

179

YHA Youlgreave

Lathkill Dale and Bradford Dale

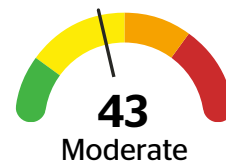
Scan or click to view this route on the OS Maps App – also a route profile and GPX

Riverside walk

Distance: 7.4 miles (11.9km) **Ascent:** 261m (856ft) **Time:** Allow 3h 30m to 5h 30m

Map: OS Explorer (OL24) Peak District – White Peak area

Start/Finish: OS Locate SK 210 642 **what3words** ///windy.hazelnuts.dwell



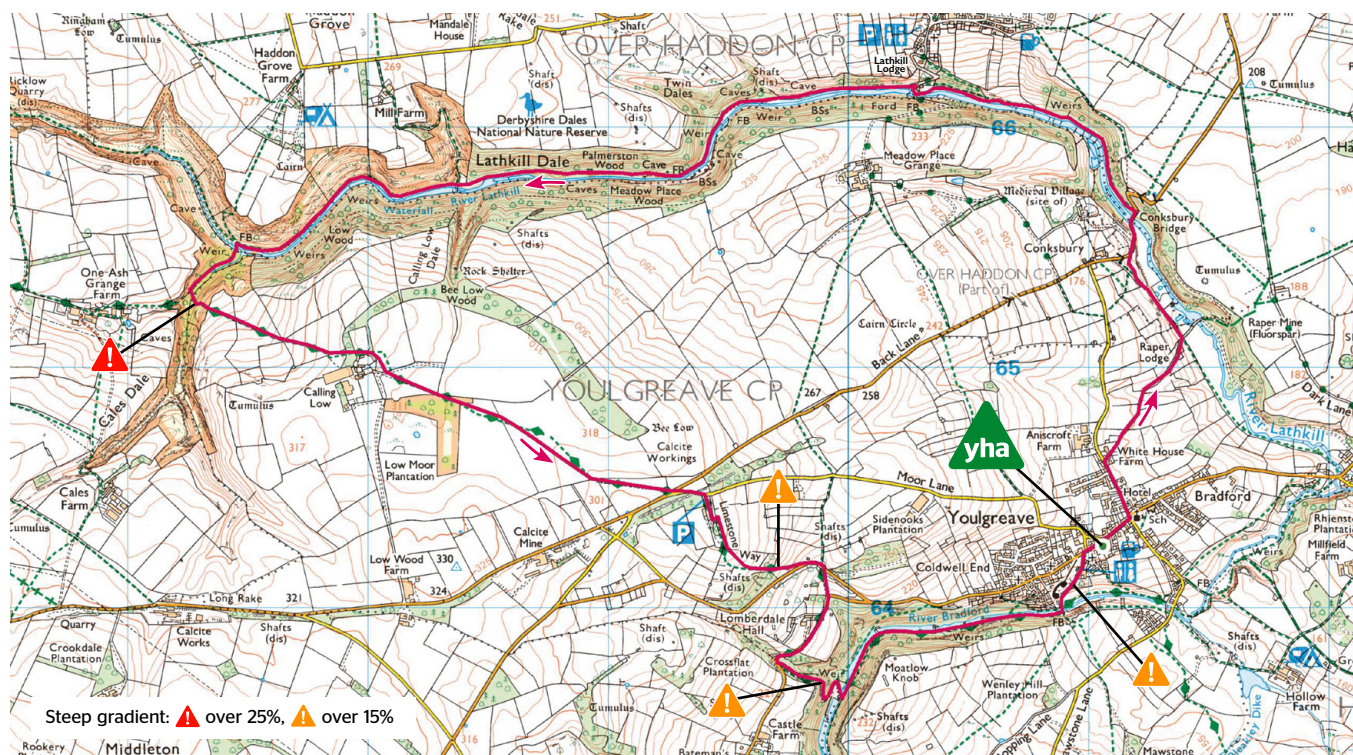
A lovely walk following the river along Lathkill Dale. From the hostel turn right, then left onto Conksbury Lane and right onto Coalpit Lane. Take the path to the left to join Back Lane. Cross the river at Conksbury Bridge for a straightforward route along Lathkill Dale. At Lathkill Lodge, rather than going straight on, turn up the road, pass a garage and take permissive path on left. Towards the end of Lathkill Dale bear left and take the wooden footbridge. Follow the signpost towards Calling Low and Youlgreave, and climb a steep set of steps out of the valley. Follow the Limestone Way to the road by Lomberdale Hall and enter Bradford Dale on the left at the bridge. Cross the river and follow the footpath on the right of the river to another bridge. Follow the road uphill and turn right back to the hostel.

Hazards

Caution on the road sections, the road near Lomberdale Hall can be busy with only some sections of pavement. Some steep and rocky sections. Livestock in fields. Do not walk this route if the river is flooded.

Accessibility

There are stiles and steps on the route with gates and paths less than one metre wide. Terrain includes sections of rough ground with ruts or stones greater than 10cm.



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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.

Points of interest

All Saints Church in Youlgreave has an interesting interior. Rare birds sometimes to be seen in Lathkill Dale. Low Moor Wood – restored ancient woodland. Historic bridge in Bradford Dale. Lathkill Dale sinkhole. Middleton Dale site of a former factory built in the 1800s.

Facilities

Toilets, shop and pubs in Youlgreave towards the end of walk. No other facilities on route. Toilets and pub a short detour uphill in Over Haddon.



Thank you for choosing to walk from our hostel.
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

Before you go:

- Check the local weather forecast (metoffice.gov.uk).
- Check the tide times for coastal routes (tidetimes.org.uk).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) (relayuk.bt.com/emergencysms).
- Plan your walk by completing the YHA route notification card it helps Emergency Services if you get into difficulties or fail to return from your walk when anticipated (yha.org.uk/route-card).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit adventuresmart.uk

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

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



Scan or click to shop
for OS maps online
osmaps.com/yha

Share your walks



What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

You might also want to take

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or what3words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.