

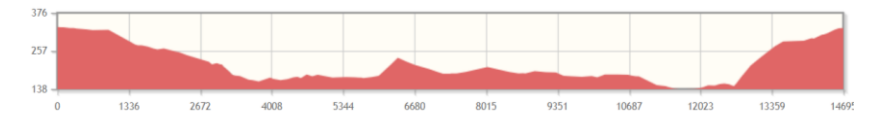
Deep Dale, Monsal Dale and Ashford-in-the-Water

A Full day walk via a great pub (or two).

- Walk down the drive and out of the gate.
- Turn right onto the road, and right again when you see the first public footpath sign on your right over a stile.
- Walk in front of our house and follow the footpath signs across the fields and down into Deep Dale
- Turn right into Deep Dale and follow the signs until you reach White Lodge Carpark. Deep Dale is a wild flower nature reserve, so see what you can spot on your way through.
- Cross the main road and head down Monsal Dale staying on the left back of the river.
- When you reach the viaduct, go under it and follow the footpath signs up the steep bank onto the viaduct.
- Cross the viaduct and walk through a long tunnel for about 10 minutes.
- Book a table in advance if you want to eat at the Packhorse Inn which has fabulous food. If you get in, follow the next two steps.
- Look for the first public footpath sign on your left that will lead you into Little Longstone (it's about 2 hours to this point).
- After your meal, retrace your steps back onto the Monsal Trail.
- Continue east on the Monsal trail towards Bakewell.
- Take the second footpath sign towards Ashford-in-the-Water.
- Cross the main road towards Chruchdale Hall and follow the public footpath signs until you rejoin the main road.
- Turn left and walk along the main road for a 200-300 meters.
- Take the first turning on your right into Ashford-in-the-Water.
- If you missed out on the Packhorse in, try the Bulls Head here.
- Cross the iconic Sheepwash Bridge, then follow the main road to the right for about 200-300 meters.



Track data
Distance : 14.7 km
Vertical gain : 282m
Vertical drop : 291m
Highest point : 332m
Lowest point : 138m



- Take the first road on the left, sign posted for Sheldon.
- Look for the first footpath sign on your right, and when you're through the first gate, turn left and follow the signs up the hill across the fields.
- This is a steep section. Following the footpath signs you will eventually emerge at Lower Farm at the bottom of Sheldon.
- Follow the road up through the village and back to site. You can always stop at The Cock and Pullet if you need more refreshments!