

## 81. Kinder Trespass

**Distance**      **9 miles/14km**

**Ascent**        **906 metres**

**Start/finish**    **Bowden Bridge car park, SK22 2LH**

From the campsite or car park, take the road up the valley and onto the path at the end running north-east to the L off the Kinder Reservoir and up William Clough to a path junction with the Pennine Way (2.4 miles/3.9km). Turn R and follow the Pennine Way to the top of the Kinder Downfall. Continue on the Pennine Way running south on the western edge of the Kinder Plateau, past the trig point on Kinder Low and down to a path junction at SK 080861 (5.8 miles/9.4km). Turn R away from the Pennine Way and west on a stony bridleway downhill into Coldwell Clough. Turn R and follow this valley back to the start.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Follow the road north up the valley and onto the path at the end running north-east to the L off the Kinder Reservoir and up William Clough to a path junction with the Pennine Way.
2.4	3.9	Turn right and follow the Pennine Way to the top of the Kinder Downfall.
3.9	6.3	Cross the stream and turn right and continue on the Pennine Way running south on the western edge of the Kinder Plateau, to the trig point on Kinder Low.
5.2	8.4	Continue south on the Pennine Way to a path junction at SK080861.
5.8	9.4	Turn right away from the Pennine Way and west on a stony bridleway downhill into Coldwell Clough.
7.5	12	Turn right and follow this valley back to the start.