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Hazards

Some walking on lanes and narrow roads without pavements. The Monsal Trail is shared with cyclists. Deep water close to the route. Do not walk this route if the river is flooded.

Accessibility

There are steps, steep and uneven paths and gates and paths less than one metre wide. The tunnels on the Monsal Trail have lights, but they are long and may cause anxiety for some people. The route can be shortened to 1.5 miles (2.5km), graded 25, by crossing the river at Litton.

Navigation

The route follows roads and obvious paths. The footpath at point 4 may be difficult to spot.

Terrain

The route includes roads, grass, gravel and rough paths. The riverside path may be muddy. There are steep sections with steps. The Monsal Trail is a good flat surface.







No facilities on the route



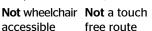
Seats on route



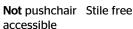
accessible











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Before you go:

- Check the local weather forecast and whether there is enough daylight to complete the walk (metoffice.gov.uk).
- Ensure you are wearing suitable clothing and footwear for the route and weather, and that you take the right kit – learn more at yha.org.uk/walk-skills.
- Download the OS Maps and what3words apps to your phone.
- To be able to contact emergency services by text visit relayuk.bt.com/emergencysms or text 'register' to 999.
- For more information on staying safe in the outdoors visit adventuresmart.uk.

In case of emergency:

 Contact 999 and use OS Maps or what3words to help pinpoint your location.

For more walks or information on route grading and timings go to yha.org.uk/map-guidance

If you encounter problems with this route contact walking@yha.org.uk

Walking has been at the heart of YHA since 1930, helping people access the great outdoors. Today, YHA continues to make adventures possible with mapped routes and affordable hostel stavs across England and Wales. Our hostels are ideal for walkers, with drying rooms, self-catering kitchens, and great trails from the doorstep. We're committed to making adventure accessible to everyone, with walks for all abilities and guided walking events that connect people to nature, heritage, and each other.

Supported by

Share your walks





Miller's Dale, Litton and **Cressbrook walk**





Old railway line and riverside walk

A pleasant walk alongside the River Wye passing the old mill at Litton and beneath stunning limestone cliffs. The return via the Monsal Trail. on the old railway line, provides great valley views and two tunnels.

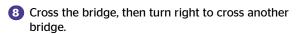
Distance: 3.8 miles (6.1km) **Ascent:** 282m (925ft) Time: Allow 2h to 3h30m







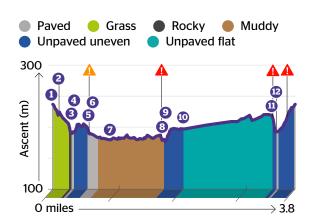
- 1 From the hostel head down the steps and turn left. Head down another set of steps and cross the lawn.
- 2 Pass through the gate to leave the hostel grounds, then head down a grass path and stone steps.
- At the road and small parking area turn left.
- 4 Turn left at public footpath sign, head up the steps and pass behind the buildings.
- 5 At the road turn right and head downhill.
- 6 At the red phone box turn left and pass through the metal gates. Pass Litton Mill, bear right and cross a small bridge onto a gravel path between two rivers. Or, to return to the hostel from here - turn right at the phone box, turn left onto the footpath next to the house, cross the river, then head up a zig zag path and steps to join the Monsal Trail and turn right.
- Cross the bridge and continue along the riverside path.



for an OS Map or the OS Maps App to navigate your walk safely.

Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.

- Turn right up the stone steps, then turn left and head up the sloping track to join the Monsal Trail.
- Turn right onto the Monsal Trail and head through Cressbrook and Litton tunnels.
- Turn right to leave the Monsal Trail at the signpost to Ravenstor. Head down the steps and cross the bridge.
- At the road turn right, then turn sharp left between two concrete pillars and follow the zig zag path uphill to the hostel.



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