



#PeakDistrictConnect

For kids!

Here's one way you can connect to the National Park on your walk:

Go with the flow!

Find some small sticks. At the stream, mark a start and finish. Drop your sticks in together and first to the finish wins! Use other natural materials you can find to make small boats. Good luck through the rapids!

For more child-friendly activities to do on your walk go to peakdistrict.gov.uk/connect



Family walk 8

Adventurer

Edale Stride

A glorious climb along the river and amongst the rocks

Your walk details

Distance	3 miles /5km
Duration	2–3 hours
Buggy friendly?	No
Dog friendly?	Yes
Facilities	Pay and display car park and toilets at the bottom of the village (5 minute walk from start of walk)
Extra information	At the start of the walk the tracks and paths are paved, but as you get further up the valley the paths become muddy, rough and rocky

Start from here

Edale Visitor Centre

There are trains from Sheffield and Manchester to Edale station.



Postcode (satnav)	S33 7ZA
Grid ref	SK 124 856
What3Words	solicitor.elbow.amended

Be Peak District Proud

www.peakdistrictproud.co.uk

Keep your dog on a lead to avoid disturbing birds that nest on the ground and other wildlife.



Be prepared. Weather conditions can change quickly and phone signal varies.



Leave no trace. Use bins for litter and dog waste, or better still take it home with you.



Stick to your rights of way whichever way you access the park, by foot, bike or horse.



Use the gates and stiles provided. Close and re-latch gates you have opened.



Be Dronesafe. Unauthorised drone use is against the law.



Camp fires, BBQs and naked flames are not permitted. Picnics are great, but please take your rubbish home.



Look and listen. Discover the wildlife and its habitat around you.



Drive with care and park in designated car parks.



Get in touch

www.peakdistrict.gov.uk/visiting
www.nationalparks.uk/visit-us

Find further walks at

www.peakdistrict.gov.uk/familywalks



| Photos: Simon Atherton



www.peakdistrict.gov.uk

Edale Stride

Walk through farmland and woodland to experience a beautiful upland valley with stunning views of the Kinder Plateau.



1 From the visitor centre, turn right and follow the road past the church and continue to the centre of the village with its small primary school and the Nag's Head Inn. Watch out for traffic along this section as there is no pavement.

2 Continue straight on the road with the Nag's Head on your right. The road becomes a track and then leads to a footpath bearing off to the right opposite the Lodge House.

3 Go down the steep steps through a wooded area to the wooden bridge to cross the river, and then up the steps on the other side to go through a gate to enter a field.

4 Follow the paved path along the edge of a wooded area towards an old barn. Continue on the paved path which climbs gently up to a small woodland.

Look out for...

The Pennine way used to pass through Grindsbrook Meadow, but by the 1970s the path was very eroded. Flagstones, taken from the floors of local derelict mills, were used to repair the damage. In some of the flagstones, you can still see the drilled holes or bits of metal showing where weaving looms were attached to the floor in the mills.

5 Pass through a gate into the woodland area, where there are some benches to rest for a while. Pass through another gate to leave the woodland and then cross a wooden bridge over a stream (Golden Clough).

Did you know?

The wooden bridge that crosses Golden Clough was hand carved by a local furniture maker from the curved trunk of a sweet chestnut tree that grew in the nearby plantation. The bridge uses jointing techniques and a curved main beam similar to those used in local barn roofs.

6 Follow the rough muddy path, which starts to climb more steeply up the valley. Rough tracks leading off from the main path give you the option to go down to explore the river, but take care as they can be steep and slippery.

7 Cross another stream to reach a small grassy area below a small patch of trees, which is a good place for a rest to enjoy the views. From this point the path becomes increasingly steep and rough.

8 For the adventurous, climb for a further half mile up the valley to a cluster of large boulders, known locally as Halfway House. There is an option to enjoy some scrambling among the boulders, but avoid the path very close to the river as this is very rough and eroded.

9 Rest a while to enjoy the views, before retracing your route back down the valley to Edale Village.

Look out for...

The surrounding moorlands contain a unique habitat called blanket bog, which has a special soil called peat that contains partially decayed plant materials. The peat locks in carbon and this helps to tackle climate change. The peat leads to the brown staining of the river water in the area.