

Cycles, cafes and castles

A moderate 26.5 mile figure of eight cycle ride along the High Peak Trail and quiet country lanes.

The route can easily be cycled in 3 hours if you don't stop, but makes a great day out if you take in the sights at a leisurely pace and stop for a picnic or a spot of lunch in Hartington.

There are some steep hills to climb in the off-trail sections, but nothing too difficult if you follow the Pilsbury Hartington loop the way described below.

Highlights

Pilsbury Castle with the view north up Dovedale

Hartington village with cafes, pubs, cheese and gift shops

Long Dale – a stunning valley with dramatic views of the limestone landscape

Arbor Low an impressive Neolithic henge monument set amid high moorland



Hoe Grange Cycle route - Cycles, cafes and castles

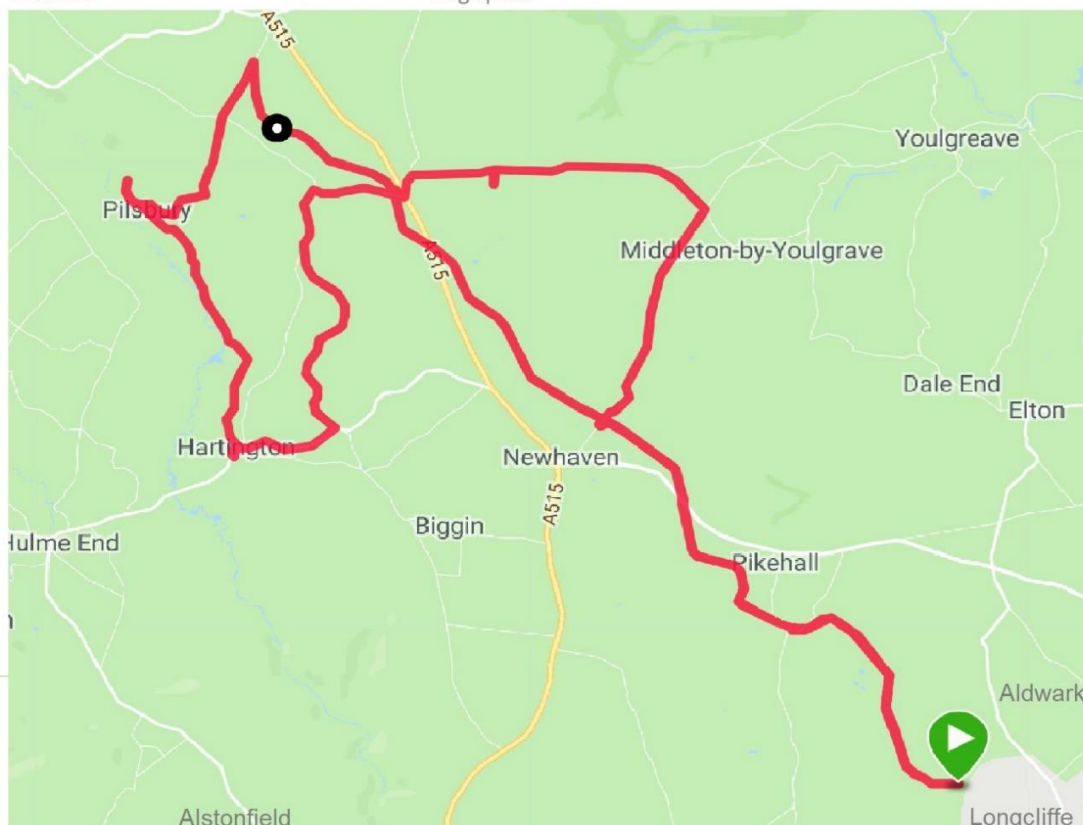
26.54
mi
Distance

3:07:57
Time

8.5
mph
Avg Speed

1,178 ft
Elev Gain

1,184 C
Calories



Directions

Frist Loop

From Hoe Grange turn left on the High Peak Trail towards Parsley Hay



At Parsley Hay there is a bike centre with cafe and toilets



Turn left off the trail 1.5Km after Parsley Hay, signposted Hartington 54C (the exit is steep, so dismount and walk down to the road).



Turn right along the road towards Hartington, then after 0.5 km go straight over the crossroads and up the hill opposite.

Go over cattle grid at the top of the hill and continue downhill to Pilsbury. (the descent is steep and there may be farm traffic).

Just before the bottom, on a hairpin bend, there is a sign for a bridleway to the right. If its dry you can cycle it. Follow it a few hundred yards and on the left is Pilsbury Castle, where you can see the Norman earthworks. Climb up and take in the fairy-tale view down the valley to Chrome Hill.



Retrace your steps back to the road and follow it downhill and then uphill into Hartington (there are several gates on the way up to Hartington so make sure you close them behind you).

Take a break and explore Hartington village with its many cafes and pubs.

Leave Hartington along the 5054 signposted Newhaven. This short section of road can be busy.

After 1 Km turn left onto our favourite stretch and go through Long Dale, a striking dry dale with an alpine feel, look out for wild orchid flowers.

Turn right after about 3km to get back to Parsley Hay.

From here you can either ride the trail all the way back to Hoe Grange for a shorter trip or if you still have plenty of energy you can continue onto the second loop.

Second Loop

Cross the A515 very carefully at the staggered junction. Traffic is fast here in this dip.



Ride up the hill opposite and turn right after about 100m towards Arbor low, after 1 Km Arbor Low is on the right-hand side.

Cycle up the track, leave your bike at the farm gate and walk up the footpath up to the monument to admire the views and the impressive stone circle with motte.



Arbor Low is the most important ancient monument in the Peak District.

It covers a larger area than Stone Henge, however it doesn't look quite as dramatic as the stones lie on the ground.



Ride back to road, turn right and continue for 1.5 Km to Long Rake where you take the right fork.

Turn right at next crossroads and then follow the road for 2.5 Km to Friden.

Rejoin the High Peak Trail at the carpark to cycle back to Hoe Grange.

