

# Your Adventure Your Way

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## Hazards

Some walking on lanes and narrow roads without pavements and crossing busy roads without pedestrian crossings. 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 stiles and steps on the route. Steep and uneven paths in places and gates and paths less than one metre wide. Mostly obvious and well-trodden paths, but some navigation may be required across fields.

## Facilities

Toilets, pubs, food and drink available in Tideswell and Millers Dale. Pub and shop in Litton.

## Before you go:

- Check the local weather forecast and whether there is enough daylight to complete the walk ([metoffice.gov.uk](https://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](https://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/emercencysms](https://relayuk.bt.com/emercencysms) or text 'register' to 999.
- For more information on staying safe in the outdoors visit [adventuresmart.uk](https://adventuresmart.uk).
- Complete a route notification card ([yha.org.uk/route-card](https://yha.org.uk/route-card)) to provide essential information for the Emergency Services if you do not return when expected.
- Check all members of the group have the fitness and skills to complete the route.

## In case of emergency:

- Contact 999 and use OS Maps or what3words to help pinpoint your location.
- To attract attention shout or give six blasts on a whistle at regular intervals. In low light flash a torch six times at regular intervals.
- If you can send someone for help, they need to know your location, number of people in the group and the nature of the emergency.

For more walks or information on route grading and timings go to [yha.org.uk/map-guidance](https://yha.org.uk/map-guidance)

If you encounter problems with this route contact [walking@yha.org.uk](mailto: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 stays 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



Produced by Matt Overd (<https://walkingpace.uk>). Contributions from Jon Daniels & Simon Ainley.  
Designed by HeylinSmith.com. Cover image: Jason Wells/AdobeStock



# Cressbrook Dale, Litton and Tideswell walk



078

**YHA Ravenstor**

Book your stay now [yha.org.uk/stay-078](https://yha.org.uk/stay-078)

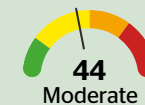
## Countryside, riverside and dale walk

A pleasant walk following the River Wye downstream, through Cressbrook Dale to Litton and Tideswell, returning with great views through open countryside and on the Limestone Way to Millers Dale.

**Distance:** 8.4 miles (13.5km)

**Ascent:** 379m (1,243ft)

**Time:** Allow 4h to 6h 30m



Partnered with





## Route directions

**Map:** OS Explorer 1:25k (OL24) The Peak District - White Peak area

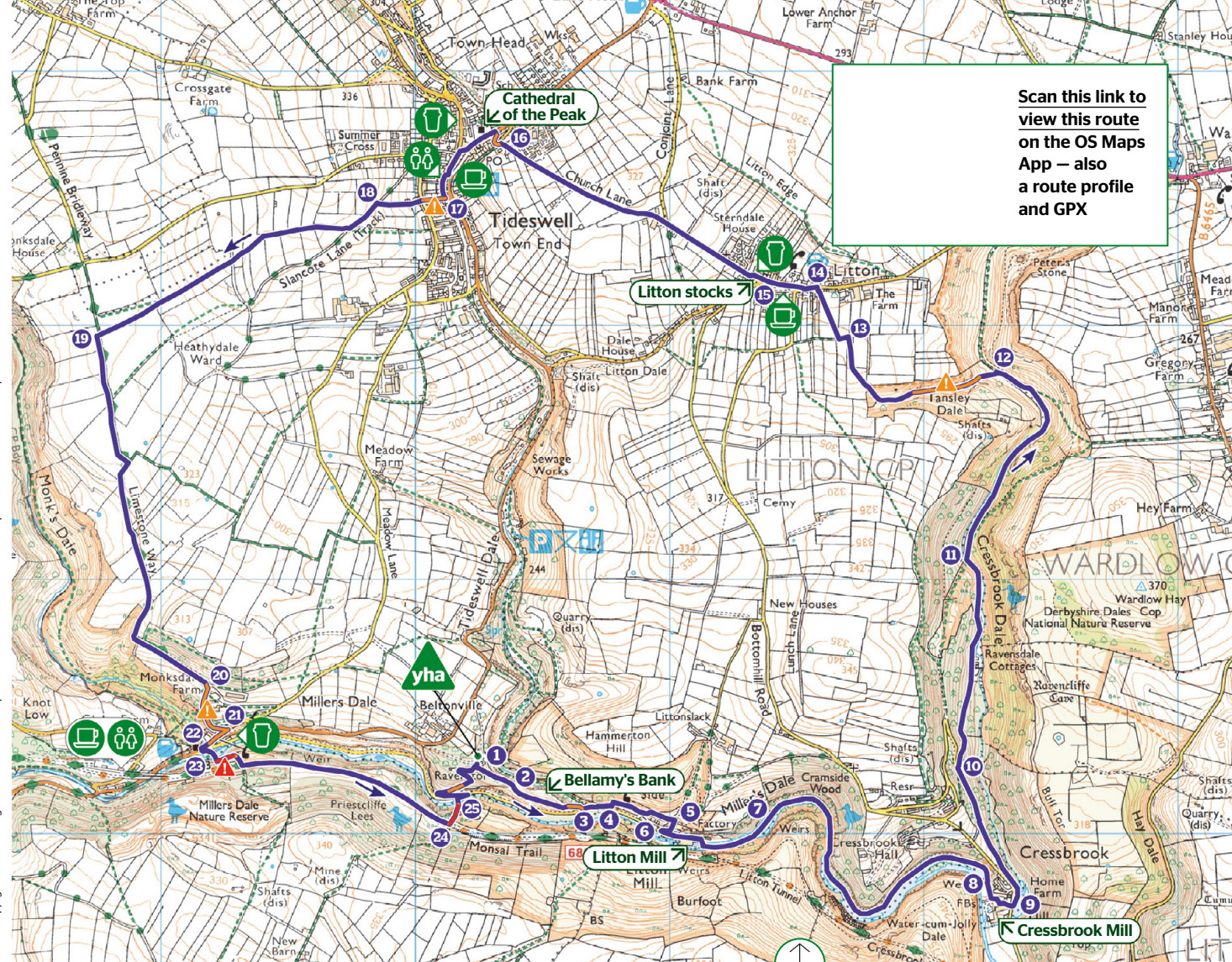
**Start/Finish:** Grid ref SK 152 732

**what3words** ///clouding.spots.builds

- 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.
- 3 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.
- 7 Cross the bridge and continue along the riverside path.
- 8 Cross the bridge and immediately bear left, then follow the path to the left and in front of Cressbrook Mill.
- 9 Turn left at the road, then immediately bear right onto the lower road.
- 10 Turn right onto the no through road towards Ravensdale. Pass the houses and join the footpath along Cressbrook Dale.
- 11 Cross the bridge, then bear left onto the permissive path.
- 12 Turn left to cross the bridge and walk up Tansley Dale.
- 13 Cross the stile and turn left onto the gravel track, then turn right to cross a field.
- 14 At the road turn left to Litton.
- 15 Pass the Red Lion and leave Litton on Church Lane.
- 16 As the road bends to the right take the footpath on the left heading downhill, then bear right and turn left onto Commercial Road.
- 17 To leave Tideswell turn right onto Sunny Bank Lane, cross Sherwood Road and pass through the stone stile onto the footpath ahead.
- 18 At the track (Slancote Lane) turn left, then turn right onto the signposted footpath across fields.
- 19 At the Limestone Way/Pennine Bridleway track turn left.
- 20 At the farmyard turn right to stay on the Limestone Way.
- 21 At the road turn right.

- 22 Cross main road to the bus stop, head down the steps to the lower road and turn left.
- 23 Turn right at the footpath sign, cross the bridge, follow the path around to the left and onto the Monsal Trail. Turn left.
- 24 Turn left to leave the Monsal Trail at the signpost to Ravenstor. Head down the steps and cross the bridge.
- 25 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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**1km / ½mile**

Café/Takeaway/Shop  
 Toilets

Pub

Steep gradient

over 20%   over 15%

**OS map legend**  
– find out what the other symbols on this map mean  
[os.uk/explorer/legend](https://www.os.uk/explorer/legend)

This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need 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.