

<p><b>Distance:</b> Approx. 6.5 miles</p> <p><b>Time Taken:</b> Approx. 3 hours</p> <p><b>Terrain:</b> Good clear mountain paths.</p> <p><b>Total ascent / descent:</b> 172 meters</p> <p><b>Dog Friendliness:</b> Dog should be kept on leads for most of the route as it gets very busy.</p> <p><b>Toilets / Refreshments:</b> Plenty of Pubs and Cafes in Castleton.</p> <p><b>Parking:</b> There are multiple car parks in Castleton.</p> <p><b>OS Maps:</b> OL1</p>	<p><b>042 – Castleton to Mam Tor and Losehill Pike Circular</b></p> <p><b>Background:</b> Mam Tor in Castleton is the site of a large prehistoric hill fort that once hosted a settlement of Celtic peoples. Today it provides one of the best views over Hope Valley, with the remnants of the fort still traceable on the hilltop.</p> <p>Mam Tor, meaning Mother Hill, is thought to have been occupied from 1200 BC onwards by an initial late Bronze Age and later Iron Age hill fort.</p> <p>Situated at the hill's peak, 100 small platforms were levelled around its summit for the construction of timber huts. Their foundations, alongside pottery found at the site, indicate the settlement's role not only as a defensive base but also a thriving village.</p> <p><b>Route Description:</b></p> <p>We started this walk from the roadside car park at the western end of Castleton, however this can be started at any car park/hotel/bus stop in Castleton.</p> <ol style="list-style-type: none"> <li>1. From the car park we headed west out of Castleton along the A6187 and then beared left onto Arthurs Way heading towards Speedwell Cavern and Winnats Pass.</li> <li>2. Take the footpath on the right, just after the bus stop sign and before speedwell cavern.</li> <li>3. Follow this path as it winds up to Treak Cliff Cavern.</li> <li>4. Go around the back of the visitor center and follow the path right as it bends around to Blue John Cavern.</li> <li>5. At Blue John Cavern (on your left) turn right and head towards the road.</li> <li>6. Once you reach the road turn left and follow the road until you reach the footpath sign and National Trust sign for Mam Tor.</li> <li>7. Turn right through the gate and follow the path as it heads up toward the main ascent of Mam Tor.</li> <li>8. Turn right through the gate and then straight ahead through another gate and follow the nice path up to Mam Tor.</li> <li>9. Once you reach the summit, keep following this nice path along the ridge line to Hollins Cross.</li> <li>10. At Hollins cross go through the gate and continue following the path along to Back Tor and then onto Losehill Pike.</li> <li>11. Once you reach Losehill Pike veer South down the hill. When you reach the National Trust sign for Losehill Pike you will need to go through the gate on your right and continue down towards Losehill Farm.</li> <li>12. Before reaching the farm, take the path on the right, going around the farm and then out onto a farm lane.</li> <li>13. Bear right on the farm lane going past Spring House Farm Cottages, Castle Losehill Hall Youth Hostel.</li> <li>14. Once you meet another road, just after the Youth Hostel, go through the gate in front of you which follows a path through a field where you will then meet another road.</li> <li>15. Follow the road straight on going past the Training and Conference Centre and then follow it as it bends left to join Hollowford Road.</li> <li>16. Follow this out into the main village and main high street back to you chosen pub/café or car.</li> </ol> <p><b>Points of Interest:</b></p> <p>Peveril Castle, one of England's earliest Norman Fortresses.</p> <p>Show Caverns. There are 4 caves at Castleton accessible by guided tour.</p> <p>Winnats Pass which is one of the most spectacular limestone gorges in the Peak District.</p>
--	--

Map:

