

Your Adventure Your Way

Explore the world around you with OS Maps. Routes, mapping and navigation across the UK whenever and wherever you need it.

Find out more at os.uk/osm



Scan to download the app:



YHA Members: Head to the member benefits area at yha.org.uk/walk-os to find your discount code for an OS Maps Premium subscription

Hazards

Some walking on lanes and narrow roads without pavements, especially narrow when crossing the bridge in Ilam. May be sheep and cattle on the route. Deep water. Do not walk this route if the river is flooded.

Accessibility

There are narrow stiles, cattle grids and gates and paths less than one metre wide. Some tarmac roads, many good paths and tracks, rough ground with ruts or stones greater than 10cm and some rights of way across fields. May be muddy through fields and by the river after rain. Steep climb out of Rushley on a rough and uneven path with deep ruts and large stones.

Facilities

Café and toilets in Ilam Park. Food and drink available at the Isaak Walton Hotel in Ilam.

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.
- Complete a route notification card (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

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 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 Simon Ainley. Designed by HeylinSmith.com. Cover image: PhotoFires/AdobeStock



Manifold Valley and Blore walk



201

YHA Ilam Hall

Book your stay now yha.org.uk/stay-201

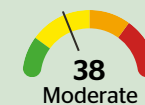
Countryside and riverside walk

A lovely walk through parkland, farmland and on a riverside path. Great views of the southern Peak District towards Dovedale and Thorpe Cloud - the flat topped hill - and very scenic along the River Manifold.

Distance: 6.3 miles (10.2km)

Ascent: 270m (886ft)

Time: Allow 3h to 4h 45m



Partnered with



Route directions

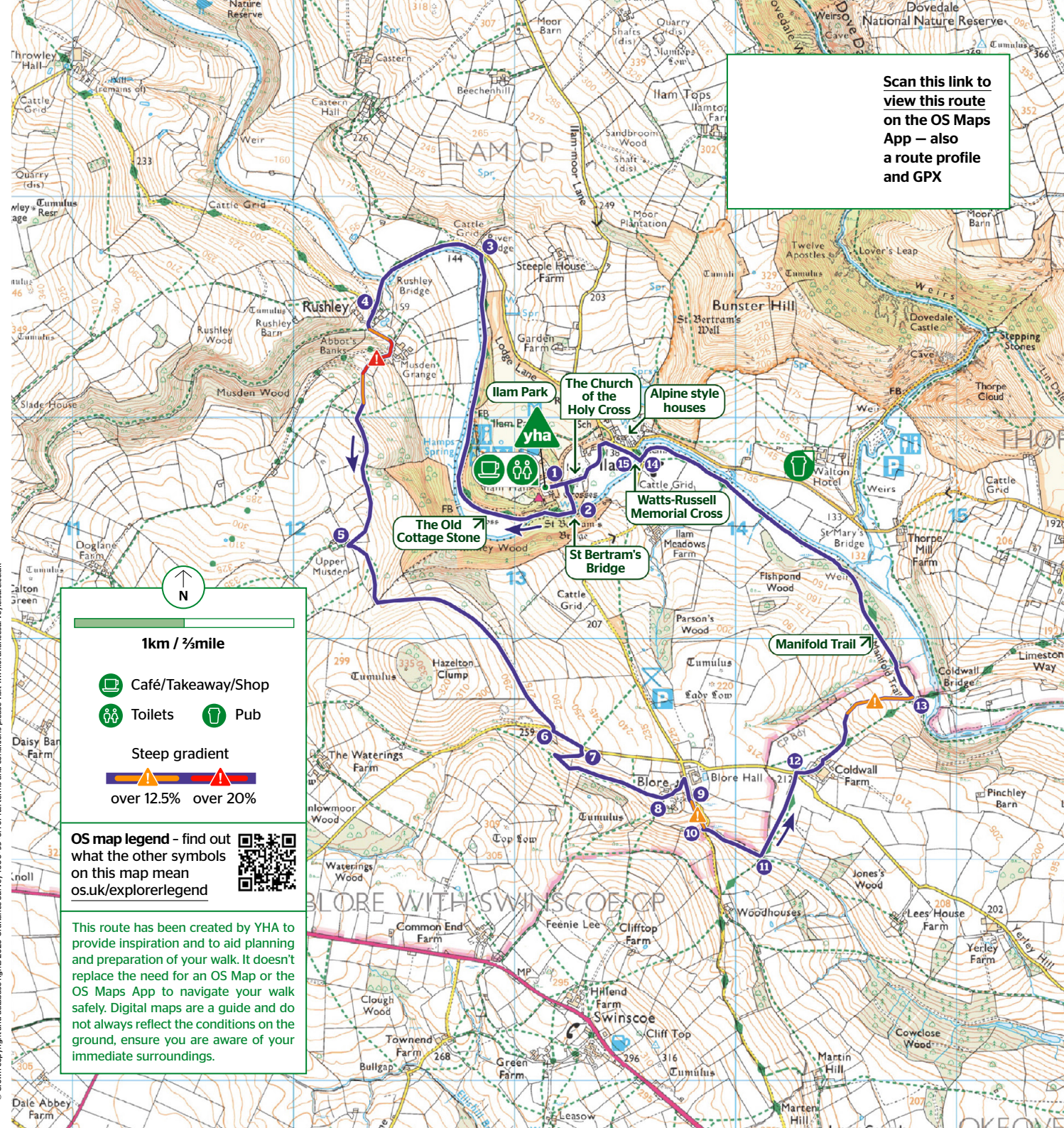
Map: OS Explorer 1:25k (OL24) Peak District – White Peak area & OS Explorer 1:25K (259) Derby

Start/Finish: Grid ref SK 131 506

what3words ///mysteries.approach.snuck

- 1 From the hostel turn right, before reaching the church turn right to cross the lawn towards the river.
- 2 Just before St Bertram's Bridge turn right to follow the riverside path.
- 3 At Lodge Lane turn left and cross the river at Rushley Bridge.
- 4 As the lane turns to the right continue straight ahead between farm buildings, then up a steep track to Musden Grange. Pass the farm and head uphill, through fields to Upper Musden.
- 5 Turn left onto a distinct track and around to the left of Hazelton Clump.
- 6 At the road turn left and shortly after cross the stile on the right.
- 7 At the wall bear right and head down to the footpath at the bottom of the small valley. Turn left and head towards the buildings in Blore.
- 8 Pass through a narrow stile, cross a farmyard and enter the churchyard. Exit the churchyard onto the road and turn right.
- 9 Cross the narrow stile on the right, bear left through the field to a gate.
- 10 Cross the road and continue downhill through fields.
- 11 Turn left over a small stream and follow the footpath uphill.
- 12 Cross the road onto the track ahead, pass Coldwall Farm and continue downhill towards Coldwall Bridge.
- 13 Before the bridge and at the fingerpost, turn left to follow the Manifold Trail.
- 14 At the road turn right to cross the bridge into Ilam village.
- 15 Pass the memorial, turn left through the white gate, follow the footpath towards the church and bear right to the hostel.

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Scan this link to view this route on the OS Maps App – also a route profile and GPX

1km / 3/4 mile

Café/Takeaway/Shop

Toilets Pub

Steep gradient

over 12.5% over 20%

OS map legend - find out what the other symbols on this map mean
os.uk/explorerlegend



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.