



R Wheston

R Grindlow and Foolow

R then L on B6049

R past Market Sq then L past church

L out of car park up hill on road

Start

SO

SO over bridge up rough track

L uphill past YHA and pub

R Eyam

**ROUTE INFORMATION**

**Distance:** 20miles / 32.2km

**Start and Finish:** Millers Dale former station SK17 8SN (or Eyam or Tideswell)

**Terrain:** Undulating route mainly on peaceful lanes through quiet villages. There is a short steep section of rough track at Upperdale which may need to be walked to rejoin the trail. Final stretch follows the Monsal Trail through former railway tunnels

**Refreshments:** Tideswell, Eyam, Foolow, Great Hucklow, Millers Dale

**Toilets:** Millers Dale, Tideswell, Eyam and Monsal Head

**Map:** Ordnance Survey Landranger 119 Buxton & Matlock

**Total Ascent:** 527m



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 For further information on this cycle route (including places to eat, cycle hire centres and places to visit) and other downloadable cycle routes in the Peak District, please see [www.visitpeakdistrict.com/cycleroutes](http://www.visitpeakdistrict.com/cycleroutes)