



#PeakDistrictConnect

For kids!

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

Make a picture out of natural objects

Use four sticks to make a picture frame on the ground, then go and find natural materials to fill the frame with a picture or pattern.

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

Your walk details

Distance	3.3 miles / 5.3km
Duration	1 hour 45 mins
Buggy friendly?	No
Dog friendly?	Yes
Facilities	Car parking on station approach (pay online). Toilets available (if using café)
Extra information	Route is surfaced at start but then goes onto unsurfaced paths which will be muddy after heavy rain. There are no stiles, but some gates

Start from here

Grindleford Station

Just off B6521. There are trains from Sheffield and Manchester. Also buses from Sheffield.



Postcode (satnav)	S32 2AH
Grid ref	SK 251 787
What3Words	bother.defend.quench

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: Peak District National Park / Tom Marshall / Alex Hyde



Family walk 7

Adventurer

Padley Woodland Wander

A quiet walk amongst oak woods



www.peakdistrict.gov.uk

Padley Woodland Wander

Avoid the crowds and head into the quiet woods for a relaxing walk with lots of birdsong and interesting wildlife.



1 From Grindleford Station café, follow the lane over the railway and continue along the rough track. Cross the bridge over the stream and around to the left and passing the old mill (now a house) continuing along the track uphill. Do not take the track to your right but carry straight on past the houses on your left to reach Padley Chapel on your right.

Did you know?

A

Padley Chapel is all that remains of Padley Manor which was built in the 14th and 15th century by the Fitzherbert family. It has a dark history and as a result the Manor fell into disrepair. In 1922 the current chapel was restored. Have fun exploring the ruins behind the chapel.

2 Shortly after Padley Chapel, go through a gate at the side of a cattle grid and turn right through a gate and follow a wall on your right steeply uphill. After a short distance, at the corner of the wall another path is reached. Turn left here and follow flatter ground through some oak woods.

Did you know?

B

Bolehill Wood hides the remains of the quarry, where 1.25 million tonnes of gritstone were extracted to create the three large dams in the Derwent Valley in the early 1900s. In parts of the quarry there are still many abandoned millstones, the symbol of the Peak District National Park.

3 Follow the path to meet a broken dry stone wall. At this point the path follows the wall turning to the right. Keep following the wall. Ignore the footpath gate on your left and continue uphill following on the top of the wall where the path becomes rougher.

4 At a large rock next to the wall, do not follow the path that goes uphill to the right but take the left path that crosses the wall.

5 Follow the path through young birch woods, passing through two old walls. Pass through a gate and continue along the path following a stone wall uphill on your left.

6 Go through a gate in the wall on the left and go downhill through the woods. Pass through a gate in a wire fence and turn right onto the track.

7 Pass the farmhouse on the left and take the track left to go downhill behind the barns.

8 Continue along the track steeply downhill towards a house, then follow the well-used path to the left in front of the boundary wall.

Look out for...

C

The oak woods are home in summer to pied flycatchers, which migrate from Africa to nest. A few moments patience, watching one of the dozens of nestboxes here, and you may be rewarded with a great view.

9 Follow the grassy path, through a gate into a wood above the railway line (on your right). Go along the path, crossing three streams.

10 Pass through a gate and shortly after go through a gate on the right, crossing a railway bridge. Then turn left and cross a large field.

11 Pass through two gateways in walls (no gates). At the third gateway, do not go through but follow the wall uphill to the left. Cross the railway bridge, go through the gate and turn right onto the track. In a short distance reach the cattle grid you passed earlier and retrace your steps to the start of the walk.

Look out for...

Visit the woods in autumn and you'll see lots of varieties of fungi.