Welcome to the Peak District National Park
Enjoy the experience you only get in a national park

Explore…..
Hills, dales, beautiful villages, historic sites and magnificent stately homes.

Learn…..
About our role in protecting the environment and tackling climate change. Find out how you can make a difference too.

Have fun…
By trying the wide range of outdoor and indoor activities, whatever your taste or budget.
National parks are Britain’s breathing spaces. Places to get away from it all and enjoy fresh air and spectacular countryside.

But the 555 square miles (1,438 km²) of the Peak District National Park is more than just a great landscape made up of the Dark, White and South-West Peaks.

It’s a constantly changing environment that is home to 38,000 people and 2,800 businesses.

The Peak District National Park has a special place in the heart of visitors from the many towns and cities that surround it. It is a place that means different things to different people.

For some it is a place to go to a restaurant with friends and family or where they take their dog for a walk. For others it’s a place to escape urban life by taking part in activities ranging from abseiling through to yachting; while some come to do business or visit a market, agricultural show or well dressing.

And, of course, for millions it is a place to enjoy a short break or holiday.

But what makes the national park unique are the memories that last a lifetime – like seeing the view from Kinder Scout or Stanage Edge for the first time…or the farmer showing you how he repairs stone walls…or hearing tales of village life from the newsagent selling you a morning paper…or the ranger showing you rare plants or even a Second World War aircraft wreck.

The Peak District National Park is on your doorstep. Get out there and make your own memories.
What are national parks?

National parks are beautiful, spectacular and often dramatic areas of countryside that have been protected for the benefit of the nation.

People live and work in national parks but they are also areas where everyone can go to enjoy the outdoors for free.

All national parks aim to:

- Protect wildlife, buildings, places of architectural and historic interest and the beauty of the countryside.
- Encourage people to visit, enjoy and learn more about them.
- Support local communities so they remain good places to live and work.

Unlike parks and gardens in towns and cities, national parks cover areas of several hundred square miles. Most of the land is privately owned.

Who looks after them?

The UK has 15 national parks and each one is managed by a national park authority, with the assistance of charities, community groups and public bodies.

Managing a national park is a balancing act between protecting an area, supporting local communities and encouraging people to visit and enjoy it. This can sometimes create conflicts which national park authorities have to manage.

One way of doing this is through planning. National parks have stricter planning rules than in many towns and cities because they are so special.

The English national parks are:
the Broads, Dartmoor; Exmoor;
Lake District, New Forest,
Northumberland, North York Moors,
Peak District, Yorkshire Dales and - from April 2010 – the South Downs.

The Welsh national parks are: Brecon Beacons, Pembrokeshire Coast and Snowdonia.

The Scottish national parks are: the Cairngorms and Loch Lomond and the Trossachs.

Find out more about national parks and the authorities that run them at www.nationalparks.gov.uk

Go to www.peakdistrict.gov.uk/yoursay and let us know what you think of this guide
GET ACTIVE

The Peak District is the perfect setting for you to enjoy a wide range of outdoor activities all year-round.

Many activities are free and can improve your health and well-being.

Walking

The Peak District National Park offers a spectacular variety of scenery and walking routes – from limestone dales to dramatic high moorlands. There are walks to suit individuals, families and groups – whether you want a challenging hike or a short stroll.

✅ Many routes are suitable for wheelchairs or buggies including the paths on the disused railway routes of the Monsal, High Peak and Tissington Trails and the Longdendale Trail. Other suitable walks for all are in the recreational areas of the Upper Derwent, Macclesfield Forest and Goyt Valley.

✅ Pick up the ‘You’re Welcome’ guide at National Park Visitor Centres which will help disabled people, the elderly and families with small children to choose the best walks and enjoy the special landscape. http://tinyurl.com/yjazwvp

✅ Access Peak is a series of short films showing how wheelchair users and people with other mobility difficulties can enjoy the Peak District. John Harris, a former Paralympian, narrates the films and uses his own wheelchair, hand-cranked bikes, a powered wheelchair and an abseil rope to experience the national park. The films can be seen at www.peakdistrict.gov.uk/accesspeak or bought for £2.99 from National Park Visitor Centres or the Online Shop at http://tinyurl.com/yj4sfs9

✅ Walking Festival - The annual Peak District Walking Festival offers guided walks with local experts on themes such as food and drink, ghosts, heritage and geology. Visit www.visitpeakdistrict.com or ask for details at a visitor centre.
Before you set out - advice on how to prepare for walking and what to bring with you.

While much of the following advice is common sense, it’s worth reading. It is not unheard of for rescuers to come across someone who has gone hill walking in flip flops, shorts and T-shirt, thinking they would be warm enough.

✓ Research the route before you leave home. Look on the internet, download an audio or printed guide or get advice from an experienced walker.

✓ Buy a large scale walking map for the area you plan to walk - a road map won’t be detailed enough.

✓ If walking on moorland or taking a difficult route, make sure somebody in your group knows how to read a map and compass – if they don’t, consider a guided walk instead.

✓ If you are not an experienced walker it’s best not to be over ambitious. Try a simple route to start with and then build up the distances as you gain experience.

✓ Weather conditions can change quickly. Bad weather is more likely in exposed areas. Check the latest weather forecasts before you set out at www.peakdistrict.gov.uk/weather

✓ Wear suitable clothes. Prepare for all weather conditions even if it appears sunny when you set off. Lots of thin layers are better than one or two thick ones. Ideally your clothing should include:
  ● Waterproof jacket and trousers
  ● Several thin shirts
  ● Walking or combat style trousers – jeans should be avoided as they get wet easily and take a long time to dry. Shorts can be worn in warm weather but have a pair of long trousers in case the weather changes.
  ● A fleece jacket or something similar
  ● Warm hat and gloves

✓ Wear suitable stout footwear. Good fitting, waterproof walking boots with extra ankle support are best. Help prevent blisters by wearing both a thin pair of socks and thicker outer walking socks.

Take the next step:

● Peak District National Park Authority rangers offer free guided walks throughout the year – to find the full programme visit www.peakdistrict.gov.uk/guidedwalks or contact a visitor centre.

● By walking with a national park ranger you get peace of mind, knowing you are with a guide who will pass on the benefit of their experience. The walks and countryside activities programme includes natural history, archaeology, folklore, family strolls and children's activities. The walks are also a great way of making new friends. And best of all they are free.

● Other organisations also offer guided walks for beginners or the more experienced.

● Downloadable self-guided walks and MP3 audio trails, from easy to strenuous, are available to guide you through the rich history, culture and wildlife of the Peak District. Download them at www.visitpeakdistrict.com/downloads/pe-trails.aspx or www.peakdistrict.gov.uk/getactive-walking
Bring a good supply of food and non-alcoholic drinks for your walk. High energy food bars, water and energy drinks are particularly good.

Carry your spare clothing, food and drink in a waterproof bag inside a rucksack.

Bring your mobile phone and make sure it is fully charged. While mobile reception varies in the national park, your mobile phone could save valuable time if you need to call for emergency assistance.

Tell someone where you are going and what time you expect to be back.

Cycling

Cycling is a fun, healthy way to explore and see the stunning countryside of the Peak District.

Cycling trails are ideal for family cycling while the remote moorland bridleways provide a challenge for experienced mountain bikers.

Why not try:

- The Peak District’s dedicated 58 miles (93km) of off-road cycle trails, ideal for family cycling at any time of the year.
- White Peak Trails and Cycle Routes – A network of 70 miles of relaxing cycling in spectacular countryside.
  www.peakdistrict.gov.uk/trailsleaflet.pdf
- The Trans Pennine Trail passes through the north of the Peak District with plenty of interest on the way.
  www.transpenninetrail.org.uk

Take the next step:

Cycling and mountain biking books are available from visitor centres and online at www.nationalparks.gov.uk/pdshop if you have your own bike.

If not, why not hire a bike? The Peak Cycle Hire centres give access to some of the country’s best cycle routes; many are traffic free surrounded by spectacular scenery. A range of bikes are available to suit all sizes, ages and abilities including tandems, trikes, hand cranked tricycles, child buggies, baby seats and powered mobility scooters.

Information on cycle hire, including bikes suitable for disabled people, can be found at www.peakdistrict.gov.uk/getactive-cycling or by contacting helpful staff at:

- Ashbourne Cycle Hire, Mapleton Lane, Ashbourne, DE6 2AA. Tel: 01335 343156. The centre is situated to the south of the Tissington Trail, a 13.5 mile cycle route created on a disused railway line.
- Derwent Cycle Hire, Fairholmes, Derwent, Bamford, Hope Valley, S33 0AQ. Tel: 01433 651261. Cycle through beautiful woodland alongside the historic Derwent and Ladybower reservoirs, where the Dambusters famously carried out training missions.
- Parsley Hay Cycle Hire, nr Buxton, SK17 0DG. Tel: 01298 84493. At the junction of the High Peak and Tissington Trails, over 30 miles of traffic free cycling through stunning limestone scenery.
Climbing

The Peak District has some of the most challenging and popular climbing routes in Europe including the internationally important Stanage Edge, near Sheffield and the Roaches in the Staffordshire Moorlands. The gritstone outcrops can test the most adventurous spirits.

Take the next step:
For the beginner, an indoor climbing wall offering instruction can be a good starting point, or an outdoor activity provider who can show you the ropes http://tinyurl.com/ykhfrz6

- The British Mountaineering Council provides up to date information on crags, along with the latest news on seasonal access, restrictions, disturbance of wildlife and advice. Visit www.thebmc.co.uk or www.peakdistrict.gov.uk/getactive-climbing

Horse riding

Horse riding is good for improving fitness and getting away from it all in the fresh air. It is popular on the bridleways, trails and country lanes throughout the Peak District National Park.

Take the next step:
Contact a pony trekking or horse riding centre that caters for all abilities. Visit www.peakdistrict.gov.uk/getactive-horse-riding

- There are excellent opportunities for riding, hacking and trekking throughout the region.
- Leisurely trails cater for those who wish to relax and soak up the scenery, while the bridleway network opens up opportunities for the more adventurous.
- Hartington Station on the Tissington Trail and Torside car park on the Longdendale Trail provide horse box parking and tethering facilities.
- For approved riding centres in the Peak District visit the Association of British Riding Schools at www.abrs-info.org or the British Horse Society at www.bhs.org.uk
Gliding, paragliding and hang gliding

The Peak District has some of the best flying sites in the most beautiful settings for gliding, paragliding and hang gliding in the UK. Be a spectator or take part ....

Take the next step:
- There are several British Hang Gliding and Paragliding Association (BHPA) schools in the Peak District. Book a tandem flight for the scenery and sensation or sign up for a training course. www.bhpa.co.uk There is a gliding centre at Great Hucklow. www.peakdistrict.gov.uk/getactive-airsports
- If you simply want to watch the action, Mam Tor, which overlooks Castleton, is the major local centre for hang gliding and paragliding.

Paragliders should only fly from sites where access is arranged with land owners. For up to date information contact: www.derbyshiresoaringclub.org.uk

Canoeing/kayaking

It is relaxing, tranquil and idyllic. It can be wet but it’s a fun day out!

Take the next step:
- Training is vital for anyone wanting to try canoeing or kayaking. You can learn basic skills by attending a centre where qualified instructors are based.
- For further information visit the www.bcu.org.uk (British Canoe Union)
- There are opportunities for paddling in some of the beautiful reservoirs, rivers and canals around the Peak District, including: Carsington Water, Tittesworth Reservoir, the River Derwent at Matlock and the Peak Forest canal.

Fishing

Excellent river fishing is available throughout the area. The Rivers Wye, Derwent and Dove are particularly known for their rainbow trout, wild brown trout, and grayling.

Excellent coarse fishing is available in the lakes and reservoirs. Many lakes are privately owned.

Take the next step:
- You will need a national rod fishing licence available at Post Offices, national outlets and through the Environment Agency website www.environment-agency.gov.uk/recreation
- You will also require a day ticket or permit from the owner or estate who manages the river, lake or reservoir you want to fish at.
- Ladybower and Carsington Reservoirs make good fisheries with day tickets readily available - visit www.moretoexperience.co.uk
Sailing and windsurfing

Take to the waters at one of the Peak District’s reservoirs and you’ll find a great way to escape the hustle and bustle of daily life. Sailing clubs operate on many reservoirs in and around the Peak District in stunning surroundings including Carsington, Rudyard, Combs, Errwood, Dovestone and Torside.

Take the next step:
Many sailing clubs offer a safe introduction to a sport that can be enjoyed by children and adults alike, with facilities for both members and visitors to use.
- Find a course or a facility convenient for you to visit:
  - www.peakdistrict.gov.uk/getactive-watersports
  - www.rya.org.uk (Royal Yachting Association)
  - www.moretoexperience.co.uk (Severn Trent reservoirs with sailing provision)

Caving

Caving is highly popular and one of the best ways to discover the national park’s inner beauty.

The Peak District is home to the highest natural cavern in the UK - Titan Cave at Castleton (464 ft, 141.5m).

The show caverns in Castleton are the only place that Blue John Stone is found.

Take the next step:
The Peak District is riddled with fantastic underground formations which you can see in safe and well-lit show caves – visit www.visitpeakdistrict.com/see/caves-and-caverns.aspx or www.peakdistrict.gov.uk/getactive-caving

Several activity centres in the Peak District offer an exhilarating day’s caving under the guidance of an expert. The centres will provide all the necessary equipment, wetsuit, oversuit, helmet, light and wellies. All you need are some warm clothes.

To organise a guided trip contact one of the many outdoor or activity centres who have trained and qualified instructors. For more information visit www.british-caving.org.uk and follow link “new to caving”.

Multi-activity centres

One of the best ways to sample a range of outdoor activities is to spend time at one of the area’s multi-activity centres.
- Give canoeing a go, get into orienteering, try raft building or sailing. The choice is yours.
- There are several well established multi-activity centres that offer instruction in a range of outdoor activities and qualification courses.

Take the next step:
www.visitpeakdistrict.com – and search the activities or outdoors section.
Learn new outdoor skills on a recognised training course:
www.outdoor-learning.org
www.yha.org.uk (Youth Hostels Association)
www.mlte.org (Mountain Leader Training)
A four page pull-out guide to bring on your visit.

This handy four page pull-out guide has a map showing you the Peak District National Park and transport links to it from surrounding areas.

It also has useful phone numbers and addresses you may need, including visitor and cycle hire centres.

Below are some pictures of wildlife and plants that you can look out for during your visit.

Wildlife in the Peak

The wildlife and countryside you see in the national park is special and you can help us to keep it that way.

- Take special care not to damage, destroy or remove features such as rocks, plants and trees. They provide homes and food for wildlife, and add to everybody’s enjoyment of the countryside.
- Take your litter home.
- Keep dogs on leads or under close control so they do not disturb ground nesting birds.

wood anemone
dipper
cowslips
spotted woodpecker
blackbells
orange tip butterfly
meadow pipit
curlew
lapwing
grouse
rock rose
skylark
jacob’s ladder
hay meadow
leadwort
bee on meadow cranesbill
scabious
cotton grass
rowan
fungi
redwing
mountain hare
fieldfare
National Park Visitor Centres
www.peakdistrict.gov.uk/ic

Find out all you need to know about the national park and surrounding area and receive a friendly welcome from our dedicated team, on hand to help you make the most of your visit. All our centres are accessible. Bakewell and Castleton Visitor Centres also offer the full range of tourist information services including accommodation and theatre bookings, information on public transport, local attractions and events.

BAKEWELL VISITOR CENTRE
Old Market Hall, Bridge Street, Bakewell, DE45 1DS. Tel: 01629 813227
Email: bakewell@peakdistrict.gov.uk

CASTLETON VISITOR CENTRE
Buxton Road, Castleton, S33 8WN. Tel: 01629 816572
Email: castleton@peakdistrict.gov.uk

THE MOORLAND VISITOR CENTRE
Fieldhead, Edale, Hope Valley, S33 7ZA. Tel: 01433 670207
Email: edale@peakdistrict.gov.uk

UPPER DERWENT VISITOR CENTRE
Derwent, Bamford, Hope Valley, S33 0AQ. Tel: 01433 650953
Email: derwentinfo@peakdistrict.gov.uk

National Park Cycle Hire Centres
www.peakdistrict.gov.uk/Cycle

The centres are positioned to give access to some of the country’s best cycle routes; many completely traffic free and in spectacular scenery. Our trained and helpful staff can provide a huge range of cycles to suit all sizes, ages and abilities.

ASHBOURNE Mapleton Lane, Ashbourne, Derbyshire DE6 2AA
Tel. & Fax: (01335) 343156
Email: ashbourne.cyclehire@peakdistrict.gov.uk

DERWENT Fairholmes Car Park, Derwent, Bamford, Hope Valley, S33 0AQ
Tel. & Fax: (01433) 651261
Email: derwent.cyclehire@peakdistrict.gov.uk

PARSLEY HAY Parsley Hay, Buxton, Derbyshire SK17 ODG
Tel. & Fax: (01298) 84493
Email: parsleyhay.cyclehire@peakdistrict.gov.uk

Peak District National Park Authority, Aldern House, Baslow Road, Bakewell, Derbyshire, DE45 1AE.
Tel: 01629 816200 Email: customerservice@peakdistrict.gov.uk Minicom: 01629 816319 www.peakdistrict.gov.uk

Tourist Information Centres
(surrounding areas)

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<td>01335 343666</td>
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<tr>
<td>Stockport</td>
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<td><a href="mailto:stockport.tourist@peakdistrict.gov.uk">stockport.tourist@peakdistrict.gov.uk</a></td>
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Public Transport

Traveline
0871 200 22 33 www.traveline.org.uk

Derbyshire Public Transport
www.derbyshire.gov.uk/buses

National Rail Enquiries
08457 484950
www.nationalrail.co.uk

Emergency Contacts

Ambulance / Police / Fire – Tel: 999

Mountain Rescue If you get in to difficulties or have an accident on the hills call 999 and ask for Mountain Rescue
Free time in the Peak District

There are plenty of free or low cost activities to enjoy in the Peak District National Park for all the family.

Need inspiration?

✓ Hunt for history. Look out for stone walls and barns, ancient packhorse bridges, village crosses, old wells, watering troughs and dates carved in stone over doorways.

✓ Discover living history. Visit ancient churches and historic market halls. Wander through picturesque Peak District villages - the ‘plague village’ of Eyam has its very own stocks on the village green. See history and natural landforms above and below ground at Castleton.

✓ Visit the Monday livestock and general markets in Bakewell.

✓ Enjoy a picnic by the riverside, take a walk in Chatsworth Park or at the Longshaw Estate.

✓ See life through a camera lens. The Peak District provides an ideal setting for any photograph and you can discover the wildflowers and wildlife at the same time.

✓ Go bird watching. The national park landscapes are home to a wide range of birds. Why not take a closer look? Find out more at www.rspb.org.uk

✓ Get active. Pick a free or low-cost activity (see pages 5 to 10).

Annual events

Many events are free to attend. So look out for:

✓ National Parks Week - Held in July/August. Guided walks throughout the area and family activities at national park visitor centres. www.peakdistrict.gov.uk/news

✓ Traditional village events, such as the colourful well dressings and flower festivals. www.visitpeakdistrict.com/events/well-dressing.aspx

✓ The May Garland Ceremony in Castleton which celebrates Oak Apple Day.

✓ Town and village carnivals and wakes.

✓ The agricultural and country shows, such as Bakewell, Hayfield and Hope.

National Park Visitor Centres

Drop in to one of our visitor centres. You will find free information and exhibitions and our friendly staff are on hand to advise on how you can enjoy the local area (details on page 14).
Go green

When visiting the Peak District National Park you can support the local environment at the same time.

Be green in the Peak District

☑ Stay in accommodation and eat at restaurants, hotels, pubs and cafes that use local ingredients.
☑ Buy local food and drink, see www.peakdistrictfoods.co.uk
☑ Buy gifts, arts and crafts made from local and natural materials.
☑ Visit farm shops, galleries and local food and craft fairs.
☑ Enjoy Heritage Walks, farm trails, riding and cycling trails.
☑ Leave the car behind and use public transport.
☑ Buy produce with minimal packaging and recycle while you are here. Decline carrier bags.

Farmers’ Markets

Farmers’ markets are an ideal opportunity to buy food and local products direct from local farmers, food producers and crafts makers. The farmers’ markets are normally held at Bakewell, Buxton, Castleton, Hathersage, Matlock, Whaley Bridge and Wirksworth. www.peakdistrictfoods.co.uk

Peak District Environmental Quality Mark

Look out for the distinctive blue and green Peak District Environmental Quality Mark (EQM) logo held by a wide range of businesses including:

☑ B&Bs, shops and cafés who sell local, ethically-produced goods and services.
☑ Farms that conserve wildlife habitats, archaeology and the iconic Peak District landscape.
☑ Producers of environmentally friendly food, arts and crafts.

To qualify for the Environmental Quality Mark businesses have to achieve high standards of care for the environment including:

☑ Conservation of the Peak District National Park.
☑ Use of environmentally friendly and locally grown and made products and services.
☑ Efficient use of energy and water.
☑ Minimising waste by reducing, reusing and recycling.
☑ Providing environmental information to customers.

To find a full list of EQM businesses throughout the Peak District, go to www.peakdistrict.gov.uk/eqm

Contact National Park Visitor Centres (see page 14) for further information or call in and pick up a leaflet.

The Environmental Quality Mark is part of the Live & Work Rural programme. The programme is an innovative rural micro-business support and community renewal programme operated by the Peak District National Park Authority in partnership with East Midlands Development Agency and Derbyshire Economic Partnership.
Dark Peak

If you enter the national park from Greater Manchester to the west or Sheffield from the east you are likely to arrive in an area known as the Dark Peak. Fewer people live in this upland area.

Experience…

The dramatic northern uplands of the Dark Peak, with its dark gritstone crags and sweeping moors. The gritstone edges provide views that give a sense of remoteness while some parts are easily accessible for all to experience.

Explore…

- Gritstone edges and moorlands such as Kinder Scout, Bleaklow and Saddleworth Moor.
- The Longdendale Trail, off the A628, is part of the Trans Pennine Trail and passes rugged moors and five reservoirs.
- Dovestone reservoir, near Greenfield, is a tranquil beauty spot with an easy-going 2.5 mile circular trail, suitable for cycling, wheelchairs and pushchairs.
- The Upper Derwent Valley – try sections of the 18 mile circuit around Ladybower, Derwent and Howden reservoirs, and find information, cycle hire and refreshments at Fairholmes.
- Curbar Gap – gives access to Curbar Edge on one side, and Baslow Edge on the other, with sweeping views of the Derwent Valley and beyond.
- Green Drive, Burbage Valley – start at Upper Burbage Bridge or Burbage South car parks. See the gritstone outcrops of Carl Wark and Higger Tor on the skyline.

Wildlife and plants

- The moors are globally important wildlife habitats and historic treasure troves. Listen for skylarks and meadow pipits.
- Look out for wild red deer and mountain hares – white in winter, brown in summer.
- Spot moorland plants including cotton grass, bilberry and cloudberry.
- See upland birds like the red grouse, curlew, ring ouzel, merlin and peregrine falcons.
Experience…

The rolling limestone hills and steep, wooded, flower-rich dales of the White Peak with their distinctive dry stone walls enclosing fields.

Explore…

- The market, shops and medieval history of Bakewell.
- Beautiful villages with country pubs, craft shops and tea rooms.
- Chatsworth House and its parkland or medieval Haddon Hall.
- Chrome Hill or Parkhouse Hill north of Hartington for terrific views. Cross the stepping stones in Dovedale to ascend Thorpe Cloud. Or for quieter dales, explore Wolscote or Biggin Dales.
- Traffic-free trails suitable for walkers, cyclists and horse riders:
  - The High Peak Trail starts at Cromford and runs 17 miles north to Parsley Hay, south of Buxton.
  - The Tissington Trail starts at Ashbourne, running 13 miles to Parsley Hay.
  - The Monsal Trail including the Monsal Dale Viaduct is easily accessible from the former Bakewell and Millers Dale stations and runs for 8.5 miles.
  - The Manifold Trail, starts at Hulme End, near Hartington and runs for 9 miles to Waterhouses.

Wildlife and plants

- Spot skylarks or watch out for water voles along rivers.
- In the dales such as Lathkill Dale National Nature Reserve, two miles from Bakewell, look out for dippers and wagtails, butterflies, wild flowers such as the rare Jacobs Ladder or magnificent displays of cowslips and early purple orchids in the spring.
- Explore the remains of historic lead mines, with their unusual metal-tolerant plants such as leadwort (spring sandwort) and mountain pansy.
South West Peak

As the name suggests this is the south-west area of the national park that you will arrive in if you come from the direction of Stoke-on-Trent, Leek or Macclesfield.

Experience…

The diverse gritstone area of upland moorland, rolling hills, high rocky outcrops and reservoir valleys.

Explore …

- Moors with evocative names like Shining Tor, Wild Moor, Goyts Moss and Hoo Moor around the Goyt Valley.
- Tittesworth Reservoir, near Leek.
- The Roaches - a gritstone ridge, near Leek, popular with climbers.
- Shutlingsloe – makes a wonderful vantage point. There is a path through Macclesfield Forest from the car park at Trentabank Reservoir.
- Teggs Nose Country Park, near Macclesfield, where rock, dry stone walls and sturdy barns dominate the landscape.

Wildlife and plants

- Wet rushy pastures provide a habitat for birds such as the curlew, lapwing and snipe.
- White beds of cotton grass can be found at Axe Edge in mid summer, while the Goyt Valley moorlands turn purple when the heather flowers in August and early September.
- Pied flycatchers hunt insects in the canopy of oak woodlands in the valleys, while bluebells can be found on the woodland floor.
Use the map - bring the pull-out map in this guide with you to help you find your way around.

Public transport information - helps you plan bus, train and car journeys. www.transportdirect.info helps you calculate the carbon footprint of your journey and choose the route with the lowest emissions.

By bus or coach

The Transpeak bus service is one of the most popular through the Peak District but there are many other local services stopping at beautiful villages and towns on the way. Regular services operate from towns and cities surrounding the national park.

For further information:
- Traveline - Ring 0871 200 22 33 or visit www.traveline.org.uk
- East Midlands Journey Planner - www.travelineeastmidlands.co.uk
- National Express - Ring 08705 808 080 or visit www.nationalexpress.com
- Your local tourist information centre or public transport centre

By rail

Plan your journey and get tickets - National Rail Enquiries on 08457 48 49 50 or visit www.nationalrail.co.uk

Regular rail services operate from towns and cities surrounding the Peak District and connect with local services that bring you straight to the national park.

- The Hope Valley Line between Manchester and Sheffield stops at villages including Grindleford, Hathersage, Bamford, Hope, Edale and Chinley.
- The Derwent Valley Line goes from Derby to Matlock.
- The Manchester to Buxton line stops at Disley, Furness Vale, Whaley Bridge, Chapel-en-le-Frith and Doveholes.
- The Manchester to Glossop line stops at Broadbottom and Hadfield.

If you fancy trying something a bit different why not hop on the Glossop or Hope Valley Line Folk Train? Passengers are treated to live folk music, before getting to stop at a country pub before the return journey. Trains operate from Manchester and Sheffield – visit www.folktrain.org.uk to find out more.

By car

The Peak District is easily accessible within the hour by car from the M1, M6 and M62. For help planning your journey visit www.transportdirect.info

Cut your carbon footprint and experience the national park

We all know the benefits of travelling by public transport. It cuts our carbon footprint, helps reduce traffic congestion and pollution and takes the strain out of travelling.

But even doing part of your journey by public transport helps cut congestion and your carbon footprint. So give it a go and you may be surprised at how easy and enjoyable it is.
Peak Connections aims to encourage visitors to the national park to travel by bus or train. Peak Connections guides have been designed to make getting around the Peak District without a car as easy as possible. The guides provide lots of ideas for days out, places to visit and fun things to do – all accompanied by bus or train times. Available from local tourist information and visitor centres online at www.visitpeakdistrict.com/peakconnections.

Vouchers in the guide give you discounted entry to many attractions in the area when you show your bus ticket at the same time.

Hop on a Bus. There is even a guide for children, introducing Bruce the Bus and Tess the Train. It includes lots of green facts, games and a competition to win a family pass for Crich Tramway Museum.

The Ride and Ramble guide lets you explore the Peak District the green way. It features 20 walks across the greater Peak District all linked with public transport. Plan your walk using the free bus timetable which accompanies the book. Either take the bus to the start of the walk or do the walk and catch the bus back.

One of the best ways to explore the Peak District is on foot, so enjoy the walks in the book and know that by travelling by public transport you’re helping keep the Peak District green. The book costs £6.95 and is available in tourist information and visitor centres online at www.nationalparks.gov.uk/pdshop/

Money Saving Tickets: Tickets are available from local tourist information and visitor centres, staffed railway stations and bus drivers. A Derbyshire Wayfarer ticket lets you travel through the Peak District for a day on a bus or train. www.derbyshire.gov.uk/transport_roads/public_transport/

Travellers from Manchester can purchase a day ticket that allows travel by bus, train and metrolink. www.gmpte.com

Where to stay

There is a wide choice of accommodation in and around the Peak District National Park to cater for all tastes and budgets.

Hotels, bed and breakfast and guesthouse accommodation - To find out more about the range of quality assessed accommodation in the Peak District:

- Visit or contact a tourist information or national park visitor centre where staff are able to provide further information or check availability for you (details on page 14).
- Book online at www.visitpeakdistrict.com/accommodation

Camping and caravanning sites - The Peak District offers a range of simple campsites on farms through to club sites for tents and caravans with full on-site facilities.

The Peak District and Derbyshire Camping and Caravanning Guide has more details and can be obtained in visitor centres or online at www.visitpeakdistrict.com

Youth hostels and camping barns - Today’s youth hostels are modern, relaxed places that offer good value for money. www.yha.org.uk

Increasingly popular are the area’s 10 self catering camping barns, run by the Youth Hostel Association (YHA), that offer a halfway house between camping and the protection of being undercover http://tinyurl.com/yglcc9y

Wild camping - Our advice on wild camping is to always use a campsite. If you do go wild camping then make sure you do so legally with the permission of the landowner. Take extra care not to start accidental fires, don’t use barbecues or gas stoves and take all your rubbish away with you.
Get involved in protecting the countryside

Each year thousands of people volunteer their time to help look after national parks. They help visitors and ensure the countryside is looked after for current and future generations.

Each of these groups has a range of roles covering everything from hands-on experiences – like laying or repairing a footpath or helping restore a hay meadow – through to office based tasks like recruiting new members and fund raising. They all offer training and support to help you along the way.

The Peak Park Conservation Volunteers

Help conserve the national park and learn outdoor skills at the same time by joining the Peak Park Conservation Volunteers (PPCV).

Volunteers can be of any age and background. Different groups go out every weekend and on the last Friday of each month doing projects like installing or repairing footpaths, steps, and stone walls, as well as planting trees.

Visit www.peakdistrict.gov.uk/ppcv or ring 01433 631433.

Peak District National Park Authority volunteer rangers

Volunteers, aged 18 to 64, can work alongside the Peak District National Park Authority’s full time rangers on a wide range of activities.

These include conservation work, running guided walks or events for the public, tackling moorland fires, liaising with the local community and helping to manage the use of the countryside by different groups.

Full training is given in return for committing at least 20 days a year. Visit www.peakdistrict.gov.uk/ranger-training or ring 01629 816290.

Friends of the Peak District

This charity campaigns and carries out conservation work to help ensure the national park remains a living and working place while protecting its beauty.

It has more than 50 volunteers who carry out conservation work or support fund raising efforts. Visit www.friendsofthepeak.org.uk or ring 0114 266 5822.

Campaign for National Parks

This national charity campaigns to promote national parks for the protection and quiet enjoyment of all. It brings together 40 environmental voluntary organisations. Visit www.cnp.org.uk or ring 0207 924 4077.

Other useful contacts

- National Trust - www.peakdistrict.nationaltrust.org.uk
- Natural England - www.naturalengland.org.uk

There are several nature reserves which are open to visitors. For further information see:

- Plant Life - www.plantlife.org.uk
- The Woodland Trust - www.woodlandtrust.org.uk
- Wildlife Trusts - www.wildlifetrusts.org.uk
- www.staffordshirewildlife.org.uk
- www.derbyshirewildlifetrust.org.uk
- www.wildsheffield.com
Taking care
of the countryside

The wildlife and countryside you see in the national park is special. By following a few simple tips we can all ensure it remains an enjoyable place to visit.

Most of the advice is common sense but is brought together in the Countryside Code – see www.countrysideaccess.gov.uk. It has five key tips to follow:

1. Be safe – plan ahead and follow any signs
2. Leave gates and property as you find them
3. Protect plants and animals and take your litter home
4. Keep dogs under close control
5. Consider other people

Keeping you and your dog safe

If you are planning to take your dog into the national park, visit our interactive Paws on the Moors website for all the help and advice you need. www.pawsonthemoors.org

Some key tips are:

✔ Keep your dog under control at all times and preferably on a lead. Please follow any warning signs about this.

✔ Try not to let your dog near any farm or wild animals, like sheep, cows or hares.

✔ In particular locations, between 1 March to 31 July, dogs are either not allowed or must be kept on a lead. This happens to protect rare moorland birds, like the curlew and lapwing, who lay their eggs on the ground. Even well-behaved and friendly dogs can scare birds away from their young.

Particular caution is needed if you enter a field with cows in it while walking your dog. Cows will try and defend their young if they feel threatened. If cattle start chasing you unclip the lead and let your dog run off. Leave the field as quickly as possible. Once you are out of danger call your dog to you. Don’t worry about trying to protect the dog – dogs can look after themselves.

Respect the rights of other users

All leisure activities in the national park have the potential to cause damage to the landscape.

Whether it is walking, cycling, horse riding, climbing or legally using motor vehicles, like 4x4s and trail bikes, care needs to be taken to ensure you don’t spoil the enjoyment of others when using the countryside.

The best way to do this is to join one of the organised groups who can advise you on what to do, where to go and how to act. Groups such as the Ramblers’ Association, British Mountaineering Council, British Horse Society and the motoring organisation Land Access and Recreation Association (LARA) all offer help and advice.

Our website at www.peakdistrict.gov.uk/vehicles has particular information and advice for motor vehicle users.
Help protect our moorlands

The Peak District National Park’s peat moorlands provide more than just stunning scenery. See www.moorsforthefuture.org.uk

Did you know?

1. Peat moorlands also play a crucial role in the fight against the impact of climate change. More carbon is stored in Britain’s peat moorlands than in the forests of the UK and France combined. It is estimated that the moorlands store between 16 and 20 million tons of carbon.

2. Healthy peat moorlands help prevent or reduce the impact of flooding. The moorlands act like a giant sponge soaking up heavy rain and releasing it slowly into streams and rivers rather than it all running down the valley quickly, which can lead to flooding.

3. They are also important for improving the quality of drinking water. Peat can only do these things if it is in good condition. If moorlands are damaged by wildfires, air pollution or erosion they start releasing, instead of storing, carbon.

Wildfires can also:

- Kill wildlife and farm animals
- Destroy important plants
- Sterilise the peat so plants and peat struggle to grow again
- Cause damage costing hundreds of thousands of pounds

You can help us avoid this by:

- Taking care not to throw matches or cigarette ends away. Stub them out if you are in the countryside.
- Taking your litter home - discarded bottles, broken glass and other rubbish can start fires in sunny weather.
- Not lighting any fires, barbecues or gas stoves while on moorlands.
- Ringing 999 immediately if you see a fire, giving details of the location.