

<p>Distance: Approx. 8 miles</p> <p>Time Taken: Approx 3.5 hours</p> <p>Terrain: Mixture of good gravel paths and roads. Some steep ascents and descents.</p> <p>Total ascent / descent: 660 meters</p> <p>Dog Friendliness: Very dog friendly, can be off lead most of the walk, just be wary of livestock and cyclists on the Monsal trail.</p> <p>Toilets / Refreshments: Toilets and pubs/cafes in Tideswell, Millers Dale and Tideswell Dale.</p> <p>Parking: Street parking in Tideswell, car parks at Millers Dale and Tideswell Dale.</p> <p>OS Maps: OL24</p>	<p>041 – Tideswell to Millers Dale Circular</p> <p>Background:</p> <p>Tideswell is a large, ancient village situated in Derbyshire and the Peak District, 6 miles east of Buxton, off the B6049, in a wide dry valley on a limestone plateau, at an altitude of over 1000ft.</p> <p>Tideswell dates back earlier than Roman times and at Domesday it was part of the enormous parish of Hope but in 1207 it was granted to Thomas Armiger and in 1251, a market charter. It became a thriving market town selling local produce and held 5 important fairs a year. The town also became a principal market for wool and lead and rapidly grew in prosperity and population.</p> <p>Tideswell Dale, which leads down to Litton Mill, is a Derbyshire Wildlife Nature Reserve, noted for some beautiful rare flowers. Tideswell makes an ideal base for walking and climbing, with water sports within easy reach</p> <p>The rather remote hamlet of Miller's Dale nestles along a romantically beautiful stretch of the River Wye between Buxton and Tideswell – and the built environment here is almost entirely a product of the Industrial Revolution.</p> <p>Miller's Dale has little known history; following the Norman Conquest the area was covered by the Royal Forest of the Peak where wolf and wild boar were hunted, but it appears that there was no significant settlement in this industrially blighted valley until the early years of the nineteenth century: although at any given time up to the First World War there were around twenty water mills working along the Wye Valley between Ashwood Dale and Bakewell.</p> <p>Route Description:</p> <p>This walk starts and ends in the beautiful village of Tideswell. You can start at any point within the village, but we are using the church as a starting point for this walk.</p> <ol style="list-style-type: none"> 1. From the church head along the main road towards the co-op, past High Nelly's Café and up the lane between the Corner Chippy and another Café. 2. Continue up the lane past the United Reformed Church and turn left at the top of the lane onto Sherwood Road. 3. After a few meters take the first right onto Summer Cross and then the immediate left onto what looks like a farm track alongside some houses, this is Slancote Lane. 4. Follow Slancote Lane for approximately half a mile until it turns left. 5. Instead of turning left with the lane, follow the footpath straight ahead through two large fields until they join another lane. 6. On the lane turn left and follow the Limestone Way down to Monksdale Farm and down into Millers Dale. 7. From Millers Dale, cross the B6049, pass the bus stop on your left and Church on your right and then turn left into the small carpark doubling back on yourself. 8. Follow the footpath signpost and cross the bridge over the river Wye and follow the steep footpath up onto the Monsal Trail. 9. Turn left onto the Monsal Trail and follow this lovely flat path for approximately 2 miles going through Litton first and then Cressbrook tunnel. 10. At the end of Cressbrook Tunnel, take the footpath on your left down off the Monsal Trail and back down to the river Wye. 11. Cross the footbridge and bear left, following the path alongside the river Wye and through Cramside Wood. We saw a Water Vole and Dippers along this stretch of river so keep quiet and you may get lucky and see them too. 12. The path then comes out of the nature reserve to Litton Mill and past Litton Mill apartments and other cottages. Follow this road for approximately a quarter of a mile until you see a small roadside car park ahead. Take the path on your right before this car park. 13. This path winds through Tideswell Dale and is easy to follow back out to the car park at Tideswell Dale. 14. Once in the car park head straight ahead following the footpath until it meets the road (B6049). 15. Cross the road, using the footpath along the side of the road, which will take you back into Tideswell and your starting point.
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Points of Interest:

Millers Dale which is home to Cramside Wood. Cramside Wood is an ancient ash woodland along the river Wye.

Tideswell Dale which is home to a wide variety of wildflowers.

Monsal Trail is a traffic free route that runs along the former Midland Railway line for 8.5 miles between Blackwell Mill in Chee Dale and Coombs Road at Bakewell.

Map: