

RunYHA Castleton

Distance: 12 miles (19km)

Start/finish: YHA Castleton, Losehill Hall, Castleton S33 8WB

Terrain: Trail, moorland, path, some boggy sections

Toughness: Challenging

Ascent: 640 metres

Navigation: Moderate

Good for: Ascents, views

Route info: wildrunning.net/152

A fantastic run around the beautiful Hope Valley from Castleton, taking in some of the most dramatic Dark Peak landscapes. Tough climbs are rewarded with breathtaking vistas, particularly from the viewpoints at Hollins Cross and Lose Hill. There is an optional ascent of shapely Mam Tor reached by continuing along the road instead of left turn at 8.1 miles (13.1km) and taking the next left, climbing to the trig point at the tor's summit before continuing north east along the ridge to rejoin the original route. The run also passes the wooded shores of the gleaming expanse of Ladybower Reservoir and through the pretty village of Edale, home to the start of the Pennine Way.

Miles	Km	Directions
0.0	0.0	From rear of hostel head east along track to Spring House Farm
0.3	0.5	Immediately after Spring House Farm turn left then immediately right onto footpath, continuing east across fields down hill
1.1	1.7	Turn left onto lane between sheds and follow this steeply downhill to reach Edale Road. Turn left onto Edale Road (caution) and follow north west
1.3	2.1	Bear right over Townhead Bridge and take first right up Fullwood Stile Lane, crossing railway bridge and following road until it becomes a track, emerging into open countryside
2.0	3.2	Follow track north then north west along edge of woodland
3.6	5.8	At track junction turn left and head downhill to stream. Jagers Clough sign. Cross stream and follow path as it zigzags up hill, continuing upwards and then along the level to reach Edale YHA
5.3	8.6	From Edale YHA run through car park and continue along path south west through Ollerbrook Farm, over a stream bridge to reach road in Edale village
6.6	10.7	Turn left at road and head down hill past pub. Turn right at junction at bottom. After 20 yards turn left onto surfaced track signed Harden Clough, following this up hill to

		Greenlands
7.5	12.1	Climb steeply up footpath heading south to reach road below Mam Tor
8.1	13.1	Turn left , following track along ridge north east over Hollins Cross (viewpoint), over Black Tor and continuing to National Trust Lose Hill (viewpoint)
10.3	16.6	From Lose Hill follow footpath south east down hill towards Losehill Farm
10.8	17.4	Shortly before Losehill Farm turn right and then right at next path junction, heading west then south down hill across fields to return to Losehill Hall.