

180

YHA Youlgreave

Lathkill Dale, Gratton Dale, Long Dale, Bradford Dale

River and Dale walk

Distance: 12 miles (19.3km) **Ascent:** 424m (1,391ft)

Time: Allow 5h 45m to 9h 30m

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

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

A scenic tour of Peak District Dales connected by rolling pastures. From the hostel turn left, then right onto Moor Lane and right for the track to Back Lane. Turn right and immediately left to reach Meadow Place Grange. Keep to the path and mind the cows. Follow the path into Lathkill Dale, turn left to cross the footbridge, then right along the river. Cross the river at Conksbury Bridge, follow it past Alport, turn left at the bridge onto Mawstone Lane. Take the path on the left to reach Cliff Lane. Turn right, follow the road around a left hand bend and take the path on the right to Dale End. Turn left onto the road and enter Gratton Dale on the right. Muddy sections can be avoided by taking higher parallel paths. Turn right to reach Long Dale, then after the steep uphill section turn right to join the road at Hope Farm. Go straight ahead and turn right onto a footpath which leads to Bradford Dale. Follow the footpath on the right of the river to a bridge. Follow the road uphill and turn right back to the hostel.

Hazards

Caution required on the road sections, some without footpaths. Livestock in fields. Overgrown sections north of Long Dale. Gratton Dale, Long Dale and Middleton Dale muddy after rain.



Accessibility

There are lots of stone and wood stiles on the route and gates and paths less than one metre wide. Terrain includes sections of rough ground with ruts or stones greater than 10cm. The route could be completed as two walks one to the north of Youlgreave and a longer one to the south.

Points of interest

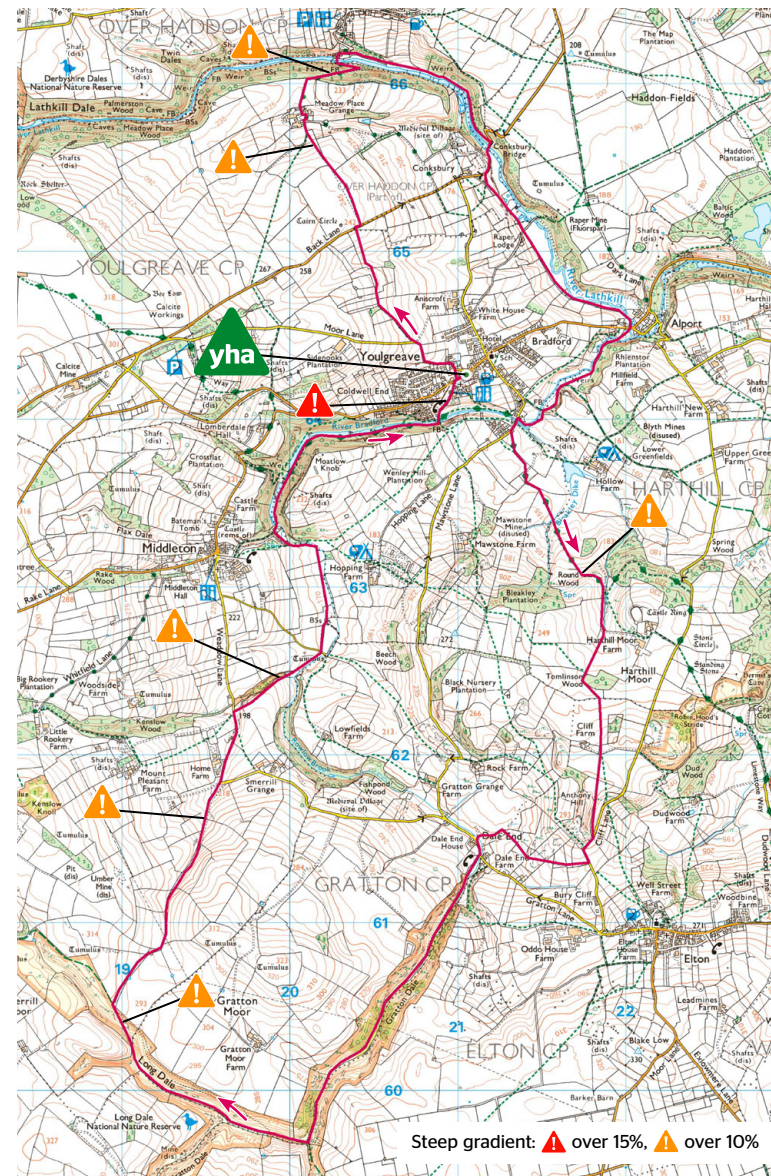
All Saints Church in Youlgreave has an interesting interior. Rare birds sometimes to be seen in Lathkill Dale. Historic Burycliffe Troughs near Cliff Lane. Three upright slabs with carving in Long Dale. Historic bridge in Bradford Dale. Middleton Dale site of a former factory built in the 1800s.

Facilities

No facilities on the route. Food, drink and toilets available at the YHA. Toilets, pubs, cafés and shop in Youlgreave. Seasonal toilets in Middleton a short detour uphill. Route passes near to Youlgreave after Lathkill.

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.

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



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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.