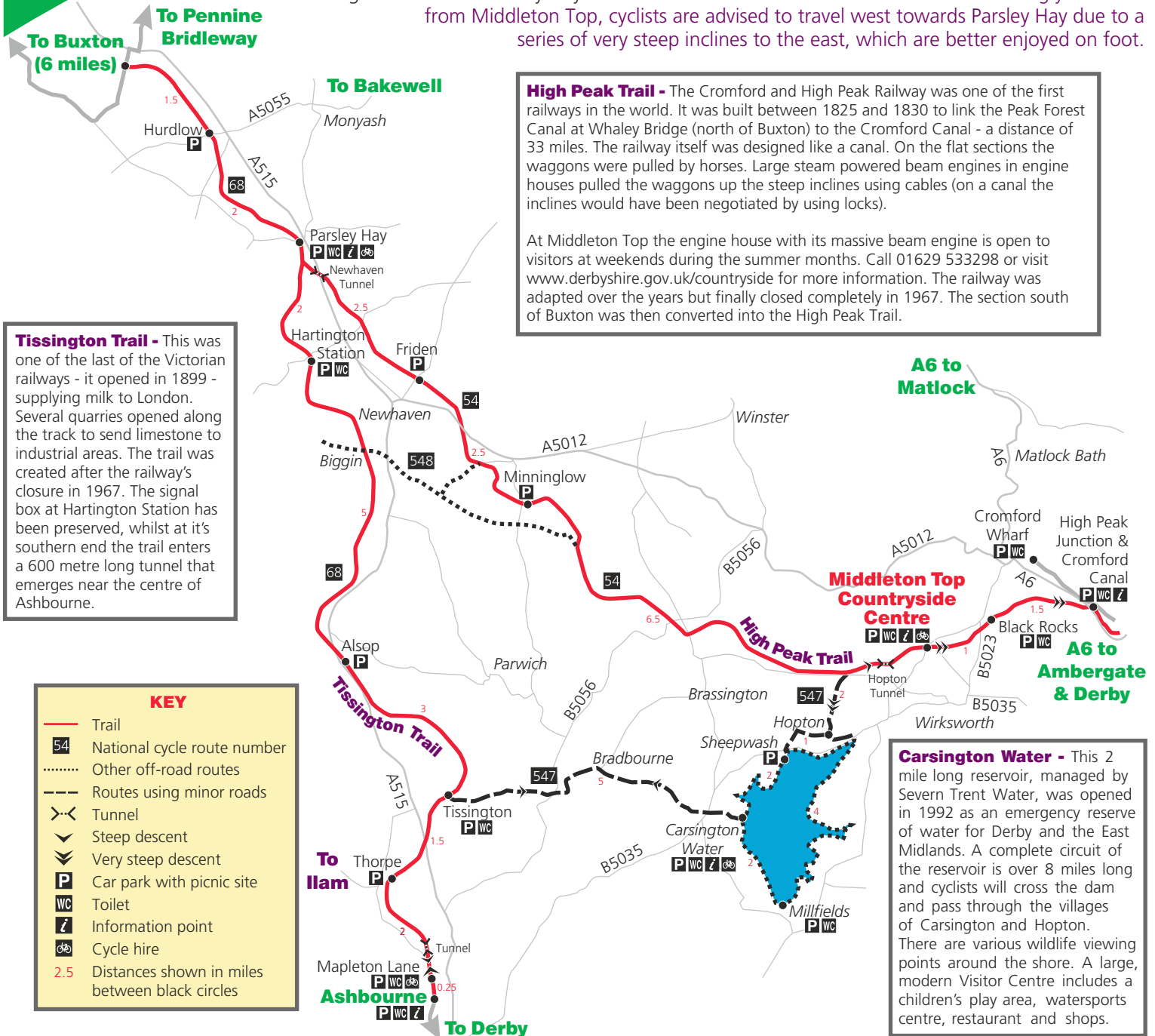# Cycling from Middleton Top
Exploring the High Peak Trail and Tissington Trail

Middleton Top Cycle Hire,
Middleton Top Countryside Centre,
Middleton by Wirksworth,
Derbyshire. DE4 4LS
Tel: 01629 533294

Choosing a route

There are plenty of cycle routes to choose from whether you are planning a short ride or a longer, more challenging outing. (Most cyclists will cover approximately 6 miles in an hour. So a 3 hour bike hire should allow time to get to Minninglow, or Friden, and back again). • **High Peak Trail** - a 17.5 mile trail between Dowlow (at the Buxton end, only 6 miles short of the town) and High Peak Junction (close to Cromford) • **National Cycle Network Route 547** - joins the High Peak Trail with the Tissington Trail along approximately 10 miles of country roads. There is an additional route around **Carsington Water** of about 8 miles • **Tissington Trail** - joins the High Peak Trail at Parsley Hay and runs 13 miles south to Ashbourne. When starting your route from Middleton Top, cyclists are advised to travel west towards Parsley Hay due to a series of very steep inclines to the east, which are better enjoyed on foot.

High Peak Trail - The Cromford and High Peak Railway was one of the first railways in the world. It was built between 1825 and 1830 to link the Peak Forest Canal at Whaley Bridge (north of Buxton) to the Cromford Canal - a distance of 33 miles. The railway itself was designed like a canal. On the flat sections the waggons were pulled by horses. Large steam powered beam engines in engine houses pulled the waggons up the steep inclines using cables (on a canal the inclines would have been negotiated by using locks).

At Middleton Top the engine house with its massive beam engine is open to visitors at weekends during the summer months. Call 01629 533298 or visit www.derbyshire.gov.uk/countryside for more information. The railway was adapted over the years but finally closed completely in 1967. The section south of Buxton was then converted into the High Peak Trail.

Tissington Trail - This was one of the last of the Victorian railways - it opened in 1899 - supplying milk to London. Several quarries opened along the track to send limestone to industrial areas. The trail was created after the railway's closure in 1967. The signal box at Hartington Station has been preserved, whilst at it's southern end the trail enters a 600 metre long tunnel that emerges near the centre of Ashbourne.

Carsington Water - This 2 mile long reservoir, managed by Severn Trent Water, was opened in 1992 as an emergency reserve of water for Derby and the East Midlands. A complete circuit of the reservoir is over 8 miles long and cyclists will cross the dam and pass through the villages of Carsington and Hopton. There are various wildlife viewing points around the shore. A large, modern Visitor Centre includes a children's play area, watersports centre, restaurant and shops.

KEY

———	Trail
54	National cycle route number
··········	Other off-road routes
– – –	Routes using minor roads
>··<	Tunnel
⌄	Steep descent
⌄⌄	Very steep descent
P	Car park with picnic site
WC	Toilet
i	Information point
🚲	Cycle hire
2.5	Distances shown in miles between black circles

Code of conduct for cyclists
• Always give way to walkers and horse riders.
• Dismount down inclines.

DERBYSHIRE County Council
www.derbyshire.gov.uk/countryside