



# GET ACTIVE

If you are looking to get active in the countryside - we have plenty of options for you to choose from.

Red on to find out more about:

- **Cycling**
- **Walking**
- **Watersports**
- **Outdoor pursuits**
- **Companies that organise events for you.**

## CYCLING

Cycling is one of the most popular things to do in Derbyshire and we are very close to the many trails that you can enjoy.

Below you'll find information about some of the key trails and where to hire bikes, if you are not able to bring your own bike.

### **Carsington Water Sports Cycle Hire**

The Water Sports Centre at Carsington Water is an easy place to hire bikes from. You will need to book in advance, however, as they can sometimes run out of bikes when it is busy.

**Distance from Stainsborough: 1 mile**

Website: [www.carsingtonwater.com](http://www.carsingtonwater.com)

### **Middleton Top Cycle Hire**

The council-run facility at Middleton top carries a lot of bikes and you can just turn up.

**Distance from Stainsborough: 2 miles**

[Click here for Website](#)

### **Ashbourne Cycle Hire**

At the base of the Tissington Trail - this is an easy place to start your trip.

**Distance from Stainsborough: 6 miles**

[Click here for Website](#)





# Tissington Trail

The Tissington Trail is a 13-mile trail that runs up from Ashbourne. This can be quite a steady climb, but there aren't any cars on this route either.

Distance from Stainsborough: 6 miles to start in Ashbourne

## Cycling from Middleton Top

### Exploring the High Peak Trail and Tissington Trail

**Middleton Top Cycle Hire,**  
Middleton Top Countryside Centre,  
Middleton by Wirksworth,  
Derbyshire. DE4 4LS  
Tel: 01629 533294

**Choosing a route**

There are plenty of cycle routes to choose from whether you are planning a short ride or a longer, more challenging outing. (Most cyclists will cover approximately 6 miles in an hour. So a 3 hour bike hire should allow time to get to Minninglow, or Friden, and back again).

- **High Peak Trail** - a 17.5 mile trail between Dowlow (at the Buxton end, only 6 miles short of the town) and High Peak Junction (close to Cromford)
- **National Cycle Network Route 547** - joins the High Peak Trail with the Tissington Trail along approximately 10 miles of country roads. There is an additional route around **Carsington Water** of about 8 miles
- **Tissington Trail** - joins the High Peak Trail at Parsley Hay and runs 13 miles south to Ashbourne. When starting your route from Middleton Top, cyclists are advised to travel west towards Parsley Hay due to a series of very steep inclines to the east, which are better enjoyed on foot.

**Tissington Trail** - This was one of the last of the Victorian railways - it opened in 1899 - supplying milk to London. Several quarries opened along the track to send limestone to industrial areas. The trail was created after the railway's closure in 1967. The signal box at Hartington Station has been preserved, whilst at its southern end the trail enters a 600 metre long tunnel that emerges near the centre of Ashbourne.

**High Peak Trail** - The Cromford and High Peak Railway was one of the first railways in the world. It was built between 1825 and 1830 to link the Peak Forest Canal at Whaley Bridge (north of Buxton) to the Cromford Canal - a distance of 33 miles. The railway itself was designed like a canal. On the flat sections the waggons were pulled by horses. Large steam powered beam engines in engine houses pulled the waggons up the steep inclines using cables (on a canal the inclines would have been negotiated by using locks).

At Middleton Top the engine house with its massive beam engine is open to visitors at weekends during the summer months. Call 01 629 533298 or visit [www.derbyshire.gov.uk/countryside](http://www.derbyshire.gov.uk/countryside) for more information. The railway was adapted over the years but finally closed completely in 1967. The section south of Buxton was then converted into the High Peak Trail.

**Carsington Water** - This 2 mile long reservoir, managed by Severn Trent Water, was opened in 1992 as an emergency reserve of water for Derby and the East Midlands. A complete circuit of the reservoir is over 8 miles long and cyclists will cross the dam and pass through the villages of Carsington and Hopton. There are various wildlife viewing points around the shore. A large, modern Visitor Centre includes a children's play area, watersports centre, restaurant and shops.

KEY	
—	Trail
54	National cycle route number
.....	Other off-road routes
---	Routes using minor roads
><	Tunnel
/	Steep descent
/	Very steep descent
P	Car park with picnic site
WC	Toilet
i	Information point
B	Cycle hire
2.5	Distances shown in miles between black circles

**Want to explore more of Derbyshire?**  
See our full colour leaflet Cycle Derbyshire for guidance and advice on making the most of the cycle routes around the county.  
**Cycle Hire customers: if you experience problems please call 01629 533294.**  
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**Code of conduct for cyclists**

- Always give way to walkers and horse riders.
- Dismount down inclines.

**DERBYSHIRE**  
County Council  
[www.derbyshire.gov.uk/countryside](http://www.derbyshire.gov.uk/countryside)

# High Peak Trail

The High Peak Trail is a 17.5 mile trail that can be accessed at Middleton Top (less than 2 miles from the house). There are no cars on this route and it does have a few inclines in places.

Distance from Stainsborough: 2 miles

## White Peak Trails and Cycle Routes



### The Manifold Track

This was the Leek and Manifold Valley Light Railway. It was built in 1904 to transport dairy products from the valley to the main railway south of Waterhouses. It was a 'light railway' because it used much narrower track than the 'standard gauge' of mainline railways. The owners also hoped that the old copper mines at Ecton would re-open - but they never did. The railway closed in 1934. One section of the trackbed became a new road to Wetton Mill and the rest became a walking and cycling route. The old station at Hulme End has been preserved and is now a Visitor Information Centre.

### The Tissington Trail

This was one of the last of the Victorian railways - it opened in 1899. It supplied milk to London and several quarries were opened along the track sending limestone to the industrial areas. The Trail was created after the railway closed in 1967. The signal box at Hartington Station has been preserved. You can go inside and see how it worked. At its southern end the Trail goes into a 600 metre long tunnel to emerge in the centre of Ashbourne.

### Carsington Water

This 2 mile-long reservoir; managed by Severn Trent Water; was opened in 1992 as an emergency reserve of water for Derby and the East Midlands. Cyclists can make a complete circuit of the reservoir - over 8 miles long - crossing the dam and passing through the villages of Carsington and Hopton. There are wildlife viewing points around the shore. A large modern Visitor Centre includes a children's play area, watersports centre, restaurant and shops.

### Choose a route

There's plenty of choice of routes to cycle whether you're planning a short ride for an hour or so, or you would like a longer outing:  
**The High Peak Trail** is 17½ miles long between Dowlow (at the Buxton end - just 6 miles short of the town) and High Peak Junction (close to Cromford).  
**The Tissington Trail** joins the High Peak Trail at Parsley Hay and runs 13 miles south to Ashbourne.  
**Route 54** joins Middleton Top to Tissington via about 10 miles of country roads. There is an additional route around Carsington Water of about 8 miles.  
**The Manifold Track** is a 9 mile tarmac track along a disused railway from Hulme End to Waterhouses. A section between Swainsley and Wetton Mill is used by traffic (single track) and contains a tunnel 100m long at Swainsley; this is illuminated but still quite dark with small passing places to avoid vehicles.  
[www.peakdistrict.gov.uk/cycle](http://www.peakdistrict.gov.uk/cycle)

### The High Peak Trail

The Cromford and High Peak Railway was one of the first railways in the world. It was built between 1825 and 1830 to link the Peak Forest Canal at Whaley Bridge (north of Buxton) to the Cromford Canal - a distance of 33 miles. The railway itself was designed like a canal. On the flat sections the wagons were pulled by horses. Large steam powered beam engines in 'engine houses' pulled the wagons up the steep 'inclines' using cables (on a canal the inclines would have been locks).  
 At Middleton Top the engine house with its massive beam engine is open for visitors to wonder at (telephone 01629 823204 for details of open days). The railway was adapted over the years but finally closed completely in 1967. The section south of Buxton was then converted to the High Peak Trail.



## WALKING

Derbyshire is a great place to walk. Stainsborough Hall sits on a number of public footpaths so you can literally walk out of the front door to start your adventures. There are hundreds of different walks, with different terrain and distance, here are just a few suggestions.

### **Carsington Water**

Stainsborough Hall sits on the shores of Carsington Water and there is private access directly on the reservoir's circular route. Eight and a half miles around, the good paths offer easy and relatively level walking through fields and woodland alongside the reservoir.

**Length of Walk: 8.5 miles**

**Distance of starting point from Stainsborough Hall: 0 miles**

### **Cromford Canal**

This walk starts as a gentle canal-side stroll before climbing up to the High Peak trail and finishing with a descent through woodland and fields to Cromford.

**Length of Walk: 4 miles**

**Distance of starting point from Stainsborough Hall: 4 miles**

### **Derwent Valley Heritage Way**

The 55 mile Derwent Valley Heritage walk takes in contrasting landscapes along the Derwent Valley from Ladybower Reservoir, via Chatsworth and the Heritage mills before reaching the riverside path through Derby to Shardlow and finishing where the Derwent flows into the River Trent. If this is too far, completing a portion of the path will provide an enjoyable day.

**Length of Walk: 55 miles**

**Distance of Starting point from Stainsborough Hall: 25 miles**

## Dovedale

Dove Dale is possibly the most beautiful limestone dale in Britain. This stunning walk takes in steep limestone cliffs and spires, rare woodlands species, and the opportunity to explore many caves such as Reynard's Cave and the Dove holes.

**Length of Walk: 6 miles**

**Distance of Starting point from Stainsborough Hall: 12 miles**

## Lumsdale Valley

This walk takes you from Matlock to the beautiful wooded gorge of the Lumsdale Valley. Walking along the gorge takes in historical mill ruins, waterwheels, mill ponds and finishes at the beautiful Lumsdale Waterfalls.

**Length of Walk: 2 miles**

**Distance of Starting point from Stainsborough Hall: 6 miles**

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## HIRE A GUIDE

Experience the best walking in the Peak District with myGuidedWalks

- *Private Guiding* - personalised private guided walks available, taking you on the best hikes and creating bespoke guided walking experiences and multi-day hikes. Ideal for individuals, couples, families, corporate groups, or clubs.
- *Navigation Training* - a selection of 1 day and 2-day walkers navigation training courses at a choice of Beginner, Intermediate, and Advanced level navigation training.
- *Peak District Guided Walks* - Organised guided group walks taking you to some of the best hiking locations in the Peak District National Park.
- *Aviation History Experience* - Experience the wild side of the Peak District National Park with a walking tour to mountain-top crash sites and a visit to Derwent Dam, famous for the RAF's 617 Dambusters squadron.

To find out more please visit their website at [www.myguidedwalks.co.uk](http://www.myguidedwalks.co.uk)

Email: [info@myguidedwalks.co.uk](mailto:info@myguidedwalks.co.uk)

Phone: +44 (0)7928677626



## WATERSPORTS

There are plenty of opportunities to try watersports in the area around us.

### **Carsington Water Sports Centre**

There are many opportunities to try a range of watersports at the Carsington Water Sports Centre. Try paddleboarding, canoeing, sailing, fishing, raft building and a range of different activities. If you want to bring your own equipment with you, the centre can arrange for you to 'launch'. Contact the centre to book ahead as they get very busy at weekends and in the school holidays.

**Distance from Stainsborough: 1 mile**

**See the website: <https://www.carsingtonwater.com/>**

### **Matlock Bath Rowing Boats**

Take a rowing boat or pedalo onto the River Derwent at Matlock Bath. When you've finished there's plenty to see in the town - amusement arcades, fish and chips shops! Just like being at the seaside in the middle of the country.

**Distance from Stainsborough: 4.2 miles**

**Find out more on [facebook](#)**

### **River Derwent White Water Rafting**

The River Derwent between Darley Dale and Matlock is fast and it's possible to white water raft on this stretch. There are a number of companies that do this, we've identified one, below, for you to try.

**Distance from Stainsborough: 8 miles**

**Click here for [Website](#)**



## OUTDOOR PURSUITS

Try one of these exciting outdoor pursuits while you are staying with us.

### **Harboro Rocks Clay Pigeon Shooting**

Try your hand at Clay Pigeon Shooting at Harboro Rocks which is less than five minutes from the house. There is a range of options and activities to choose from.

**Distance from Stainsborough: 1 mile**

**See the website: <https://www.harbororocksclayshoot.co.uk/>**

### **Acclimatize**

Contact Acclimatize to arrange a whole host of outdoor activities for your group such as climbing, potholing, and canoeing.

**See the website: <https://www.acclimatize.co.uk/>**