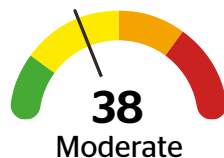




YHA Ilam Hall [Book your stay now](#)

201 Manifold Valley and Blore



Riverside and countryside walk

Distance: 6.3 miles (10.2km) **Ascent:** 270m (886ft)

Time: Allow 3h to 4h 45m

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

Start/Finish: OS Locate SK 131 506 **what3words** ///mysteries.approach.snuck

A lovely walk through parkland, farmland and alongside the river with panoramic views of the southern Peak District. From the hostel turn right, before reaching the church turn right to cross the lawn towards the river. Before reaching the bridge turn right to follow the riverside path to Lodge Lane. Turn left and follow the lane to cross the river at Rushley Bridge. As the lane turns 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. Turn left onto a distinct track around Hazelton Clump to a road. Turn left and shortly after cross the stile on the right. Head to the wall, bear right and down to the footpath at the bottom the small valley. Turn left and head towards the buildings in Blore. Pass through a narrow stile, cross a farmyard and enter the churchyard. Exit the churchyard onto the road and turn right, downhill. Cross the narrow stile on the right, bear left through the field to a gate. Cross the road and continue downhill through fields. When the path becomes muddy turn left over a small stream to follow the footpath uphill and across fields to a road. Cross the road onto the track ahead, pass Coldwall Farm and continue downhill towards Coldwall Bridge. At the fingerpost sign before the bridge turn left onto the Manifold

Trail. Cross a field and into the woodland ahead. Continue downhill to the river, emerge into fields and continue to the bridge in Ilam village. Cross the bridge, bear left and pass the memorial. Turn left through the white gate, follow the footpath towards church and bear right to the hostel.

Hazards

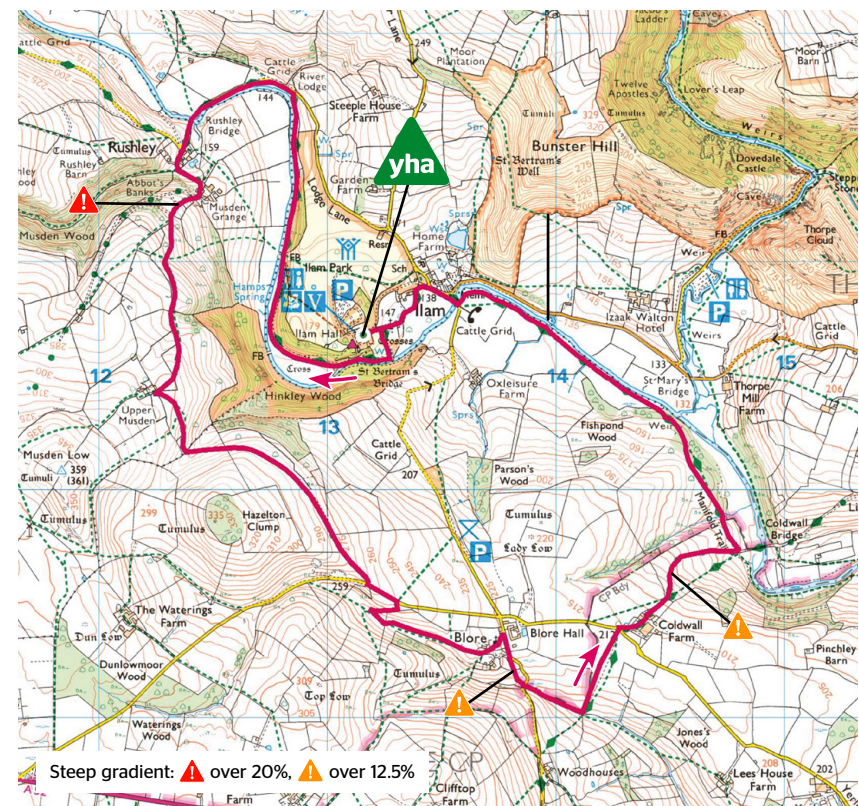
Caution on the roads without footpaths. Watch out for vehicles when crossing the bridge in Ilam. There are sheep and cattle on the route, keep dogs on leads at lambing time. Take care near the water. Do not walk this route if the river is flooded. Very muddy in places through fields by the river after rain.

Accessibility

There are narrow stiles and cattle grids on the route and gates and paths less than one metre wide. Some tarmac road, many good paths and tracks, rough ground with ruts or stones greater than 10cm and some rights of way across fields. Will be muddy in places after rain. Steep climb out of Rushley with rough and uneven ground, deep ruts and large stones. Paradise Walk – the section of the walk from St Bertram's Bridge heading north through Ilam Park is pram and wheelchair friendly.

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



Points of interest

This is a lovely part of the White Peak. Ilam Park, the hostel grounds, are owned by the National Trust and includes The Church of the Holy Cross and St Bertram's Well. Watts-Russell Memorial Cross. Very scenic along the Manifold Trail by the River Manifold. Views towards Dovedale and Thorpe Cloud – well known flat topped hill.

Facilities

Toilets and water at the hostel, café and toilets in Ilam Park near the hostel. Food and drink available at the Isaak Walton Hotel in Ilam.

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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.