

Mam Tor, Hollins Cross and Lose Hill

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

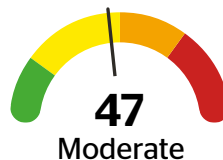
Ridge and countryside walk

Distance: 6.6 miles (10.7km) **Ascent:** 475m (1,558ft)

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

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

Start/Finish: OS Locate SK 153 838 **what3words** ///relax.poets.tender



A stunning route through picturesque Castleton and along the impressive ridge. From the hostel head to the top of the carpark and through the gate to the left of the Mews building. Turn left onto the track and pass the training centre. Turn left onto Hollowford Road which becomes Millbridge. Turn right onto Eades Fold, the small lane just before Rambler's Rest. Continue to the car park and bear left alongside the stream. Turn right onto Cross Street, pass the mini roundabout, cross the road and turn left between the buildings before the bridge. Follow alongside the river to The Stones and turn right to cross the bridge. Follow Goosehill around to the left and then straight ahead to join the footpath. Follow the path as it contours to the right and cross the road near Speedwell Cavern. Pass Treak Cliff Cavern and Blue John Cavern to Winnats Head Farm. Turn right alongside the farm yard wall, cross two roads, then up the steps to reach another road. Head through the gate, up the steps and continue to the Mam Tor trig point. Stay on the ridge to Hollins Cross and Lose Hill. Follow the path downhill and when then paving slabs end continue ahead onto a grass path. Bear right before Losehill Farm and continue to Spring House Farm. Turn right onto the track and left to the hostel.

Hazards

Watch out for traffic on the short road sections, some with no pavements. Steep and rocky paths in places. May be livestock in fields.

Accessibility

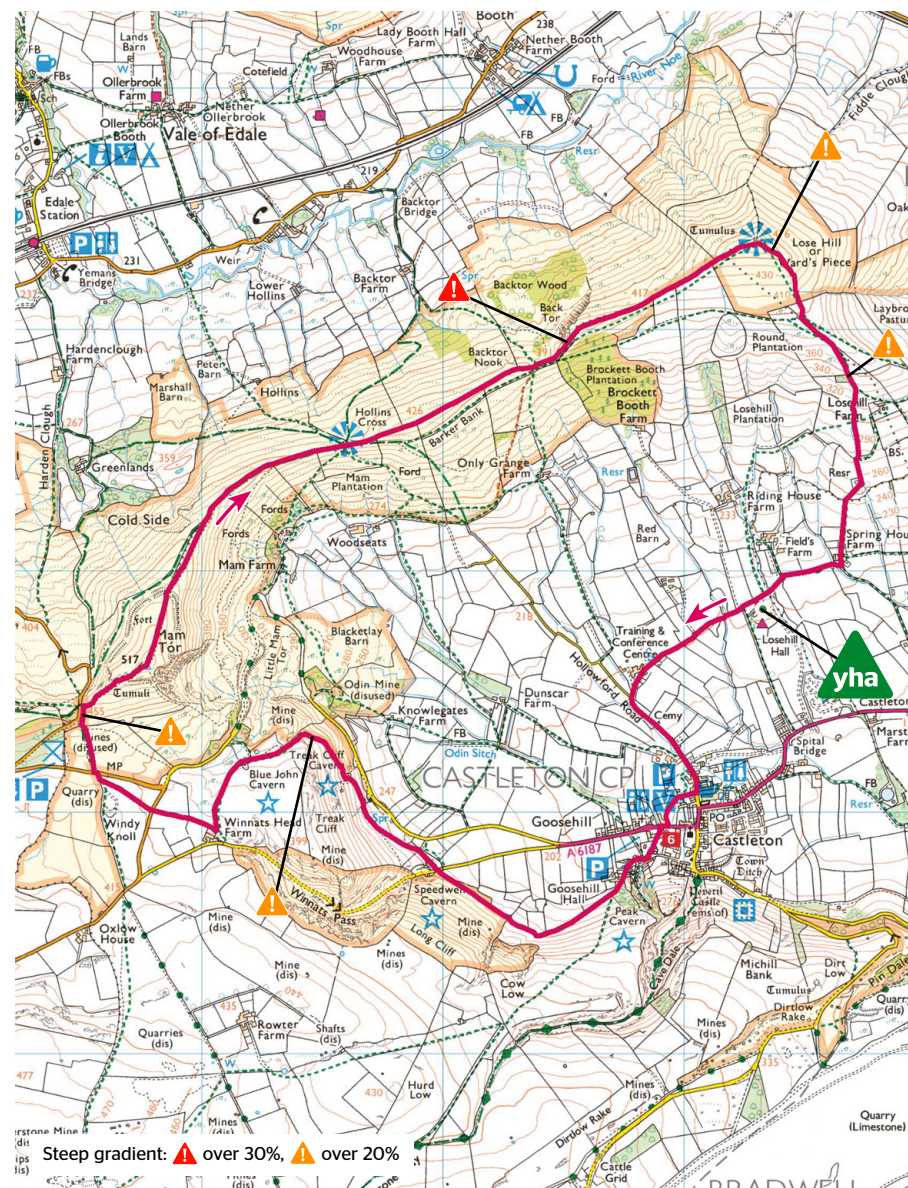
There are stiles and steps on the route and gates and paths less than one metre wide. Many good tracks and paths, some grass paths and patches of mud after rain.

Points of interest

Castleton has lots to see and do including Peveril Castle a ruined Norman fort, Peak Cavern natural cave, a visitor centre and museum. Speedwell Cavern has boat trips in an old mine and Treak Cliff and Blue John Caverns can be visited. The route follows the ridge from Mam Tor to Lose Hill and provides fantastic views to Kinder Scout and across the Peak District.

Facilities

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



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.



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 (mwis.org.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.