

80. Ilam Park

Distance **10 miles/15.5km**

Ascent **741 metres**

Start/finish **Ilam Park, DE6 2AZ**

Follow the path north out of the car park and then L onto a bridleway downhill to the River Manifold, crossing a footbridge and follow the path uphill to Rushley. Join the road and follow it north-west to Throwley Hall. Leave the road and continue on the Manifold Trail across fields and then downhill to the river at Beeston Tor farm. Turn L and follow the River Manifold around a long R bend and past Thor's Cave. Cross the river and follow the footpath east away from the river up to Leek Road at Wetton (4.9 miles/7.9km). Turn R off the road on a short footpath cutting the corner, to turn R onto Ashbourne Road. Take the footpath R at the junction with Carr Lane and follow this south, bearing L and crossing Larkstone Lane. Continue along the river valley, then turn R and head south past Castern Hall down to the river to rejoin the Manifold Trail. Follow this south along the river and back to Ilam.

Miles	Km	Directions
0.0	0.0	Follow the path north out of the car park and then left onto a bridleway to the River Manifold, cross a footbridge and follow the path right and uphill to Rushley.
0.8	1.3	Join the road and follow it north-west to Throwley Hall.
2.1	3.3	Leave the road and continue on the Manifold Trail across fields and then downhill to the river at Beeston Tor farm.
3.2	5.1	Turn left and follow the River Manifold around a long right bend and past Thor's Cave to a crossing.
4.4	7.1	Cross the river and follow the footpath east uphill to Leek Road at Wetton.
4.9	7.9	Follow the road north-east then turn right off the road on a short footpath cutting the corner, turn right onto Ashbourne Road. Take the footpath right at the junction with Carr Lane and follow this south, bearing left to Larkstone Lane.
5.9	9.5	Cross and continue along the river valley, then turn right and head south to Castern Hall.
7.6	12.2	Turn right following the track downhill to the road and the river.
8.3	13.3	Turn left and follow the river side path back to Ilam Park and the start.