

83. Mam Tor

Distance **14 miles/22km**

Ascent **1092 metres**

Start/finish **Edale Station, S33 7ZP**

Follow the road north and turn L onto the start of the Pennine Way, follow this west across fields to reach the road at Upper Booth. Cross here, Leaving the Pennine Way, and following the footpath south and uphill to the col at SK 099829 (3.5 miles/5.6km). Turn L here and follow the path over Rushup Edge, to the road that passes over the col at Mam Tor. Cross the road and follow the paved path to the trig point on Mam Tor. Continue along the ridge past Hollins Cross and up to the summit of Lose Hill (7.5 miles/12km). Turn R and follow the path downhill to Townhead, turn R and follow the path parallel to the road and railway north, crossing both on Bagshaw Bridge. Continue in the same direction past Upper Fulwood Farm and L along Backside Wood to Jagers Clough. Turn L and follow the edge of the high ground south-west past Clough Farm and along the road through Nether Booth. Turn R onto a path and follow this back to Edale via Ollerbrook Booth.

Miles	Km	Directions
0.0	0.0	Follow the road north and turn left onto the start of the Pennine Way, follow this west across fields to reach the road at Upper Booth.
1.7	2.8	Cross and leaving the Pennine Way turn left following the footpath south and uphill to the col and path junction at SK099829.
3.5	5.6	Turn left and follow the path over Rushup Edge, to the road.
5.2	8.3	Cross the road and follow the paved path to the trig point on Mam Tor.
5.5	8.8	Continue along the ridge past Hollins Cross and up to the summit of Lose Hill.
7.5	12	Turn right and follow the path downhill to the junction at Townhead. Turn left here and follow the path north to Bagshaw Bridge over the railway and road at Edale End.
9.9	15.9	Follow the path past Upper Fulwood Farm and left along Backside Wood to a path junction in Jagers Clough.
10.9	17.6	Turn left and follow the edge of the high ground south-west past Clough Farm and to the road, turning right and following it through Nether Booth to a path on the right. Follow this west past Ollerbrook and left to Edale