

## No. 4 Happy Trails

| Dist | Type                                                                              | Note                                                                                    |
|------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| 0.0  |  | Start of route                                                                          |
| 0.0  |  | Left out of Cromford Station                                                            |
| 0.1  |  | Right onto Lea Road                                                                     |
| 0.9  |  | At the traffic lights, turn left onto A6                                                |
| 1.1  |  | Right onto Intake Lane                                                                  |
| 1.5  |  | Sharp right                                                                             |
| 1.5  |  | Continue onto the unsurfaced path                                                       |
| 2.1  |  | At the bridge, turn sharp right onto the Incline                                        |
| 5.4  |  | At Middleton Top, continue on the High Peak Trail                                       |
| 26.3 |  | A mile after Parsley Hay visitor centre, turn left off the High Peak Trail (SP NCR 549) |
| 27.2 |  | Continue on NCR 549                                                                     |
| 32.9 |  | In Hartington turn left at the Market Place then right onto Hall Bank                   |
| 33.5 |  | Right onto the gravel path (SP NCR 548)                                                 |
| 35.1 |  | At the T turn right (SP NCR 48)                                                         |

35.1 kilometers. +580/-390 meters

| Dist | Type                                                                               | Note                                                                                                                                                     |
|------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 35.2 |  | Left (SP Biggin NCR 548)                                                                                                                                 |
| 36.5 |  | Imm. after the bridge turn left the sharp left onto the Tissington Trail heading south (SP Tissington)                                                   |
| 46.1 |  | At the car park, turn right off the Trail and then left into Tissington village                                                                          |
| 46.6 |  | Continue onto Rakes Lane<br>From Tissington village, retrace back the way you came but continue on the lane rather than back onto the Trail (SP NCR 547) |
| 49.2 |  | From the ford, turn right and onto the short cycle path to cross the B5056 and continue on NCR 547                                                       |
| 49.9 |  | At the T turn right onto Mill Lane                                                                                                                       |
| 50.6 |  | Right (SP Carsington)                                                                                                                                    |
| 53.3 |  | Cross the B5035 onto the cycle path                                                                                                                      |
| 53.7 |  | Cross the road to continue on the cycle path                                                                                                             |
| 54.0 |  | At the end of the cycle path turn left onto the road                                                                                                     |
| 54.1 |  | Left at the T                                                                                                                                            |

19.0 kilometers. +234/-297 meters

| Dist | Type                                                                                | Note                                                                                                     |
|------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| 54.3 |  | Keep left to follow the shared use path around Carsington Water (take care as there are lots of walkers) |
| 56.0 |  | At the fork in the paths, keep left (following the cycling route)                                        |
| 56.7 |  | At the end of the cycle path, turn left onto the road                                                    |
| 56.8 |  | Left onto B5035 then imm. right (SP Carsington)                                                          |
| 58.0 |  | Left (SP NCR 547)                                                                                        |
| 59.5 |  | Cross the road and turn right onto the trail imm before the railway bridge.                              |
| 59.7 |  | Right onto the High Peak Trail. Retrace the route from the start of the ride.                            |
| 64.3 |  | Sharp left off the Incline onto Intake Lane                                                              |
| 65.4 |  | Left onto A6                                                                                             |
| 65.6 |  | At the lights, turn right onto Mill Road (SP Station)                                                    |
| 66.4 |  | Left into Cromford Station                                                                               |
| 66.5 |  | End of route                                                                                             |

12.4 kilometers. +147/-260 meters