

79. Dove Dale

Distance 9 miles/14km

Ascent 1065 metres

Start/finish Dovedale car park, DE6 2AY

From the car park follow the main path north-east up into Dove Dale, passing the caves and stepping stones and following the valley to the bridge at Milldale (3 miles/4.8km). Turn R here climbing away from the river and following the path over Shining Tor before descending steeply L to the road. Turn L and take the road back to Milldale to a L turn onto a footpath. Follow the path uphill to join Pasture Lane. Fork L then turn L onto a path heading south-east down Hall Dale and back to the River Dove. Turn R and follow this south to Ilam Rock, where you follow the path R uphill to the fields at the top of the dale. Turn L here and skirt the edge of Dovedale Wood south then R and head west to Ilamtops Farm. Turn L and follow the path south around Bunster Hill and back to the start.

Miles	Km	Directions
0.0	0.0	From the car park follow the main path north-east up into Dove Dale, passing the caves and stepping stones and continuing on the eastern bank of the River Dove along the valley to the bridge at Milldale
3.0	4.8	Turn right, climbing away from the river and following the path over Shining Tor before descending steeply left to reach the road called The Pinch.
4.0	6.5	Turn right onto the road and follow it downhill and across a bridge. Stay left on the northern bank of the river into Milldale. Follow the road to the right and up the dale away from the river to a right turn onto a footpath heading south-west.
4.7	7.6	Follow this path uphill to a small lane. Turn right onto this then left onto a path across fields. Turn left at the ridge and follow the path south-east down Hall Dale to the western bank of the Dove.
6.2	10	Turn right following the river path south to Ilam Rock where the path turns right and heads away from the river uphill through Dovedale Wood. Turn left at the edge of the wood and follow it south for about 1km then west along the path to Ilamtops Farm.
7.3	11.8	Turn left at the path junction outside the farm following the path south to the west of Bunster Hill and down a steep slope. Take the left turn at the junction above the field boundary and contour south below Bunster Hill. Follow this path south-east across fields and above the Izaak Walton Hotel to reach the road by the car park at the start.