

# Your Adventure Your Way

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## Hazards

Some walking on lanes and narrow roads without pavements. Steep and rocky paths in places which may be slippery in wet conditions. May be livestock in fields.

## Accessibility

There are stiles and steps on the route and gates and paths less than one metre wide. Many good tracks and paths, some grass paths and patches of mud after rain.

## Facilities

Public toilets, pubs, cafés and shops in Castleton. Toilets at Speedwell Cavern. Café and toilets at Blue John Cavern.

## 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 Jane Butterfield & Simon Ainley.  
Designed by HeylinSmith.com. Cover image: © Graham Hogg (cc-by-sa/2.0) [geograph.org.uk/p/2668719](https://geograph.org.uk/p/2668719)



# Mam Tor, Hollins Cross and Lose Hill walk



191

**YHA Castleton Losehill Hall**

Book your stay now [yha.org.uk/stay-191](https://yha.org.uk/stay-191)

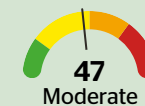
## Undulating ridge and countryside walk

A stunning route through picturesque Castleton with a ruined Norman fort, cave visitor attractions and an impressive ridge with awesome views from Mam Tor to Lose Hill.

**Distance:** 6.6 miles (10.7km)

**Ascent:** 475m (1,558ft)

**Time:** Allow 3h 45m to 5h 45m



Partnered with





## Route directions

**Map:** OS Explorer 1:25k (OL01) Peak District  
– Dark Peak area

**Start/Finish:** Grid ref SK 153 838

**what3words** ///relax.poets.tender

- 1 From the hostel head to the top of the car park, through the gate to the left of the Mews building and turn left onto the track.
- 2 As the track bends to the left, head straight over, cutting through a small gap in the fence, and continue straight on until you reach the Hollowford Centre.
- 3 Turn left onto Hollowford Road which becomes Millbridge.
- 4 Turn right onto Eades Fold, the small lane just before Rambler's Rest. Continue to the car park and bear left alongside the stream.
- 5 Turn right onto Cross Street and pass the mini roundabout.
- 6 Just before the bridge turn left between the buildings and follow alongside the river.
- 7 At The Stones turn right to cross the bridge, follow Goosehill around to the left and then straight ahead onto the footpath.
- 8 Follow the path as it contours to the right. Cross the road near Speedwell Cavern, pass Treak Cliff Cavern and Blue John Cavern and continue to Winnats Head Farm.
- 9 Turn right alongside the farmyard wall, cross two roads, then up the steps to reach another road.
- 10 Head through the gate, up the steps and to the Mam Tor trig point.
- 11 Stay on the ridge to Hollins Cross and Lose Hill.
- 12 Follow the path downhill and when the paving slabs end continue ahead onto a grass path.
- 13 Before reaching Losehill Farm bear right.
- 14 At Spring House Farm turn right onto the track and to the hostel.

