

10 Leisure Walks of Discovery in the Peak District

A Boot Up

THE WHITE PEAK

Roger Redfern

What do the beautiful Lathkill Dale, Monsal Dale, Chee Dale, Millers Dale, Wolfscote Dale and the valleys of the Dove and Manifold have in common? They are all to be found in the White Peak area of the Peak District National Park and all have clear rivers flowing gently through their deeply-cut trenches whose steep sides are rich in wild flowers, often cloaked in trees and dotted with impressive eroded pinnacles and buttresses.

These delightful dales contain arguably some of the finest limestone river scenery in Britain. The White Peak, which occupies the central and southern areas of the National Park, is a gentle, rolling green landscape criss-crossed by seemingly countless walled enclosures, scattered with charming upland villages and etched by enchanting valleys and dales.

The ten selected walks, ranging from 3.5 to 8.5 miles, suit the needs of families, groups of friends or simply individuals looking for a gentle stroll or a longer walk, and reflect the many varied facets of the area – its people, its history, and its working landscape and will help first time visitors to experience some of the great scenery the area has to offer. Most of the walks feature a pub along the route. The ten walks are: High above Lower Dovedale; The length of Lathkill Dale; An Alstonefield round; Taddington and Chelmorton; Sharp summits above the Upper Dove; Longstone Edge and Coombs Dale; Peak Forest, Eldon Hole and Eldon Hill; Villages at the limestone edge; Parsley Hay, Pilsbury Castle and Carder Low; Wetton and Thor's Cave.

Halsgrove's new-format guidebook, containing maps, photographs and useful information will ensure a great walking experience. Packed with colour, the book is an ideal reminder of a visit to the Peak District.

ABOUT THE AUTHOR

The celebrated mountaineer and photojournalist **Roger Redfern** is author of forty books and his articles have appeared in publications that range from *Country Life*, *The Lady* and *Woman's World* to *TGO*, *High* and the *Dalesman*. He has written a regular piece for the *Guardian's* Country Diary for almost thirty years.

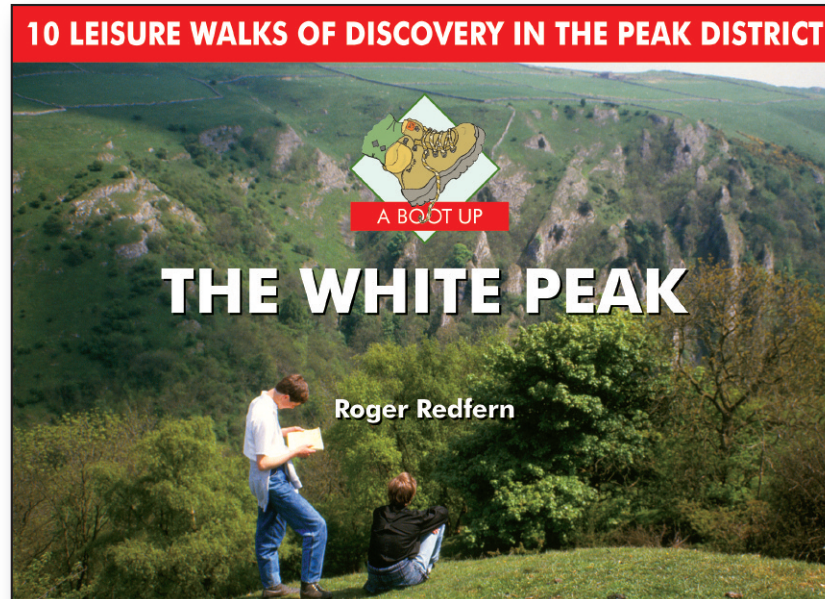
He has travelled widely – from Belarus and Ukraine to Cuba, Brazil and Argentina; from central Africa to the European Alps which he knows intimately. He lives in the heart of the Peak District.

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A BOOT UP THE WHITE PEAK



Paraglider on the slopes of Mam Tor.



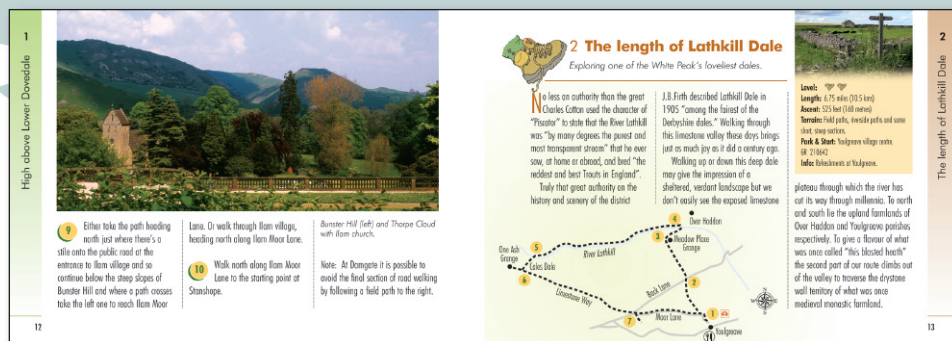
Youlgreave village from Back Lane.



The Limestone Way above Cales Dale.



Right: Pilsbury Castle mounds, Upper Dove Valley.



Example of a double-page spread.



Parkhouse Hill (left) and Chrome Hill from above Glutton Dale.