 7.0 | 4     | 59  | 194   | 2.9                   | Circular           | Bollington                           | Bollington                           | Cheshire      | Bus 391 |       | Bus 391 |         | 395         |
| <a href="#">GPX</a>  | 12         | 194  | Sowcar and Rainowlow     | 7.0 | 4     | 239 | 784   | 3.3                   | Circular           | Bollington                           | Bollington                           | Peak District | Bus 391 |       | Bus 391 |         | 426         |
| <a href="#">GPX</a>  | 23         | 143  | Dunham Massey            | 7.0 | 4     | 40  | 131   | 2.8                   | Circular           | Dunham                               | Dunham                               | Cheshire      | Car     |       | Car     |         | 392         |
| <a href="#">GPX</a>  | 10         | 285  | Swineshaw                | 7.0 | 4     | 182 | 597   | 3.2                   | Circular           | Glossop                              | Glossop                              | Peak District | Bus 394 |       | Bus 394 |         | 416         |
| <a href="#">GPX</a>  | 23         | 122  | Longstone Edge           | 7.0 | 4     | 231 | 758   | 3.3                   | Circular           | Gt. Longstone                        | Gt Longstone                         | Peak District | Car     |       | Car     |         | 424         |
| <a href="#">GPX</a>  | 25         | 145  | Little Moreton           | 7.0 | 4     | 65  | 213   | 2.9                   | Circular           | Little Moreton Hall                  | Little Moreton Hall                  | Cheshire      | Car     |       | Car     |         | 396         |
| <a href="#">GPX</a>  | 25         | 243  | Padley Chapel            | 7.0 | 4     | 175 | 574   | 3.2                   | Circular           | Longshaw Lodge / Grindleford Rly Sta | Longshaw Lodge / Grindleford Rly Sta | Peak District | Train   |       | Train   |         | 415         |
| <a href="#">GPX</a>  | 1          | 450  | Turf Lea                 | 7.0 | 4     | 110 | 361   | 3.0                   | Circular           | Marple                               | Marple                               | Peak District |         |       |         |         | 404         |
| <a href="#">GPX</a>  | 1          | 186  | Torkington Brook         | 7.0 | 4     | 83  | 272   | 2.9                   | Circular           | Marple                               | Marple                               | Peak District |         |       |         |         | 399         |
| <a href="#">GPX</a>  | 3          | 188  | Mellor- Two Crosses      | 7.0 | 4     | 199 | 653   | 3.2                   | Circular           | Mellor                               | Mellor                               | Peak District | Bus 385 |       | Bus385  | Bus 394 | 419         |
| <a href="#">GPX</a>  | 24         | 121  | Lathkill Dale            | 7.0 | 4     | 128 | 420   | 3.1                   | Circular           | Monyash                              | Monyash                              | Peak District | Car     |       | Car     |         | 407         |
| <a href="#">GPX</a>  | 22         | 527  | Higger Tor               | 7.0 | 4     | 193 | 633   | 3.2                   | Circular           | NellCroft                            | NellCroft                            | Peak District | Car     |       |         |         | 418         |
| <a href="#">GPX</a>  | 15         | 233  | PAW-SNAKE TOP            | 7.0 | 4     | 424 | 1,391 | 3.8                   | Circular           | Snake Top                            | Snake Top                            | Peak District | Car     |       | Car     |         | 457         |
| <a href="#">GPX</a>  | 18         | 251  | Tideswell Dale           | 7.0 | 4     | 228 | 748   | 3.3                   | Circular           | Tideswell Dale                       | Tideswell Dale                       | Peak District | Car     |       | Car     |         | 424         |



| <a href="#">Link</a> | Marp Miles | Code | Title                            | Km  | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start                   | Finish                  | Region        | Out01   | Out02   | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|----------------------------------|-----|-------|-----|-------|-----------------------|--------------------|-------------------------|-------------------------|---------------|---------|---------|---------|---------|-------------|
| <a href="#">GPX</a>  | 18         | 110  | Cressbrook Dale                  | 7.0 | 4     | 210 | 689   | 3.3                   | Circular           | Wardlow Mires or Litton | Wardlow Mires or Litton | Peak District | Bus 199 | Bus 65  | Bus 65  | Bus 199 | 421         |
| <a href="#">GPX</a>  | 14         | 177  | Alderley Edge and Finlow Hill    | 8.0 | 5     | 100 | 328   | 3.3                   | Circular           | Alderley Edge           | Alderley Edge           | Cheshire      | Car     |         | Car     |         | 457         |
| <a href="#">GPX</a>  | 14         | 176  | Alderley Edge and Clinton Hill   | 8.0 | 5     | 120 | 394   | 3.3                   | Circular           | Alderley Edge           | Alderley Edge           | Cheshire      | Car     |         | Car     |         | 460         |
| <a href="#">GPX</a>  | 33         | 202  | Dovedale                         | 8.0 | 5     | 357 | 1,171 | 3.9                   | Circular           | Alstonefield            | Alstonefield            | Peak District | Car     |         | Car     |         | 501         |
| <a href="#">GPX</a>  | 44         | 166  | Barley                           | 8.0 | 5     | 160 | 525   | 3.4                   | Circular           | Barley                  | Barley                  | Lancashire    | Car     |         | Car     |         | 467         |
| <a href="#">GPX</a>  | 16         | 213  | Treak Cliff Cavern               | 8.0 | 5     | 290 | 951   | 3.7                   | Circular           | Castleton               | Castleton               | Peak District | Car     |         | Car     |         | 489         |
| <a href="#">GPX</a>  | 16         | 263  | Cave Dale                        | 8.0 | 5     | 324 | 1,063 | 3.8                   | Circular           | Castleton               | Castleton               | Peak District | Car     |         | Car     |         | 495         |
| <a href="#">GPX</a>  | 16         | 262  | Mam Tor                          | 8.0 | 5     | 332 | 1,089 | 3.8                   | Circular           | Castleton               | Castleton               | Peak District | Car     |         | Car     |         | 496         |
| <a href="#">GPX</a>  | 11         | 607  | Chapel en le Frith- Five Halls   | 8.0 | 5     | 229 | 751   | 3.6                   | Circular           | Chapel-en-le-Frith      | Chapel-en-le-Frith      | Peak District | Bus 199 |         | Bus 199 |         | 479         |
| <a href="#">GPX</a>  | 11         | 608  | Chapel en le Frith- Eccles House | 8.0 | 5     | 231 | 758   | 3.6                   | Circular           | Chapel-en-le-Frith      | Chapel-en-le-Frith      | Peak District | Bus 199 |         | Bus 199 |         | 479         |
| <a href="#">GPX</a>  | 19         | 115  | Three Shire Heads                | 8.0 | 5     | 223 | 731   | 3.6                   | Circular           | Flash                   | Flash                   | Peak District | Car     |         | Car     |         | 478         |
| <a href="#">GPX</a>  | 10         | 184  | Lamaload                         | 8.0 | 5     | 218 | 715   | 3.6                   | Circular           | Lamaload Reservoir      | Lamaload Reservoir      | Cheshire      | Car     |         | Car     |         | 477         |
| <a href="#">GPX</a>  | 25         | 124  | Lymm Dam                         | 8.0 | 5     | 70  | 230   | 3.2                   | Circular           | Lymm Dam                | Lymm Dam                | Cheshire      | Car     |         | Car     |         | 452         |
| <a href="#">GPX</a>  | 3          | 167  | Mellor- Inner Circle             | 8.0 | 5     | 270 | 886   | 3.7                   | Circular           | Mellor                  | Mellor                  | Peak District | Bus 385 |         | Bus385  | Bus 394 | 486         |
| <a href="#">GPX</a>  | 25         | 253  | Monsal Head                      | 8.0 | 5     | 344 | 1,128 | 3.9                   | Circular           | Monsal Head             | Monsal Head             | Peak District | Car     |         | Car     |         | 498         |
| <a href="#">GPX</a>  | 17         | 113  | Eldon Hole                       | 8.0 | 5     | 186 | 610   | 3.5                   | Circular           | Peak Forest or Mam Nick | Peak Forest or Mam Nick | Peak District | Bus 199 | Bus 190 | Bus 190 | Bus 199 | 472         |
| <a href="#">GPX</a>  | 26         | 104  | Birchin Edge                     | 8.0 | 5     | 245 | 804   | 3.6                   | Circular           | Robin Hood Car Park     | Robin Hood Car Park     | Peak District | Car     |         | Car     |         | 482         |
| <a href="#">GPX</a>  | 30         | 201  | Tissington Trail                 | 9.0 | 6     | 240 | 787   | 3.9                   | Circular           | Alsop                   | Alsop                   | Peak District | Car     |         | Car     |         | 536         |
| <a href="#">GPX</a>  | 28         | 144  | Arley                            | 9.0 | 6     | 46  | 151   | 3.4                   | Circular           | Arley                   | Arley                   | Cheshire      | Car     |         | Car     |         | 503         |
| <a href="#">GPX</a>  | 25         | 270  | Shacklow Woods                   | 9.0 | 6     | 290 | 951   | 4.0                   | Circular           | Ashford in the Water    | Ashford in the Water    | Peak District | Car     |         | Car     |         | 544         |



| <a href="#">Link</a> | Marp Miles | Code | Title                                       | Km  | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start                | Finish               | Region        | Out01   | Out02  | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|---|-----|-------|-----|-------|-----------------------|--------------------|----------------------|----------------------|---------------|---------|--------|---------|---------|-------------|
| <a href="#">GPX</a>  | 25         | 125  | Manners Wood                                | 9.0 | 6     | 217 | 712   | 3.8                   | Circular           | Bakewell             | Bakewell             | Peak District | Car     |        | Car     |         | 532         |
| <a href="#">GPX</a>  | 0          | 594  | Chadkirk & Bredbury Hall                    | 9.0 | 6     | 112 | 367   | 3.6                   | Circular           | Chadkirk             | Chadkirk             | Cheshire      | Car     |        | Car     |         | 514         |
| <a href="#">GPX</a>  | 5          | 257  | Combs Edge and Robin Hoods Picking Rods     | 9.0 | 6     | 363 | 1,191 | 4.2                   | Circular           | Charlesworth         | Charlesworth         | Peak District | Bus 394 |        | Bus 394 |         | 557         |
| <a href="#">GPX</a>  | 31         | 163  | Entwistle                                   | 9.0 | 6     | 126 | 413   | 3.6                   | Circular           | Entwistle            | Entwistle            | Lancashire    | Train   |        | Train   |         | 516         |
| <a href="#">GPX</a>  | 31         | 433  | Beamers Trail                               | 9.0 | 6     | 200 | 656   | 3.8                   | Circular           | Entwistle            | Entwistle            | Lancashire    | Train   |        | Train   |         | 529         |
| <a href="#">GPX</a>  | 31         | 286  | Entwistle and Turton and Reservoirs         | 9.0 | 6     | 202 | 663   | 3.8                   | Circular           | Entwistle            | Entwistle            | Lancashire    | Train   |        | Train   |         | 529         |
| <a href="#">GPX</a>  | 15         | 402  | Errwood                                     | 9.0 | 6     | 293 | 961   | 4.0                   | Circular           | Goyt Valley          | Goyt Valley          | Peak District | Bus 199 | Bus 61 | Bus 61  | Bus 199 | 545         |
| <a href="#">GPX</a>  | 30         | 185  | Marbury                                     | 9.0 | 6     | 80  | 262   | 3.5                   | Circular           | Gt Budworth          | Gt Budworth          | Cheshire      | Car     |        | Car     |         | 509         |
| <a href="#">GPX</a>  | 10         | 284  | Arnfield                                    | 9.0 | 6     | 224 | 735   | 3.9                   | Circular           | Hadfield Rly Sta     | Hadfield Rly Sta     | Peak District | Train   |        | Train   |         | 533         |
| <a href="#">GPX</a>  | 29         | 117  | Hartington                                  | 9.0 | 6     | 251 | 823   | 3.9                   | Circular           | Hartington           | Hartington           | Peak District | Car     |        | Car     |         | 538         |
| <a href="#">GPX</a>  | 20         | 119  | PAW-Holme Moss                              | 9.0 | 6     | 249 | 817   | 3.9                   | Circular           | Holme Moss           | Holme Moss           | Peak District | Car     |        | Car     |         | 537         |
| <a href="#">GPX</a>  | 18         | 254  | Win Hill                                    | 9.0 | 6     | 328 | 1,076 | 4.1                   | Circular           | Hope Rly Sta         | Hope Rly Sta         | Peak District | Train   |        | Train   |         | 551         |
| <a href="#">GPX</a>  | 17         | 241  | Odin Mine                                   | 9.0 | 6     | 350 | 1,148 | 4.2                   | Circular           | Mam Nick             | Mam Nick             | Peak District | Car     |        | Car     |         | 555         |
| <a href="#">GPX</a>  | 1          | 449  | Turf Lea                                    | 9.0 | 6     | 146 | 479   | 3.7                   | Circular           | Marple               | Marple               | Peak District |         |        | Bus 394 |         | 520         |
| <a href="#">GPX</a>  | 1          | 132  | Windybottom Farm                            | 9.0 | 6     | 246 | 807   | 3.9                   | Circular           | Marple               | Marple               | Peak District |         |        | Bus 394 |         | 537         |
| <a href="#">GPX</a>  | 25         | 141  | Lathkill Dale                               | 9.0 | 6     | 193 | 633   | 3.8                   | Circular           | Monyash              | Monyash              | Peak District | Car     |        | Car     |         | 528         |
| <a href="#">GPX</a>  | 13         | 107  | Carrbrook Buckton Castle                    | 9.0 | 6     | 230 | 754   | 3.9                   | Circular           | Mossley Rail Station | Mossley Rail Station | Peak District | Train   |        | Train   |         | 534         |
| <a href="#">GPX</a>  | 23         | 142  | Tatton Park                                 | 9.0 | 6     | 51  | 167   | 3.4                   | Circular           | Tatton Park          | Tatton Park          | Cheshire      | Car     |        | Car     |         | 504         |
| <a href="#">GPX</a>  | 18         | 525  | Five Dales                                  | 9.0 | 6     | 302 | 991   | 4.1                   | Circular           | Tideswell            | Tideswell            | Peak District | Car     |        | Car     |         | 546         |
| <a href="#">GPX</a>  | 10         | 223  | Eccles Pike via Bugsworth and The Roosdyche | 9.0 | 6     | 258 | 846   | 3.9                   | Circular           | Whaley Bridge        | Horwich End          | Peak District | Bus 199 |        | Bus 199 |         | 539         |



| <a href="#">Link</a> | Marp Miles | Code | Title  | Km   | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start          | Finish         | Region        | Out01   | Out02 | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|--|------|-------|-----|-------|-----------------------|--------------------|----------------|----------------|---------------|---------|-------|---------|---------|-------------|
| <a href="#">GPX</a>  | 10         | 421  | Toddbrook                                    | 9.0  | 6     | 289 | 948   | 4.0                   | Circular           | Whaley Bridge  | Whaley Bridge  | Peak District | Bus 199 |       | Bus 199 |         | 544         |
| <a href="#">GPX</a>  | 10         | 553  | Whaley Bridge and Kettleshulme               | 9.0  | 6     | 289 | 948   | 4.0                   | Circular           | Whaley Bridge  | Whaley Bridge  | Peak District | Bus 199 |       | Bus 199 |         | 544         |
| <a href="#">GPX</a>  | 31         | 242  | Harthill Moor                                | 9.0  | 6     | 260 | 853   | 4.0                   | Circular           | Winster        | Winster        | Peak District | Car     |       | Car     |         | 539         |
| <a href="#">GPX</a>  |            | 601  | Longdendale Trail- Shorter                   | 9.0  | 6     | 200 | 656   | 3.8                   | Circular           |                |                | Peak District | Train   | Train | Train   | Train   | 529         |
| <a href="#">GPX</a>  | 14         | 150  | Alderley Edge and Nether Alderley            | 10.0 | 6     | 120 | 394   | 3.9                   | Circular           | Alderley Edge  | Alderley Edge  | Cheshire      | Car     |       | Car     |         | 570         |
| <a href="#">GPX</a>  | 26         | 203  | Baslow Edge                                  | 10.0 | 6     | 275 | 902   | 4.3                   | Circular           | Baslow         | Baslow         | Peak District | Car     |       | Car     |         | 597         |
| <a href="#">GPX</a>  | 12         | 183  | White Nancy                                  | 10.0 | 6     | 294 | 964   | 4.3                   | Circular           | Bollington     | Bollington     | Peak District | Bus 391 |       | Bus 391 |         | 600         |
| <a href="#">GPX</a>  | 18         | 105  | Bosley Locks                                 | 10.0 | 6     | 153 | 502   | 4.0                   | Circular           | Bosley         | Bosley         | Cheshire      | Car     |       | Car     |         | 576         |
| <a href="#">GPX</a>  | 7          | 208  | Bothams Hall                                 | 10.0 | 6     | 300 | 984   | 4.3                   | Circular           | Broadbottom    | Broadbottom    | Peak District | Train   |       | Train   |         | 601         |
| <a href="#">GPX</a>  | 37         | 212  | Harboro Rocks                                | 10.0 | 6     | 312 | 1,023 | 4.4                   | Circular           | Carsington     | Carsington     | Peak District | Car     |       | Car     |         | 603         |
| <a href="#">GPX</a>  | 40         | 258  | Derwent Valley                               | 10.0 | 6     | 318 | 1,043 | 4.4                   | Circular           | Cromford       | Cromford       | Peak District | Car     |       | Car     |         | 604         |
| <a href="#">GPX</a>  | 32         | 435  | Daresbury                                    | 10.0 | 6     | 94  | 308   | 3.8                   | Circular           | Daresbury      | Daresbury      | Cheshire      | Car     |       | Car     |         | 566         |
| <a href="#">GPX</a>  | 33         | 181  | Delamere                                     | 10.0 | 6     | 120 | 394   | 3.9                   | Circular           | Delamere       | Delamere       | Cheshire      | Train   |       | Train   |         | 570         |
| <a href="#">GPX</a>  | 18         | 222  | PAW-DOVESTONE                                | 10.0 | 6     | 539 | 1,768 | 4.9                   | Circular           | Dovestone      | Dovestone      | Peak District | Car     |       | Car     |         | 642         |
| <a href="#">GPX</a>  | 22         | 226  | Eyam   | 10.0 | 6     | 399 | 1,309 | 4.6                   | Circular           | Eyam           | Eyam           | Peak District | Car     |       | Car     |         | 618         |
| <a href="#">GPX</a>  | 16         | 116  | Gawsworth Hall                               | 10.0 | 6     | 93  | 305   | 3.8                   | Circular           | Gawsworth Hall | Gawsworth Hall | Cheshire      | Car     |       | Car     |         | 566         |
| <a href="#">GPX</a>  | 18         | 432  | Luds Church                                  | 10.0 | 6     | 343 | 1,125 | 4.4                   | Circular           | Gradbach       | Gradbach       | Peak District | Car     |       |         |         | 608         |
| <a href="#">GPX</a>  | 16         | 289  | Greenfield                                   | 10.0 | 6     | 232 | 761   | 4.2                   | Circular           | Greenfield     | Greenfield     | Peak District | Train   |       | Train   |         | 589         |
| <a href="#">GPX</a>  | 8          | 248  | Matley Moor                                  | 10.0 | 6     | 339 | 1,112 | 4.4                   | Circular           | Hayfield       | Hayfield       | Peak District | Bus 358 |       | Bus 61  | Bus 199 | 608         |
| <a href="#">GPX</a>  | 8          | 240  | Mount Famine, South Head and Coldwell Clough | 10.0 | 6     | 433 | 1,420 | 4.7                   | Circular           | Hayfield       | Hayfield       | Peak District | Bus 358 |       | Bus 358 | Bus 199 | 624         |



| <a href="#">Link</a> | Marp Miles | Code | Title                               | Km   | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start                      | Finish                          | Region        | Out01   | Out02 | Rtn01   | Rtn02 | Aprox. Cals |
|----------------------|------------|------|-------------------------------------|------|-------|-----|-------|-----------------------|--------------------|----------------------------|---------------------------------|---------------|---------|-------|---------|-------|-------------|
| <a href="#">GPX</a>  | 24         | 168  | Hurdlow Sparklow                    | 10.0 | 6     | 166 | 544   | 4.0                   | Circular           | Hurdlow                    | Hurdlow                         | Peak District | Car     |       | Car     |       | 578         |
| <a href="#">GPX</a>  | 25         | 138  | Ox Stones                           | 10.0 | 6     | 230 | 754   | 4.2                   | Circular           | Longshaw Lodge, Nell Croft | Longshaw Lodge, Nell Croft      | Peak District | Car     |       | Car     |       | 589         |
| <a href="#">GPX</a>  | 4          | 416  | Lyme Park and West Parkgate         | 10.0 | 6     | 222 | 728   | 4.1                   | Circular           | Lyme Park                  | Lyme Park                       | Peak District | Bus 199 |       | Bus 199 |       | 588         |
| <a href="#">GPX</a>  | 13         | 351  | Shuttlingsloe                       | 10.0 | 6     | 440 | 1,443 | 4.7                   | Circular           | Macclesfield Forest        | Macclesfield Forest, Trentabank | Peak District | Car     |       | Car     |       | 625         |
| <a href="#">GPX</a>  | 1          | 112  | Disley Golf                         | 10.0 | 6     | 148 | 485   | 4.0                   | Circular           | Marple                     | Marple                          | Peak District |         |       | Bus 394 |       | 575         |
| <a href="#">GPX</a>  | 12         | 161  | Plough and Flail                    | 10.0 | 6     | 38  | 125   | 3.7                   | Circular           | Paddockhill                | Paddockhill                     | Cheshire      | Car     |       | Car     |       | 556         |
| <a href="#">GPX</a>  | 25         | 165  | Plumley                             | 10.0 | 6     | 33  | 108   | 3.7                   | Circular           | Plumley                    | Plumley                         | Cheshire      | Car     |       | Car     |       | 556         |
| <a href="#">GPX</a>  | 10         | 158  | Mottram Bridge                      | 10.0 | 6     | 77  | 253   | 3.8                   | Circular           | Prestbury                  | Prestbury                       | Cheshire      | Car     |       | Car     |       | 563         |
| <a href="#">GPX</a>  | 8          | 556  | Windgather Rocks                    | 10.0 | 6     | 395 | 1,296 | 4.6                   | Circular           | Pym Chair                  | Pym Chair                       | Peak District | Bus 199 |       | Bus 199 |       | 617         |
| <a href="#">GPX</a>  | 17         | 172  | Redesmere                           | 10.0 | 6     | 80  | 262   | 3.8                   | Circular           | Redesmere                  | Redesmere                       | Cheshire      | Car     |       | Car     |       | 564         |
| <a href="#">GPX</a>  | 5          | 532  | Rowarth and Little Hayfield         | 10.0 | 6     | 320 | 1,050 | 4.4                   | Circular           | Rowarth                    | Rowarth                         | Peak District | Bus 394 |       | Bus 394 |       | 604         |
| <a href="#">GPX</a>  |            | 417  | Loughrigg Fell                      | 10.0 | 6     | 501 | 1,643 | 4.8                   | Circular           | Rydal                      | Rydal                           | Lakes         |         |       |         |       | 635         |
| <a href="#">GPX</a>  | 13         | 147  | Quarry Bank Mill                    | 10.0 | 6     | 65  | 213   | 3.7                   | Circular           | Styal                      | Styal                           | Cheshire      | Car     |       | Car     |       | 561         |
| <a href="#">GPX</a>  | 2          | 572  | Taddington and Flagg                | 10.0 | 6     | 228 | 748   | 4.2                   | Circular           | Taddington                 | Taddington                      | Peak District | Car     |       | Car     |       | 589         |
| <a href="#">GPX</a>  | 21         | 133  | Taddington Flagg and Chelmorton     | 10.0 | 6     | 241 | 790   | 4.2                   | Circular           | Taddington                 | Taddington                      | Peak District | Car     |       | Car     |       | 591         |
| <a href="#">GPX</a>  | 21         | 211  | Brown Knoll                         | 10.0 | 6     | 337 | 1,105 | 4.4                   | Circular           | Taddington                 | Taddington                      | Peak District | Car     |       | Car     |       | 607         |
| <a href="#">GPX</a>  | 21         | 513  | Brushfield                          | 10.0 | 6     | 337 | 1,105 | 4.4                   | Circular           | Taddington                 | Taddington                      | Peak District | Car     |       | Car     |       | 607         |
| <a href="#">GPX</a>  | 14         | 173  | Teggs Nose Country Park             | 10.0 | 6     | 389 | 1,276 | 4.6                   | Circular           | Teggs Nose                 | Teggs Nose                      | Cheshire      | Car     |       | Car     |       | 616         |
| <a href="#">GPX</a>  | 10         | 234  | Eccles Pike- via Tunstead Milton    | 10.0 | 6     | 312 | 1,023 | 4.4                   | Circular           | Whaley Bridge              | Horwich End                     | Peak District | Bus 199 |       | Bus 199 |       | 603         |
| <a href="#">GPX</a>  | 10         | 151  | Styperson Pool (Pigman-Pc Gone Mad) | 11.0 | 7     | 158 | 518   | 4.3                   | Circular           | Adlington                  | Adlington                       | Cheshire      | Bus 391 |       | Bus 391 |       | 632         |



| <a href="#">Link</a> | Marp Miles | Code | Title  | Km   | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start                           | Finish                          | Region        | Out01   | Out02  | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|--|------|-------|-----|-------|-----------------------|--------------------|---------------------------------|---------------------------------|---------------|---------|--------|---------|---------|-------------|
| <a href="#">GPX</a>  | 12         | 155  | Kerridge Hill                                | 11.0 | 7     | 249 | 817   | 4.5                   | Circular           | Bollington                      | Bollington                      | Peak District | Bus 391 |        | Bus 391 |         | 647         |
| <a href="#">GPX</a>  | 9          | 611  | Bollington and Rainow from Sowcar            | 11.0 | 7     | 459 | 1,506 | 5.0                   | Circular           | Bollington                      | Bollington                      | Peak District | Bus 391 |        | Bus 391 |         | 683         |
| <a href="#">GPX</a>  | 15         | 231  | Cavendish Golf                               | 11.0 | 7     | 404 | 1,325 | 4.9                   | Circular           | Bunsal Cob, Goyt Valley         | Bunsal Cob, Goyt Valley         | Peak District | Bus 199 | Bus 61 | Bus 61  | Bus 199 | 674         |
| <a href="#">GPX</a>  | 18         | 361  | Solomon's Temple                             | 11.0 | 7     | 261 | 856   | 4.5                   | Circular           | Buxton                          | Buxton                          | Peak District | Bus 199 |        | Bus 199 |         | 649         |
| <a href="#">GPX</a>  | 25         | 228  | Curbar and Froggatt Edges                    | 11.0 | 7     | 324 | 1,063 | 4.7                   | Circular           | Calver                          | Calver                          | Peak District | Car     |        | Car     |         | 660         |
| <a href="#">GPX</a>  | 11         | 219  | Combs Edge Lower                             | 11.0 | 7     | 345 | 1,132 | 4.7                   | Circular           | Chapel-en-le-Frith              | Tunstead Milton                 | Peak District | Bus 199 |        | Bus 199 |         | 664         |
| <a href="#">GPX</a>  | 26         | 108  | Chatsworth and Swiss Lake                    | 11.0 | 7     | 255 | 836   | 4.5                   | Circular           | Chatsworth                      | Chatsworth                      | Peak District | Car     |        | Car     |         | 648         |
| <a href="#">GPX</a>  | 20         | 507  | Black Dike Head                              | 11.0 | 7     | 260 | 853   | 4.5                   | Circular           | Digley                          | Digley                          | Peak District | Car     |        | Car     |         | 649         |
| <a href="#">GPX</a>  | 20         | 221  | Black Hill From Digley                       | 11.0 | 7     | 435 | 1,427 | 5.0                   | Circular           | Digley Reservoir                | Digley Reservoir                | Peak District | Car     |        | Car     |         | 679         |
| <a href="#">GPX</a>  | 21         | 197  | Hollins Clough                               | 11.0 | 7     | 240 | 787   | 4.5                   | Circular           | Earl Sterndale                  | Earl Sterndale                  | Peak District | Car     |        | Car     |         | 646         |
| <a href="#">GPX</a>  |            | 613  | Little Langdale                              | 11.0 | 7     | 359 | 1,178 | 4.8                   | Circular           | Elterwater                      | Elterwater                      | Lakes         |         |        |         |         | 666         |
| <a href="#">GPX</a>  | 19         | 281  | Three Shire Heads                            | 11.0 | 7     | 360 | 1,181 | 4.8                   | Circular           | Flash                           | Flash                           | Peak District | Car     |        | Car     |         | 666         |
| <a href="#">GPX</a>  | 9          | 129  | Longdendale                                  | 11.0 | 7     | 161 | 528   | 4.3                   | Circular           | Hadfield Rly Sta                | Hadfield Rly Sta                | Peak District | Train   |        | Train   |         | 632         |
| <a href="#">GPX</a>  | 8          | 264  | Matley Moor                                  | 11.0 | 7     | 280 | 918   | 4.6                   | Circular           | Hayfield                        | Hayfield                        | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 653         |
| <a href="#">GPX</a>  | 8          | 266  | Kinder Reservoir South                       | 11.0 | 7     | 436 | 1,430 | 5.0                   | Circular           | Hayfield                        | Hayfield                        | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 679         |
| <a href="#">GPX</a>  | 8          | 224  | Edale Cross                                  | 11.0 | 7     | 476 | 1,561 | 5.1                   | Circular           | Hayfield                        | Hayfield                        | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 686         |
| <a href="#">GPX</a>  | 4          | 278  | Bowstones                                    | 11.0 | 7     | 335 | 1,099 | 4.7                   | Circular           | Lyme Park                       | Lyme Park                       | Peak District | Bus 199 |        | Bus 199 |         | 662         |
| <a href="#">GPX</a>  | 13         | 269  | Shutlingsloe                                 | 11.0 | 7     | 472 | 1,548 | 5.0                   | Circular           | Macclesfield Forest, Trentabank | Macclesfield Forest, Trentabank | Peak District | Car     |        | Car     |         | 685         |
| <a href="#">GPX</a>  | 1          | 455  | Cobden Cross Via Strines or Windybottom Farm | 11.0 | 7     | 383 | 1,256 | 4.8                   | Circular           | Marple                          | Marple                          | Peak District |         |        | Bus 394 |         | 670         |
| <a href="#">GPX</a>  | 3          | 259  | Two Brookbottoms                             | 11.0 | 7     | 343 | 1,125 | 4.7                   | Circular           | Mellor                          | Mellor                          | Peak District | Bus 385 |        | Bus385  | Bus 394 | 663         |



| <a href="#">Link</a> | Marp Miles | Code | Title                                     | Km   | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start                | Finish               | Region        | Out01   | Out02  | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|---|------|-------|-----|-------|-----------------------|--------------------|----------------------|----------------------|---------------|---------|--------|---------|---------|-------------|
| <a href="#">GPX</a>  | 19         | 131  | Peover Hall                               | 11.0 | 7     | 74  | 243   | 4.1                   | Circular           | Peover               | Peover               | Cheshire      | Car     |        | Car     |         | 618         |
| <a href="#">GPX</a>  | 6          | 148  | Happy Valley                              | 11.0 | 7     | 86  | 282   | 4.1                   | Circular           | Poynton              | Poynton              | Cheshire      | Bus 391 |        | Bus 391 |         | 620         |
| <a href="#">GPX</a>  | 3          | 169  | Mellor Church From Strines                | 11.0 | 7     | 315 | 1,033 | 4.7                   | Circular           | Strines              | Strines              | Peak District | Bus 358 |        | Bus 358 | 394     | 659         |
| <a href="#">GPX</a>  | 10         | 429  | Whiteley Green                            | 11.0 | 7     | 92  | 302   | 4.1                   | Circular           | Whiteley Green       | Whiteley Green       | Cheshire      | Car     |        | Car     |         | 621         |
| <a href="#">GPX</a>  | 18         | 162  | Three Shire Heads and Gradbach            | 11.0 | 7     | 391 | 1,282 | 4.8                   | Circular           | Wildboarclough       | Wildboarclough       | Peak District | Car     |        | Car     |         | 671         |
| <a href="#">GPX</a>  | 15         | 282  | Shutlingsloe and Wildboarclough           | 11.0 | 7     | 441 | 1,446 | 5.0                   | Circular           | Wildboarclough       | Wildboarclough       | Cheshire      | Car     |        | Car     |         | 680         |
| <a href="#">GPX</a>  | 12         | 136  | Mottram Bridge                            | 11.0 | 7     | 67  | 220   | 4.0                   | Circular           | Wilmslow             | Wilmslow             | Cheshire      | Car     |        | Car     |         | 616         |
| <a href="#">GPX</a>  | 16         | 357  | Saltersbrook and Lady Cross From Woodhead | 11.0 | 7     | 303 | 994   | 4.6                   | Circular           | Woodhead             | Woodhead             | Peak District |         |        |         |         | 657         |
| <a href="#">GPX</a>  | 15         | 216  | Monsal Trail                              | 11.0 | 7     | 275 | 902   | 4.6                   | Circular           | Wye Dale             | Wye Dale             | Peak District | Car     |        | Car     |         | 652         |
| <a href="#">GPX</a>  | 10         | 397  | Whaley Bridge – Kettleshulme – Taxal      | 11.3 | 7     | 402 | 1,319 | 5.0                   | Circular           | Whaley Bridge        | Whaley Bridge        | Peak District | Bus 199 |        | Bus 199 |         | 690         |
| <a href="#">GPX</a>  | 14         | 101  | Alderley Edge and Hare Hill               | 12.0 | 7     | 242 | 794   | 4.8                   | Circular           | Alderley Edge        | Alderley Edge        | Cheshire      | Car     |        | Car     |         | 701         |
| <a href="#">GPX</a>  | 14         | 550  | Red Screes                                | 12.0 | 7     | 795 | 2,608 | 6.1                   | Circular           | Ambleside            | Ambleside            | Lakes         |         |        |         |         | 795         |
| <a href="#">GPX</a>  | 25         | 237  | Magpie Mine                               | 12.0 | 7     | 402 | 1,319 | 5.2                   | Circular           | Ashford in the Water | Ashford in the Water | Peak District | Bus 199 | Bus TP | Bus TP  | Bus 199 | 728         |
| <a href="#">GPX</a>  | 25         | 191  | Rivers Alport & Wye                       | 12.0 | 7     | 293 | 961   | 4.9                   | Circular           | Bakewell             | Bakewell             | Peak District | Car     |        | Car     |         | 710         |
| <a href="#">GPX</a>  | 18         | 195  | Bosley Reservoir                          | 12.0 | 7     | 194 | 636   | 4.6                   | Circular           | Bosley               | Bosley               | Cheshire      | Car     |        | Car     |         | 693         |
| <a href="#">GPX</a>  | 6          | 514  | Charlesworth                              | 12.0 | 7     | 376 | 1,233 | 5.1                   | Circular           | Charlesworth         | Charlesworth         | Peak District | Bus 394 |        | Bus 394 |         | 724         |
| <a href="#">GPX</a>  | 6          | 214  | Combs Edge Via Rowarth                    | 12.0 | 7     | 420 | 1,378 | 5.2                   | Circular           | Charlesworth         | Charlesworth         | Peak District | Bus 394 |        | Bus 394 |         | 731         |
| <a href="#">GPX</a>  | 9          | 272  | Ladybrook                                 | 12.0 | 7     | 80  | 262   | 4.4                   | Circular           | Cheadle              | Cheadle              | Peak District | Car     |        | Car     |         | 674         |
| <a href="#">GPX</a>  | 9          | 220  | Chinley Churn and South Head              | 12.0 | 7     | 479 | 1,571 | 5.3                   | Circular           | Chinley              | Chinley              | Peak District | Train   |        | Train   |         | 741         |
| <a href="#">GPX</a>  | 4          | 277  | Dissop Head                               | 12.0 | 7     | 383 | 1,256 | 5.1                   | Circular           | Disley               | Disley               | Peak District | Bus 199 |        | Bus 199 |         | 725         |



| <a href="#">Link</a> | Marp Miles | Code | Title                                  | Km   | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start              | Finish             | Region        | Out01   | Out02 | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|--|------|-------|-----|-------|-----------------------|--------------------|--------------------|--------------------|---------------|---------|-------|---------|---------|-------------|
| <a href="#">GPX</a>  | 5          | 154  | Cobden Cross                           | 12.0 | 7     | 388 | 1,273 | 5.1                   | Circular           | Disley             | Disley             | Peak District | Bus 199 |       | Bus 199 |         | 726         |
| <a href="#">GPX</a>  | 21         | 217  | Parkhouse - Chrome Hill – Hollins Hill | 12.0 | 7     | 408 | 1,338 | 5.2                   | Circular           | Earl Sterndale     | Earl Sterndale     | Peak District | Car     |       | Car     |         | 729         |
| <a href="#">GPX</a>  | 17         | 225  | PAW-Edale Moor                         | 12.0 | 7     | 517 | 1,696 | 5.4                   | Circular           | Edale              | Edale              | Peak District | Train   |       | Train   |         | 748         |
| <a href="#">GPX</a>  | 3          | 232  | Hague Bar                              | 12.0 | 7     | 255 | 836   | 4.8                   | Circular           | HagueBar           | HagueBar           | Peak District | Bus 358 |       | Bus 358 | 394     | 703         |
| <a href="#">GPX</a>  | 8          | 271  | Lantern Pike                           | 12.0 | 7     | 347 | 1,138 | 5.0                   | Circular           | Hayfield           | Hayfield           | Peak District | Bus 358 |       | Bus 61  | Bus 199 | 719         |
| <a href="#">GPX</a>  | 8          | 267  | Kinder Reservoir North                 | 12.0 | 7     | 458 | 1,502 | 5.3                   | Circular           | Hayfield           | Hayfield           | Peak District | Bus 358 |       | Bus 61  | Bus 199 | 738         |
| <a href="#">GPX</a>  | 2          | 454  | Middlewood and Westpark Gate           | 12.0 | 7     | 92  | 302   | 4.4                   | Circular           | HighLane           | High Lane          | Peak District | Bus 394 |       | Bus 199 |         | 676         |
| <a href="#">GPX</a>  | 24         | 238  | PAW-MARGERY HILL                       | 12.0 | 7     | 383 | 1,256 | 5.1                   | Circular           | Howden Reservoir   | Howden Reservoir   | Peak District | Car     |       | Car     |         | 725         |
| <a href="#">GPX</a>  | 13         | 545  | Shining Tor                            | 12.0 | 7     | 440 | 1,443 | 5.3                   | Circular           | Lamaload           | Lamaload           | Peak District | Car     |       | Car     |         | 735         |
| <a href="#">GPX</a>  | 13         | 422  | Shining Tor                            | 12.0 | 7     | 427 | 1,401 | 5.2                   | Circular           | Lamaload Reservoir | Lamaload Reservoir | Cheshire      | Car     |       | Car     |         | 733         |
| <a href="#">GPX</a>  | 13         | 156  | Shining Tor and Cats Tor               | 12.0 | 7     | 440 | 1,443 | 5.3                   | Circular           | Lamaload Reservoir | Lamaload Reservoir | Cheshire      | Car     |       | Car     |         | 735         |
| <a href="#">GPX</a>  | 6          | 152  | Lyme Park                              | 12.0 | 7     | 297 | 974   | 4.9                   | Circular           | Lyme Park          | Lyme Park          | Cheshire      | Bus 199 |       | Bus 199 |         | 710         |
| <a href="#">GPX</a>  | 17         | 246  | Perry Dale                             | 12.0 | 7     | 340 | 1,115 | 5.0                   | Circular           | Mam Nick           | Mam Nick           | Peak District | Car     |       | Car     |         | 718         |
| <a href="#">GPX</a>  | 1          | 461  | Cobden Cross Via Hague Bar             | 12.0 | 7     | 407 | 1,335 | 5.2                   | Circular           | Marple             | Marple             | Peak District |         |       |         |         | 729         |
| <a href="#">GPX</a>  | 1          | 471  | Marple - Disley - High Lane - Marple   | 12.0 | 7     | 197 | 646   | 4.6                   | Circular           | Marple             | Marple             | Peak District |         |       |         |         | 693         |
| <a href="#">GPX</a>  | 1          | 451  | Training Walks                         | 12.0 | 7     | 390 | 1,279 | 5.1                   | Circular           | Marple             | Marple             | Peak District |         |       | Bus 394 |         | 726         |
| <a href="#">GPX</a>  | 3          | 395  | Two Brookbottoms                       | 12.0 | 7     | 294 | 964   | 4.9                   | Circular           | Mellor             | Mellor             | Peak District | Bus 385 |       | Bus385  | Bus 394 | 710         |
| <a href="#">GPX</a>  | 7          | 551  | Ollersett Moor                         | 12.0 | 7     | 377 | 1,237 | 5.1                   | Circular           | NewMills           | NewMills           | Peak District | Bus 358 |       | Bus 358 |         | 724         |
| <a href="#">GPX</a>  | 15         | 103  | Bee Low                                | 12.0 | 7     | 171 | 561   | 4.6                   | Circular           | Peak Forest        | Peak Forest        | Peak District | Car     |       | Car     |         | 689         |
| <a href="#">GPX</a>  | 21         | 260  | Bosley Cloud                           | 12.0 | 7     | 372 | 1,220 | 5.1                   | Circular           | Rushton Spencer    | Rushton Spencer    | Cheshire      | Car     |       | Car     |         | 723         |



| <a href="#">Link</a> | Marp Miles | Code | Title                            | Km   | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start                 | Finish                            | Region        | Out01   | Out02  | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|----------------------------------|------|-------|-----|-------|-----------------------|--------------------|-----------------------|-----------------------------------|---------------|---------|--------|---------|---------|-------------|
| <a href="#">GPX</a>  | 9          | 206  | Bleaklow From Torside            | 12.0 | 7     | 494 | 1,620 | 5.4                   | Circular           | Torside               | Torside                           | Peak District | Car     |        | Car     |         | 744         |
| <a href="#">GPX</a>  | 3          | 164  | Mellor- top to Bottom            | 12.3 | 8     | 435 | 1,427 | 5.3                   | Circular           | Mellor                | Mellor                            | Peak District | Bus 385 |        | Bus385  | Bus 394 | 750         |
| <a href="#">GPX</a>  | 23         | 128  | Old Portway 04                   | 13.0 | 8     | 260 | 853   | 5.1                   | Circular           | Bakewell              | Bakewell                          | Peak District | Car     |        | Car     |         | 759         |
| <a href="#">GPX</a>  | 12         | 404  | Sowcar and Bowstones             | 13.0 | 8     | 505 | 1,656 | 5.7                   | Circular           | Bollington            | Bollington                        | Peak District | Bus 391 |        | Bus 391 |         | 801         |
| <a href="#">GPX</a>  | 12         | 539  | Rainow and Lamaload              | 13.0 | 8     | 374 | 1,227 | 5.4                   | Circular           | Bollington            | Bollington                        | Peak District | Car     |        | Car     |         | 779         |
| <a href="#">GPX</a>  | 11         | 218  | Combs Edge Higher                | 13.0 | 8     | 387 | 1,269 | 5.4                   | Circular           | Chapel-en-le-Frith    | Tunstead Milton                   | Peak District | Bus 199 |        | Bus 199 |         | 781         |
| <a href="#">GPX</a>  | 17         | 522  | Edale Skyline West               | 13.0 | 8     | 434 | 1,424 | 5.5                   | Circular           | Edale                 | Edale                             | Peak District | Train   |        | Train   |         | 789         |
| <a href="#">GPX</a>  | 15         | 425  | Goyts Moss                       | 13.0 | 8     | 415 | 1,361 | 5.5                   | Circular           | Goyt's Lane           | Goyt's Lane                       | Peak District | Bus 199 | Bus 61 | Bus 61  | Bus 199 | 786         |
| <a href="#">GPX</a>  | 15         | 230  | Goyts Lane                       | 13.0 | 8     | 524 | 1,719 | 5.7                   | Circular           | Goyts Lane, Long Hill | Goyts Lane, Long Hill             | Peak District | Bus 199 | Bus 61 | Bus 61  | Bus 199 | 804         |
| <a href="#">GPX</a>  | 15         | 538  | Derbyshire Bridge and Plex Lodge | 13.0 | 8     | 445 | 1,460 | 5.5                   | Circular           | Goyts Lane, Long Hill | Goyts Lane, Long Hill             | Peak District |         |        | Bus 199 |         | 791         |
| <a href="#">GPX</a>  | 25         | 616  | Padley, Higger Tor and Carl Wark | 13.0 | 8     | 435 | 1,427 | 5.5                   | Circular           | Grindleford           | Grindleford                       | Peak District | Train   |        | Train   |         | 789         |
| <a href="#">GPX</a>  | 8          | 235  | Cown Edge Via Matley Moor        | 13.0 | 8     | 398 | 1,305 | 5.4                   | Circular           | Hayfield              | Hayfield                          | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 783         |
| <a href="#">GPX</a>  | 8          | 460  | Chinley Churn From Hayfield      | 13.0 | 8     | 512 | 1,679 | 5.7                   | Circular           | Hayfield              | Hayfield                          | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 802         |
| <a href="#">GPX</a>  | 8          | 244  | Brown Knoll                      | 13.0 | 8     | 518 | 1,699 | 5.7                   | Circular           | Hayfield              | Hayfield                          | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 803         |
| <a href="#">GPX</a>  | 22         | 288  | Digley Reservoir                 | 13.0 | 8     | 518 | 1,699 | 5.7                   | Circular           | Holmfirth             | Holmfirth                         | Peak District | Car     |        | Car     |         | 803         |
| <a href="#">GPX</a>  | 1          | 448  | Marple and Disley                | 13.0 | 8     | 240 | 787   | 5.0                   | Circular           | Marple                | Marple                            | Peak District |         |        |         | Bus 394 | 756         |
| <a href="#">GPX</a>  | 7          | 294  | Ollersett Moor and The Torrs     | 13.0 | 8     | 265 | 869   | 5.1                   | Circular           | New Mills Newtown     | Furness Vale or New Mills Newtown | Peak District | Bus 199 |        | Bus 199 |         | 760         |
| <a href="#">GPX</a>  | 6          | 298  | Poynton History tour             | 13.0 | 8     | 100 | 328   | 4.7                   | Circular           | Poynton               | Poynton                           | Cheshire      | Bus 391 |        | Bus 391 |         | 732         |
| <a href="#">GPX</a>  | 17         | 159  | Redesmere                        | 13.0 | 8     | 95  | 312   | 4.7                   | Circular           | Redesmere             | Redesmere                         | Cheshire      | Car     |        | Car     |         | 731         |
| <a href="#">GPX</a>  | 14         | 354  | Rhodeswood Dam                   | 13.0 | 8     | 475 | 1,558 | 5.6                   | Circular           | Torside               | Torside                           | Peak District | Car     |        | Car     |         | 796         |



| <a href="#">Link</a> | Marp Miles | Code | Title   | Km   | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start                | Finish               | Region        | Out01   | Out02  | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|---|------|-------|-----|-------|-----------------------|--------------------|----------------------|----------------------|---------------|---------|--------|---------|---------|-------------|
| <a href="#">GPX</a>  | 22         | 293  | Burbage Rocks                                   | 13.0 | 8     | 382 | 1,253 | 5.4                   | Circular           | Upper Burbage Bridge | Upper Burbage Bridge | Peak District | Car     |        | Car     |         | 780         |
| <a href="#">GPX</a>  | 10         | 387  | FERNILEE AND TAXAL                              | 13.0 | 8     | 209 | 686   | 5.0                   | Circular           | Whaley Bridge        | Whaley Bridge        | Peak District | Bus 199 |        | Bus 199 |         | 751         |
| <a href="#">GPX</a>  | 10         | 430  | Fernilee Reservoir                              | 13.0 | 8     | 215 | 705   | 5.0                   | Circular           | Whaley Bridge        | Whaley Bridge        | Peak District | Bus 199 |        | Bus 199 |         | 752         |
| <a href="#">GPX</a>  | 25         | 393  | White Edge                                      | 13.0 | 8     | 321 | 1,053 | 5.2                   | Circular           | Wooden Pole          | Wooden Pole          | Peak District | Car     |        | Car     |         | 770         |
| <a href="#">GPX</a>  | 25         | 554  | White Edge                                      | 13.0 | 8     | 321 | 1,053 | 5.2                   | Circular           | Wooden Pole          | Wooden Pole          | Peak District | Car     |        | Car     |         | 770         |
| <a href="#">GPX</a>  | 28         | 236  | River Lathkill                                  | 13.0 | 8     | 298 | 977   | 5.2                   | Circular           | Youlgreave           | Youlgreave           | Peak District | Car     |        | Car     |         | 766         |
| <a href="#">GPX</a>  | 12         | 362  | Lamaload and Rainow                             | 14.0 | 9     | 460 | 1,509 | 5.9                   | Circular           | Bollington           | Bollington           | Cheshire      | Bus 391 |        | Bus 391 |         | 848         |
| <a href="#">GPX</a>  | 4          | 508  | Blackrocks                                      | 14.0 | 9     | 393 | 1,289 | 5.7                   | Circular           | Disley               | Disley               | Peak District | Bus 199 |        | Bus 199 |         | 837         |
| <a href="#">GPX</a>  | 18         | 249  | Chew Reservoir Via Featherbed Moss              | 14.0 | 9     | 447 | 1,466 | 5.8                   | Circular           | Dovestone            | Dovestone            | Peak District | Car     |        | Car     |         | 846         |
| <a href="#">GPX</a>  | 31         | 431  | Weaver's Trail (Part Of The Witton Weavers Way) | 14.0 | 9     | 309 | 1,014 | 5.5                   | Circular           | Entwistle            | Entwistle            | Lancashire    | Train   |        | Train   |         | 823         |
| <a href="#">GPX</a>  | 10         | 227  | Fernilee  | 14.0 | 9     | 297 | 974   | 5.5                   | Circular           | Fernilee             | Fernilee             | Peak District | Bus 199 | Bus 61 | Bus 61  | Bus 199 | 820         |
| <a href="#">GPX</a>  |            | 418  | Calf Crag Gibson Knott and Helm Crag            | 14.0 | 9     | 662 | 2,171 | 6.4                   | Circular           | Grasmere             | Grasmere             | Lakes         |         |        |         |         | 883         |
| <a href="#">GPX</a>  | 8          | 239  | Mikes Mill Hill March                           | 14.0 | 9     | 530 | 1,738 | 6.0                   | Circular           | Hayfield             | Hayfield             | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 860         |
| <a href="#">GPX</a>  | 8          | 548  | South Head                                      | 14.0 | 9     | 659 | 2,162 | 6.4                   | Circular           | Hayfield             | Hayfield             | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 882         |
| <a href="#">GPX</a>  | 8          | 314  | South Head                                      | 14.0 | 9     | 770 | 2,526 | 6.6                   | Circular           | Hayfield             | Hayfield             | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 901         |
| <a href="#">GPX</a>  | 23         | 370  | Alport Castles                                  | 14.0 | 9     | 521 | 1,709 | 6.0                   | Circular           | Ladybower Reservoir  | Ladybower Reservoir  | Peak District | Car     |        | Car     |         | 859         |
| <a href="#">GPX</a>  | 1          | 472  | River Goyt                                      | 14.0 | 9     | 200 | 656   | 5.2                   | Circular           | Marple               | Marple               | Peak District |         |        | Bus 394 |         | 804         |
| <a href="#">GPX</a>  | 6          | 179  | Happy Valley                                    | 14.0 | 9     | 138 | 453   | 5.1                   | Circular           | Poynton              | Poynton              | Cheshire      | Bus 391 |        | Bus 391 |         | 793         |
| <a href="#">GPX</a>  | 22         | 250  | OFFERTON MOOR                                   | 14.0 | 9     | 444 | 1,456 | 5.8                   | Circular           | Shatton              | Shatton              | Peak District | Car     |        | Car     |         | 845         |
| <a href="#">GPX</a>  | 8          | 528  | Jenkin Chapel                                   | 14.0 | 9     | 513 | 1,683 | 6.0                   | Circular           | Taxal                | Taxal                | Peak District | Bus 199 |        | Bus 199 |         | 857         |



| <a href="#">Link</a> | Marp Miles | Code | Title                                    | Km   | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start                  | Finish                 | Region        | Out01   | Out02 | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|--|------|-------|-----|-------|-----------------------|--------------------|------------------------|------------------------|---------------|---------|-------|---------|---------|-------------|
| <a href="#">GPX</a>  | 5          | 423  | Sponds Hill                              | 14.0 | 9     | 501 | 1,643 | 6.0                   | Circular           | Wood Lanes / Lyme Hall | Wood Lanes / Lyme Hall | Peak District | Bus 391 |       | Bus 391 |         | 855         |
| <a href="#">GPX</a>  | 16         | 247  | PAW-Woodhead                             | 14.0 | 9     | 469 | 1,538 | 5.9                   | Circular           | Woodhead               | Woodhead               | Peak District | Car     |       | Car     |         | 850         |
| <a href="#">GPX</a>  | 10         | 489  | Hoo Moor and Windgather Rocks            | 14.2 | 9     | 460 | 1,509 | 5.9                   | Circular           | Whaley Bridge          | Whaley Bridge          | Peak District | Bus 199 |       | Bus 199 |         | 859         |
| <a href="#">GPX</a>  | 20         | 392  | Alport Castles                           | 15.0 | 9     | 698 | 2,289 | 6.7                   | Circular           | Alport Bridge- A57     | Alport Bridge- A57     | Peak District | Car     |       | Car     |         | 944         |
| <a href="#">GPX</a>  | 32         | 135  | Weaver Navigation                        | 15.0 | 9     | 143 | 469   | 5.4                   | Circular           | Barnton                | Barnton                | Cheshire      | Car     |       | Car     |         | 849         |
| <a href="#">GPX</a>  | 14         | 204  | Black Hill From Crowden                  | 15.0 | 9     | 499 | 1,637 | 6.2                   | Circular           | Crowden                | Crowden                | Peak District | Car     |       | Car     |         | 910         |
| <a href="#">GPX</a>  | 10         | 358  | Sutton Common                            | 15.0 | 9     | 497 | 1,630 | 6.2                   | Circular           | Danebridge             | Dane Bridge            | Cheshire      | Car     |       | Car     |         | 909         |
| <a href="#">GPX</a>  | 18         | 360  | Chew Reservoir Via Great Dovestone Rocks | 15.0 | 9     | 552 | 1,811 | 6.4                   | Circular           | Dovestone              | Dovestone              | Peak District | Car     |       | Car     |         | 919         |
| <a href="#">GPX</a>  | 17         | 210  | PAW-BROWN KNOLL                          | 15.0 | 9     | 589 | 1,932 | 6.5                   | Circular           | Edale                  | Edale                  | Peak District | Train   |       | Train   |         | 925         |
| <a href="#">GPX</a>  | 8          | 209  | Brown Knoll                              | 15.0 | 9     | 583 | 1,912 | 6.5                   | Circular           | Hayfield               | Hayfield               | Peak District | Bus 358 |       | Bus 61  | Bus 199 | 924         |
| <a href="#">GPX</a>  | 24         | 261  | Lathkill Dale                            | 15.0 | 9     | 243 | 797   | 5.6                   | Circular           | Monyash                | Monyash                | Peak District | Car     |       | Car     |         | 866         |
| <a href="#">GPX</a>  | 39         | 287  | Rivington Pike                           | 15.0 | 9     | 407 | 1,335 | 6.0                   | Circular           | Rivington              | Rivington              | Lancashire    | Car     |       | Car     |         | 894         |
| <a href="#">GPX</a>  | 10         | 557  | Windgather Rocks                         | 15.0 | 9     | 460 | 1,509 | 6.2                   | Circular           | Whaley Bridge          | Whaley Bridge          | Peak District | Bus 199 |       | Bus 199 |         | 903         |
| <a href="#">GPX</a>  | 31         | 192  | Winster and Stanton                      | 15.0 | 9     | 368 | 1,207 | 5.9                   | Circular           | Winster                | Winster                | Peak District | Car     |       | Car     |         | 888         |
| <a href="#">GPX</a>  | 31         | 256  | Winster and Bonsall                      | 15.0 | 9     | 493 | 1,617 | 6.2                   | Circular           | Winster                | Winster                | Peak District | Car     |       | Car     |         | 909         |
| <a href="#">GPX</a>  | 12         | 540  | Rainow                                   | 16.0 | 10    | 475 | 1,558 | 6.5                   | Circular           | Bollington             | Bollington             | Peak District | Bus 391 |       | Bus 391 |         | 961         |
| <a href="#">GPX</a>  | 18         | 481  | BLACK EDGE                               | 16.0 | 10    | 486 | 1,594 | 6.5                   | Circular           | Buxton                 | Buxton                 | Peak District | Bus 199 |       | Bus 199 |         | 963         |
| <a href="#">GPX</a>  | 11         | 401  | Bagshaw From Chapel                      | 16.0 | 10    | 548 | 1,797 | 6.7                   | Circular           | Chapel-en-le-Frith     | Chapel-en-le-Frith     | Peak District | Bus 199 |       | Bus 199 |         | 973         |
| <a href="#">GPX</a>  | 5          | 517  | Combs Edge                               | 16.0 | 10    | 498 | 1,633 | 6.5                   | Circular           | Charlesworth           | Charlesworth           | Peak District | Bus 394 |       | Bus 394 |         | 965         |
| <a href="#">GPX</a>  | 40         | 333  | Old Portway 01                           | 16.0 | 10    | 550 | 1,804 | 6.7                   | Circular           | Cromford               | Cromford               | Peak District | Car     |       | Car     |         | 974         |



| <a href="#">Link</a> | Marp Miles | Code | Title                           | Km   | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start                     | Finish                    | Region        | Out01   | Out02  | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|---------------------------------|------|-------|-----|-------|-----------------------|--------------------|---------------------------|---------------------------|---------------|---------|--------|---------|---------|-------------|
| <a href="#">GPX</a>  | 17         | 322  | Jaggers Clough                  | 16.0 | 10    | 708 | 2,322 | 7.1                   | Circular           | Edale                     | Edale                     | Peak District | Train   |        | Train   |         | 1,000       |
| <a href="#">GPX</a>  | 22         | 318  | Eyam and Abney Moor             | 16.0 | 10    | 474 | 1,555 | 6.5                   | Circular           | Eyam                      | Eyam                      | Peak District | Car     |        | Car     |         | 961         |
| <a href="#">GPX</a>  | 22         | 317  | Eyam and Bretton                | 16.0 | 10    | 550 | 1,804 | 6.7                   | Circular           | Eyam                      | Eyam                      | Peak District | Car     |        | Car     |         | 974         |
| <a href="#">GPX</a>  | 31         | 341  | River Hamps                     | 16.0 | 10    | 369 | 1,210 | 6.2                   | Circular           | Grindon                   | Grindon                   | Peak District | Car     |        |         |         | 943         |
| <a href="#">GPX</a>  | 9          | 427  | Longdendale                     | 16.0 | 10    | 252 | 827   | 5.9                   | Circular           | Hadfield Rly Sta          | Hadfield Rly Sta          | Peak District | Train   |        | Train   |         | 923         |
| <a href="#">GPX</a>  | 22         | 301  | Abney Clough                    | 16.0 | 10    | 440 | 1,443 | 6.4                   | Circular           | Hathersage Rly Sta        | Hathersage Rly Sta        | Peak District | Train   |        | Train   |         | 955         |
| <a href="#">GPX</a>  | 8          | 330  | MOUNT FAMINE AND CHINLEY CHURN  | 16.0 | 10    | 761 | 2,496 | 7.2                   | Circular           | Hayfield                  | Hayfield                  | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 1,009       |
| <a href="#">GPX</a>  | 8          | 327  | PAW-MILL HILL                   | 16.0 | 10    | 765 | 2,509 | 7.2                   | Circular           | Hayfield                  | Hayfield                  | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 1,010       |
| <a href="#">GPX</a>  | 17         | 336  | Old Portway 05                  | 16.0 | 10    | 418 | 1,371 | 6.3                   | Circular           | Mam Nick                  | Mam Nick                  | Peak District | Car     |        | Car     |         | 951         |
| <a href="#">GPX</a>  | 17         | 335  | Old Portway 03                  | 16.0 | 10    | 454 | 1,489 | 6.4                   | Circular           | Mam Nick                  | Mam Nick                  | Peak District | Car     |        | Car     |         | 957         |
| <a href="#">GPX</a>  | 1          | 352  | Roman Lake District             | 16.0 | 10    | 352 | 1,155 | 6.2                   | Circular           | Marple                    | Marple                    | Peak District |         |        | Bus 394 |         | 940         |
| <a href="#">GPX</a>  | 1          | 326  | MELLOR CHURCH                   | 16.0 | 10    | 402 | 1,319 | 6.3                   | Circular           | Marple                    | Marple                    | Peak District |         |        | Bus 394 |         | 948         |
| <a href="#">GPX</a>  | 12         | 160  | Mia Runway                      | 16.0 | 10    | 59  | 194   | 5.4                   | Circular           | Pownall Park              | Pownall Park              | Cheshire      | Car     |        | Car     |         | 890         |
| <a href="#">GPX</a>  | 10         | 345  | PAW-TINTWISTLE KNARR            | 17.0 | 11    | 587 | 1,925 | 7.0                   | Circular           | Arnfield Lane, Tintwistle | Arnfield Lane, Tintwistle | Peak District | Car     |        |         |         | 1,035       |
| <a href="#">GPX</a>  |            | 386  | Cross Fell Circular             | 17.0 | 11    | 745 | 2,444 | 7.4                   | Circular           | Blencarn                  | Blencarn                  | Cumbria       | Car     |        | Car     |         | 1,062       |
| <a href="#">GPX</a>  | 16         | 511  | Bradwell Moor                   | 17.0 | 11    | 453 | 1,486 | 6.7                   | Circular           | Castleton                 | Castleton                 | Peak District | Car     |        | Car     |         | 1,012       |
| <a href="#">GPX</a>  | 23         | 313  | Derwent Edge                    | 17.0 | 11    | 751 | 2,463 | 7.4                   | Circular           | Derwent Reservoir         | Derwent Reservoir         | Peak District | Car     |        | Car     |         | 1,063       |
| <a href="#">GPX</a>  | 4          | 123  | ELMERHURST                      | 17.0 | 11    | 258 | 846   | 6.2                   | Circular           | Disley                    | Disley                    | Peak District | Bus 199 |        | Bus 199 |         | 979         |
| <a href="#">GPX</a>  | 15         | 544  | Shining Tor                     | 17.0 | 11    | 524 | 1,719 | 6.9                   | Circular           | Errwood                   | Errwood                   | Peak District | Bus 199 | Bus 61 | Bus 61  | Bus 199 | 1,024       |
| <a href="#">GPX</a>  | 8          | 506  | Kinder Reservoir and South Head | 17.0 | 11    | 676 | 2,217 | 7.3                   | Circular           | Hayfield                  | Hayfield                  | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 1,050       |



| <a href="#">Link</a> | Marp Miles | Code | Title                         | Km   | Miles | Mts   | Feet  | Hours-Walk incs Break | Circular or Linear | Start                      | Finish                     | Region        | Out01   | Out02 | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|-------------------------------|------|-------|-------|-------|-----------------------|--------------------|----------------------------|----------------------------|---------------|---------|-------|---------|---------|-------------|
| <a href="#">GPX</a>  | 8          | 405  | KINDER DOWNFALL               | 17.0 | 11    | 698   | 2,289 | 7.3                   | Circular           | Hayfield                   | Hayfield                   | Peak District | Bus 358 |       | Bus 61  | Bus 199 | 1,054       |
| <a href="#">GPX</a>  |            | 615  | Thirlmere                     | 17.0 | 11    | 392   | 1,286 | 6.5                   | Circular           | Highpark Wood CP           | Highpark Wood CP           | Lakes         |         |       |         |         | 1,002       |
| <a href="#">GPX</a>  | 18         | 302  | Abney Moor                    | 17.0 | 11    | 470   | 1,542 | 6.7                   | Circular           | Hope Rly Sta               | Hope Rly Sta               | Peak District | Train   |       | Train   |         | 1,015       |
| <a href="#">GPX</a>  | 23         | 338  | DOWELL DALE                   | 17.0 | 11    | 635   | 2,083 | 7.2                   | Circular           | Longnor                    | Longnor                    | Peak District | Car     |       |         |         | 1,043       |
| <a href="#">GPX</a>  | 25         | 356  | BURBAGE MOOR AND STANAGE      | 17.0 | 11    | 420   | 1,378 | 6.6                   | Circular           | Longshaw Lodge, Nell Croft | Longshaw Lodge, Nell Croft | Peak District | Car     |       |         |         | 1,006       |
| <a href="#">GPX</a>  | 17         | 505  | Bagshaw From Mam Nick         | 17.0 | 11    | 540   | 1,771 | 6.9                   | Circular           | Mam Nick                   | Mam Nick                   | Peak District | Car     |       | Car     |         | 1,027       |
| <a href="#">GPX</a>  | 1          | 365  | Wellspring Walk               | 17.0 | 11    | 453   | 1,486 | 6.7                   | Circular           | Marple                     | Marple                     | Peak District |         |       | Bus 394 |         | 1,012       |
| <a href="#">GPX</a>  | 3          | 157  | Mellor- Boundary Walk         | 17.0 | 11    | 384   | 1,260 | 6.5                   | Circular           | Mellor                     | Mellor                     | Peak District | Bus 385 |       | Bus385  | Bus 394 | 1,000       |
| <a href="#">GPX</a>  | 15         | 319  | Monks Dale and Five Dales     | 17.0 | 11    | 488   | 1,601 | 6.8                   | Circular           | Peak Forest                | Peak Forest                | Peak District | Car     |       | Car     |         | 1,018       |
| <a href="#">GPX</a>  | 15         | 524  | Five Dales                    | 17.0 | 11    | 372   | 1,220 | 6.5                   | Circular           | PeakForest                 | PeakForest                 | Peak District | Car     |       | Car     |         | 998         |
| <a href="#">GPX</a>  | 6          | 153  | Poynton and Furness Vale      | 17.0 | 11    | 456   | 1,496 | 6.7                   | Circular           | Poynton                    | Poynton                    | Cheshire      | Bus 391 |       | Bus 391 |         | 1,013       |
| <a href="#">GPX</a>  | 8          | 546  | Shining Tor                   | 17.0 | 11    | 514   | 1,686 | 6.9                   | Circular           | Taxal                      | Taxal                      | Peak District | Bus 199 |       | Bus 199 |         | 1,022       |
| <a href="#">GPX</a>  |            | 612  | Fairfield Horseshoe           | 18.0 | 11    | 1,074 | 3,523 | 8.5                   | Circular           | Ambleside                  | Ambleside                  | Lakes         |         |       |         |         | 1,173       |
| <a href="#">GPX</a>  | 17         | 355  | Jaggers Clough                | 18.0 | 11    | 707   | 2,319 | 7.6                   | Circular           | Barber Booth               | Barber Booth               | Peak District | Train   |       | Train   |         | 1,110       |
| <a href="#">GPX</a>  | 20         | 306  | Black Hill From Digley-Longer | 18.0 | 11    | 616   | 2,020 | 7.4                   | Circular           | Digley Reservoir           | Digley Reservoir           | Peak District | Car     |       | Car     |         | 1,095       |
| <a href="#">GPX</a>  | 10         | 205  | Bleaklow From Glossop         | 18.0 | 11    | 637   | 2,089 | 7.4                   | Circular           | Glossop                    | Glossop                    | Peak District | Bus 394 |       | Bus 394 |         | 1,098       |
| <a href="#">GPX</a>  | 10         | 426  | Shutlingsloe and ShiningTor   | 18.0 | 11    | 660   | 2,165 | 7.5                   | Circular           | Lamaload Reservoir         | Lamaload Reservoir         | Cheshire      | Car     |       | Car     |         | 1,102       |
| <a href="#">GPX</a>  | 17         | 320  | GRINDSLOW KNOLL               | 18.0 | 11    | 757   | 2,483 | 7.7                   | Circular           | Mam Nick                   | Mam Nick                   | Peak District | Car     |       | Car     |         | 1,119       |
| <a href="#">GPX</a>  | 1          | 552  | Turf Lea                      | 18.0 | 11    | 329   | 1,079 | 6.7                   | Circular           | Marple                     | Marple                     | Peak District |         |       |         |         | 1,046       |
| <a href="#">GPX</a>  | 1          | 363  | BROOK BOTTOM                  | 18.0 | 11    | 450   | 1,476 | 7.0                   | Circular           | Marple                     | Marple                     | Peak District |         |       | Bus 394 |         | 1,067       |



| <a href="#">Link</a> | Marp Miles | Code | Title                        | Km   | Miles | Mts | Feet  | Hours-Walk incs Break | Circular or Linear | Start              | Finish             | Region        | Out01   | Out02   | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|------------------------------|------|-------|-----|-------|-----------------------|--------------------|--------------------|--------------------|---------------|---------|---------|---------|---------|-------------|
| <a href="#">GPX</a>  | 33         | 334  | Old Portway 02               | 18.0 | 11    | 641 | 2,102 | 7.5                   | Circular           | Matlock            | Matlock            | Peak District | Car     |         |         |         | 1,099       |
| <a href="#">GPX</a>  | 22         | 526  | FROGGATT EDGE                | 18.0 | 11    | 429 | 1,407 | 6.9                   | Circular           | NellCroft          | NellCroft          | Peak District | Car     |         |         |         | 1,063       |
| <a href="#">GPX</a>  | 20         | 373  | Oldhams Lake District        | 18.0 | 11    | 578 | 1,896 | 7.3                   | Circular           | Oldham             | Oldham             | Lancashire    | Car     |         | Car     |         | 1,088       |
| <a href="#">GPX</a>  | 8          | 547  | Shining Tor                  | 18.0 | 11    | 589 | 1,932 | 7.3                   | Circular           | Taxal              | Taxal              | Peak District | Bus 199 |         | Bus 199 |         | 1,090       |
| <a href="#">GPX</a>  | 14         | 509  | Bleaklow From Torside-Longer | 18.0 | 11    | 650 | 2,132 | 7.5                   | Circular           | Torside            | Torside            | Peak District | Car     |         | Car     |         | 1,101       |
| <a href="#">GPX</a>  | 14         | 353  | Bleaklow Northern Edges      | 18.0 | 11    | 755 | 2,476 | 7.7                   | Circular           | Torside            | Torside            | Peak District | Car     |         | Car     |         | 1,118       |
| <a href="#">GPX</a>  | 25         | 312  | Curbar Edge and Ramsley Moor | 18.0 | 11    | 429 | 1,407 | 6.9                   | Circular           | Wooden Pole        | Wooden Pole        | Peak District | Car     |         | Car     |         | 1,063       |
| <a href="#">GPX</a>  | 16         | 309  | Bleaklow From Woodhead       | 18.0 | 11    | 480 | 1,574 | 7.0                   | Circular           | Woodhead           | Woodhead           | Peak District | Car     |         | Car     |         | 1,072       |
| <a href="#">GPX</a>  | 12         | 337  | White Nancy                  | 19.0 | 12    | 692 | 2,270 | 7.9                   | Circular           | Bollington         | Bollington         | Cheshire      | Bus 391 |         | Bus 391 |         | 1,163       |
| <a href="#">GPX</a>  | 9          | 311  | FAIRBROOK NAZE               | 19.0 | 12    | 906 | 2,972 | 8.4                   | Circular           | Chunal             | Chunal             | Peak District | Bus 199 | Bus 61  | Bus 61  | Bus 199 | 1,199       |
| <a href="#">GPX</a>  | 23         | 308  | Bleaklow From Derwent        | 19.0 | 12    | 651 | 2,135 | 7.8                   | Circular           | Derwent Reservoir  | Derwent Reservoir  | Peak District | Car     |         | Car     |         | 1,156       |
| <a href="#">GPX</a>  | 17         | 521  | Edale Skyline East           | 19.0 | 12    | 838 | 2,749 | 8.2                   | Circular           | Edale              | Edale              | Peak District | Train   |         | Train   |         | 1,187       |
| <a href="#">GPX</a>  | 22         | 344  | Stanage Edge                 | 19.0 | 12    | 698 | 2,289 | 7.9                   | Circular           | Hathersage Rly Sta | Hathersage Rly Sta | Peak District | Train   |         | Train   |         | 1,164       |
| <a href="#">GPX</a>  | 8          | 367  | WASH                         | 19.0 | 12    | 800 | 2,624 | 8.1                   | Circular           | Hayfield           | Hayfield           | Peak District | Bus 358 |         | Bus 61  | Bus 199 | 1,181       |
| <a href="#">GPX</a>  | 1          | 516  | Combs Edge                   | 19.0 | 12    | 578 | 1,896 | 7.6                   | Circular           | Marple             | Marple             | Peak District |         |         | Bus 394 |         | 1,143       |
| <a href="#">GPX</a>  | 11         | 347  | Brown Knoll                  | 19.0 | 12    | 736 | 2,414 | 8.0                   | Circular           | Wash               | Wash               | Peak District | Car     |         | Car     |         | 1,170       |
| <a href="#">GPX</a>  | 8          | 350  | Bagshaw From Hayfield        | 20.0 | 12    | 766 | 2,512 | 8.3                   | Circular           | Hayfield           | Hayfield           | Peak District | Bus 358 |         | Bus 61  | Bus 199 | 1,230       |
| <a href="#">GPX</a>  | 10         | 321  | Hollingworth Hall Moor       | 20.0 | 12    | 925 | 3,034 | 8.7                   | Circular           | Hobson Moor Rd     | Hobson Moor Rd     | Peak District | Bus 394 | Bus 341 | Bus 341 | 394     | 1,257       |
| <a href="#">GPX</a>  | 18         | 331  | Navio Roman Fort             | 20.0 | 12    | 686 | 2,250 | 8.1                   | Circular           | Hope Rly Sta       | Hope Rly Sta       | Peak District | Train   |         | Train   |         | 1,217       |
| <a href="#">GPX</a>  | 17         | 349  | Win Hill                     | 20.0 | 12    | 865 | 2,837 | 8.6                   | Circular           | Mam Nick           | Mam Nick           | Peak District | Car     |         | Car     |         | 1,247       |



| <a href="#">Link</a> | Marp Miles | Code | Title                        | Km   | Miles | Mts   | Feet  | Hours-Walk incs Break | Circular or Linear | Start                    | Finish                   | Region        | Out01   | Out02  | Rtn01   | Rtn02   | Aprox. Cals |
|----------------------|------------|------|------------------------------|------|-------|-------|-------|-----------------------|--------------------|--------------------------|--------------------------|---------------|---------|--------|---------|---------|-------------|
| <a href="#">GPX</a>  | 1          | 274  | Middlewood and Lyme          | 20.0 | 12    | 279   | 915   | 7.1                   | Circular           | Marple                   | Marple                   | Peak District |         |        | Bus 394 |         | 1,147       |
| <a href="#">GPX</a>  | 10         | 343  | Cats Tor                     | 20.0 | 12    | 719   | 2,358 | 8.2                   | Circular           | Whaley Bridge            | Whaley Bridge            | Peak District | Bus 199 |        | Bus 199 |         | 1,222       |
| <a href="#">GPX</a>  | 18         | 303  | Alport Castles               | 21.0 | 13    | 1,008 | 3,306 | 9.2                   | Circular           | Bagshaw Bridge           | Bagshaw Bridge           | Peak District | Car     |        | Car     |         | 1,326       |
| <a href="#">GPX</a>  | 10         | 541  | Roaches                      | 21.0 | 13    | 604   | 1,981 | 8.2                   | Circular           | Danebridge               | Dane Bridge              | Peak District | Car     |        | Car     |         | 1,258       |
| <a href="#">GPX</a>  | 15         | 339  | DANE HEAD                    | 21.0 | 13    | 748   | 2,453 | 8.6                   | Circular           | Goytsclough Quarry       | Goytsclough Quarry       | Peak District | Bus 199 | Bus 61 | Bus 61  | Bus 199 | 1,282       |
| <a href="#">GPX</a>  | 8          | 504  | Ashopclough                  | 21.0 | 13    | 780   | 2,558 | 8.6                   | Circular           | Hayfield                 | Hayfield                 | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 1,288       |
| <a href="#">GPX</a>  | 17         | 558  | Win Hill                     | 21.0 | 13    | 796   | 2,611 | 8.7                   | Circular           | Mam Nick                 | Mam Nick                 | Peak District | Car     |        | Car     |         | 1,290       |
| <a href="#">GPX</a>  | 17         | 348  | Win Hill                     | 21.0 | 13    | 926   | 3,037 | 9.0                   | Circular           | Mam Nick or Hope Rly Sta | Mam Nick or Hope Rly Sta | Peak District | Car     |        | Car     |         | 1,312       |
| <a href="#">GPX</a>  | 26         | 342  | Roaches                      | 21.0 | 13    | 690   | 2,263 | 8.4                   | Circular           | Upper Hulme              | Upper Hulme              | Peak District | Car     |        | Car     |         | 1,272       |
| <a href="#">GPX</a>  | 15         | 305  | BLACKDEN CLOUGH              | 22.0 | 14    | 994   | 3,260 | 9.5                   | Circular           | Birchin Clough           | Birchin Clough           | Peak District | Car     |        | Car     |         | 1,379       |
| <a href="#">GPX</a>  | 23         | 324  | MARGERY HILL                 | 22.0 | 14    | 897   | 2,942 | 9.2                   | Circular           | Ladybower Reservoir      | Ladybower Reservoir      | Peak District | Car     |        | Car     |         | 1,362       |
| <a href="#">GPX</a>  | 14         | 364  | Wildboardclough and Lamaload | 23.0 | 14    | 658   | 2,158 | 8.9                   | Circular           | Ridgegate Reservoir      | Ridgegate Reservoir      | Cheshire      | Car     |        | Car     |         | 1,377       |
| <a href="#">GPX</a>  | 25         | 304  | Bakewell and Winster         | 24.0 | 15    | 640   | 2,099 | 9.1                   | Circular           | Bakewell                 | Bakewell                 | Peak District | Car     |        | Car     |         | 1,429       |
| <a href="#">GPX</a>  | 8          | 531  | Kinders North Edge           | 24.0 | 15    | 962   | 3,155 | 10.0                  | Circular           | Hayfield                 | Hayfield                 | Peak District | Bus 358 |        | Bus 61  | Bus 199 | 1,484       |
| <a href="#">GPX</a>  | 33         | 325  | Wirksworth Moor              | 24.0 | 15    | 831   | 2,726 | 9.6                   | Circular           | Matlock                  | Matlock                  | Peak District | Car     |        |         |         | 1,461       |
| <a href="#">GPX</a>  | 14         | 323  | BRAMAH EDGE                  | 24.0 | 15    | 1,050 | 3,444 | 10.2                  | Circular           | Torside                  | Torside                  | Peak District | Car     |        | Car     |         | 1,499       |
| <a href="#">GPX</a>  | 25         | 519  | Curbar Edge                  | 26.0 | 16    | 697   | 2,286 | 9.9                   | Circular           | Grindleford              | Grindleford              | Peak District | Train   |        | Train   |         | 1,548       |
| <a href="#">GPX</a>  | 25         | 502  | Curbar Edge                  | 26.0 | 16    | 653   | 2,142 | 9.7                   | Circular           | Grindleford Station      | Grindleford Station      | Peak District | Train   |        | Train   |         | 1,541       |
| <a href="#">GPX</a>  | 15         | 328  | Nine Dales                   | 26.0 | 16    | 819   | 2,686 | 10.2                  | Circular           | Peak Forest              | Peak Forest              | Peak District | Car     |        | Car     |         | 1,569       |
| <a href="#">GPX</a>  | 29         | 340  | RIVER DOVE                   | 30.0 | 19    | 1,411 | 4,628 | 12.8                  | Circular           | Hartington               | Hartington               | Peak District | Car     |        | Car     |         | 1,890       |



| <a href="#">Link</a> | Marp Miles | <a href="#">Code</a> | <a href="#">Title</a> | <a href="#">Km</a> | <a href="#">Miles</a> | <a href="#">Mts</a> | <a href="#">Feet</a> | <a href="#">Hours-Walk incs Break</a> | <a href="#">Circular or Linear</a> | <a href="#">Start</a> | <a href="#">Finish</a> | <a href="#">Region</a> | <a href="#">Out01</a> | <a href="#">Out02</a> | <a href="#">Rtn01</a> | <a href="#">Rtn02</a> | <a href="#">Aprox. Cals</a> |
|----------------------|------------|----------------------|-----------------------|--------------------|-----------------------|---------------------|----------------------|---------------------------------------|------------------------------------|-----------------------|------------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------------|
| <a href="#">GPX</a>  | 15         | 329                  | Monsal Trail          | 32.0               | 20                    | 1,114               | 3,654                | 12.6                                  | Circular                           | Bakewell              | Bakewell               | Peak District          | Car                   |                       | Car                   |                       | 1,949                       |
| <a href="#">GPX</a>  | 15         | 307                  | PEAKLAND CHALLENGE    | 32.0               | 20                    | 1,160               | 3,805                | 12.7                                  | Circular                           | Birchin Clough        | Birchin Clough         | Peak District          | Car                   |                       | Car                   |                       | 1,957                       |
| <a href="#">GPX</a>  | 2          | 385                  | Bullock Smithy        | 94.0               | 58                    | 3,510               | 11,513               | 36.2                                  | Circular                           | Hazel Grove           | Hazel Grove            | Peak District          | Bus 394               |                       | Bus 394               |                       | 5,767                       |