



June 2011  
Newsletter

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<p><b>Sunday June 12th</b> <b>'The Ecton Experience,</b> A choice of either a 3 or 8 mile walk in the Manifold Valley with underground and overground tour of the former Ecton Copper Mine + scrumptious lunch <b>£15</b></p>	<p><b>Wednesday June 15<sup>th</sup></b> <b>New</b> <b>'Through the Tunnel to Monsal Dale'</b> Approx 6 mile walk from Hassop Station through the newly opened Headstone Tunnel to Monsal Dale and Ashford ending with tea/coffee + cake <b>£10</b></p>	<p><b>Thursday June 23<sup>rd</sup></b> <b>New</b> <b>'Following in Julia's Footsteps'</b> Approx 10-mile walk along the Monsal Trail as featured by Julia Bradbury, through the newly opened tunnels, including a bus ride at the start (fare not included) <b>£10</b></p>	<p><b>Friday June 24<sup>th</sup></b> <b>New</b> <b>'Step Back in Time at Tissington'</b> Approx 3.5 miles walk around Tissington including a private tour of the house and gardens + tea/coffee &amp; biscuits <b>£15</b></p>	<p><b>Monday June 27<sup>th</sup></b> <b>'Youlgreave - Well Dressed and Wonderful!'</b> Approx 6 miles walk around Lathkill Dale, Bradford Dale and Youlgreave which will be celebrating its Well Dressing Week (a beautiful floral Peak District custom) <b>£7.50</b></p>
<p><b>Sunday July 10<sup>th</sup></b> <b>'The Steam Train Special'</b> Approx 5.5 miles walk along part of the Derwent Valley Heritage Way starting with a steam train ride and including a short town tour of Matlock <b>£10</b></p>	<p><b>Saturday July 16th</b> <b>New - 'The Trit Trot Trail'</b> Approx 3 mile walk in the beautiful Hope Valley to include a magical hour long ride on a horse drawn dray + ginger beer and cake! <b>£15</b></p>	<p><b>Sunday July 24<sup>th</sup></b> <b>New - 'The Energy Special Walk'</b> Approx 4-mile walk around Ilam and Dovedale with advise and fun measuring personal energy levels from Karen Rhodes (a Certified Practitioner of Meridian Energy) <b>£15</b></p>	<p><b>Wednesday July 27<sup>th</sup></b> <b>'Sally and the Chocolate Factory'</b> <b>AS SEEN ON TV!</b> Approx 2 ½ mile walk from Castleton with Tour, talk and tasters of award winning chocolates at Cooadance <b>£10</b></p>	<p><b>Tuesday August 2nd</b> <b>New - 'The Trit Trot Trail'</b> Approx 3 mile walk in the beautiful Hope Valley to include a magical hour long ride on a horse drawn dray + ginger beer and cake! <b>£15</b></p>

(For further information on the above walks please scroll down. You will also find articles of local interest, a picture quiz, puzzle, snippet of the month, and details of one of my favourite footpaths)

Hello fellow hikers and countryside lovers.

Summer is here and so are those warm endless days with only a few hours of darkness - most nights I go to bed in daylight and wake up in daylight, and apart from one day when there was a bit of gloom and dark cloud, I haven't had my headlights on for ages!

I'm feeling rather chuffed with myself because my recent application has been accepted for an EQM accreditation.

*"The Environmental Quality Mark is a certification that can only be achieved by businesses that actively support good environmental practices in the Peak District National Park"*

The application form and selection process was quite lengthy and strict, but I've been advised that I shall be receiving my certificate at a rather posh 'dinner do' at Haddon Hall attended by Lord Edward Manners! Another airing for my glitzy top and the chance to slap on a bit of lippy!

My house martins returned safe and sound from their winter jolly in Africa and are currently spring cleaning their old nest, building on an extension made of mud from the puddle along the lane, whilst flirting, frolicking and getting it together outside my office window. I therefore predict another nest full of chicks and more poop covered windows. Messy they may well be, but I wouldn't change them for the world!

The highlight of May for me was on a lovely walk around Cromford and Matlock Bath for the Peak Advertiser when I looked over the river bridge and saw a kingfisher flash across the Derwent. It was like a turquoise jewel darting downstream and a magical moment that I will never forget.

Another memorable moment was when I went for my first adventure through the newly opened Headstone Tunnel along the Monsal Trail and emerged onto the viaduct to glorious evening sunshine. The £2.25 million project to open up the four tunnels is a definite success and has already been enjoyed and appreciated by thousands of people. (I was working in Bakewell Visitor Centre on the first Saturday after the official opening; we had over 900 people through the door that day of which about 700 must have asked the way to the Monsal Trail after

seeing it on TV or in the papers. Evidently the Council have not yet given permission for a sign to be erected down in the town pointing people to the former Bakewell Station where they can access the Trail. They are therefore spending ages wandering or cycling their bikes around the town wondering where to get on this wonderful 8.5 mile length of former railway line).

The Well Dressing season is now underway with colourful floral artistry appearing in villages around the Peak District. Open Gardens and Flower Festivals are also becoming an addictive weekend pursuit along with Boot Sales and barbecues.

My 'Step Back in Time' guided tour and walk around Tissington was a resounding success and I have booked in again for a repeat performance on Friday June 24<sup>th</sup>. Another new themed walk for 2011 will be my 'Energy Special Guided Walk' on Sunday July 24<sup>th</sup> which includes relaxation and meditation advice from Karen Rhodes (Certified Practitioner of Meridian Energy) as well as the opportunity to measure each other's personal energy levels with divining rods - sceptical you may be but I recently had a go and it was absolutely fascinating! I always knew that walking in the Peak District has the feel good factor, but I've now been shown proof that thinking positive and being happy gives you energy!

## Forthcoming Walks

If you are interested in booking onto any of the following walks or would like to know more, please do not hesitate to phone 01629 814108/07989 622692 or email me at [mail@sallymosley.co.uk](mailto:mail@sallymosley.co.uk).

**Sunday 12<sup>th</sup> June - 'The Ecton Experience'** Located on the Staffordshire side of the Peak District National Park, Ecton Hill is steeped in history. Hidden from the outside world are a labyrinth of shafts and passageways leading down almost 1400 feet (most now flooded and inaccessible) that formed Ecton Copper Mine. In its heyday during the late 18th and early 19th centuries, Ecton was the richest copper mine in Europe and possibly the world. The mineral rights were owned by the Dukes of Devonshire from Chatsworth who used the vast profits to stock their stately home with treasures and to build the famous Crescent and indoor Riding Stables at Buxton (now known as Buxton Dome).

This fantastic walk is an opportunity not just to enjoy the magical Manifold Valley which is a stunningly beautiful and picturesque Dale, but to experience an underground/overground tour of the mine with specialist guides (no scrambling or ladders!) as well as a miners picnic lunch of home-made soup, bread, cakes and biscuits. The morning starts with a walk to the mine along the Manifold Way which was the route of a former narrow gauge light railway, then follows your Ecton Experience adventure. In the afternoon there is a choice of cutting short your day by returning to your car, or extending your knowledge of the area with a guided walk of approximately 5.5 miles

(about 8 miles in total for the whole days hiking) through the Manifold Valley, calling in at the famous Wetton Mill tearooms which are picture postcard pretty!

**£15 (includes walk + tour + picnic lunch)**



### **Wednesday 15<sup>th</sup> June - 'Through the Tunnel to Monsal Dale'**

This walk of approximately 6 miles takes advantage of the newly opened and accessible Headstone Tunnel on the Monsal Trail. We meet at Hassop Station cafe at 11 am for tea/coffee and cake before heading off on our ramble along the route of the former Midland Railway line. After passing through the tunnel we will emerge into daylight only a sprint away from the famous viaduct. After a quick skip down to the river we head up to Monsal Head and a fabulous path taking us to Ashford-in-the-Water. From here our route is via Churchdale Hall to return to the Trail and a short wander to the end of the walk.

**£10 per person (includes walk + tea/coffee & cake)**



### **Thursday 23<sup>rd</sup> June - 'Following in Julia's Footsteps'**

In recent years the Monsal Trail has been made famous by Julia Bradbury and her Railway Walks. This is our opportunity to go the distance and walk the complete route including all the tunnels which will now be accessible without the need for a Ranger and key to unlock the gates! We will meet at the Bakewell Visitor Centre at 9.30 am with a view to catching the 9.59 Trans Peak bus to Blackwell (fingers crossed that it isn't full of course!). There is then a lovely stretch of path down to Blackwell Mill where we access the Trail. From here it will be a wonderful 8.5 mile wander along the trail

through spectacular scenery and a succession of illuminated tunnels to return to Bakewell. (approx 10 miles in total)

**£10 per person (this does not include bus fare)**

### **Friday 24<sup>th</sup> June - 'Step Back in Time at Tissington'**

Your visit to the fabulous estate village of Tissington starts with tea/coffee and biscuits at The Old Coach House tearoom at 10.30 a.m., before heading to the Jacobean Hall for a private tour inside the house and a stroll around the gardens.

This has been the ancestral home of the FitzHerbert family for eight generations. We then head off on a leisurely and scenic walk of approximately 3.5 miles around the village with its chocolate box pretty cottages, village green and picture postcard duck pond. After a stroll along the famous Tissington Trail, we cross fields and stiles to return to the village at approximately 2 p.m.

This is an English stately home at its very best!

**£15 per person (includes tour, walk and refreshments)**

**Booking Essential as limited places available**



### **Monday 27<sup>th</sup> June - 'Youlgreave, Well-Dressed and Wonderful'**

Well dressing is one of the Peak District's most colourful customs which dates back to pagan times and is a way of giving thanks for a pure and plentiful water supply. Numerous villages take part in this ancient tradition from May to September. Our walk visits the village of Youlgreave during its well dressing week to admire these artistic floral creations as well as to enjoy a walk through two of the most stunning Derbyshire Dales. Starting at the pay and display car park in Over Haddon at 10 am, we will walk across fields to Conksbury Bridge and a stretch of riverside path to Raper Lodge where Coalpit Bridge is one of my favourite beauty spots in the Peak District. There then follows a wander up into Youlgreave to admire the well dressings before heading down to delightful Bradford Dale and downstream to adorable Alport with its chocolate box pretty cottages. Another stretch of tranquil riverside path and we head for the end of the walk across elevated pasture known as Haddon Fields.

**£7.50 per person**



### **Sunday 10<sup>th</sup> July - 'The Steam Train Special'**

This moderate walk of approximately 5 ½ miles starts by meeting at Rowsley South Station, the northern terminus of Peak Rail. After watching the tender being coupled up to carriages, we climb on board for a trip back in time with a steam train ride down to Matlock. There now follows a short tour of the town with snippets about its transformation in the mid 19<sup>th</sup> century when Matlock Bank was established as a hydropathic health resort popular with visitors from around the world. After an opportunity to picnic in the fabulous Hall Leys Park, our return to Rowsley South is a leisurely walk along a stretch of the Derwent Valley Heritage Way.

**£10 (includes walk + train ride)**



### **Saturday 16<sup>th</sup> July - 'The Trit Trot Trail'**

A glorious walk in the wonderful Hope Valley beneath the rugged hills of Mam Tor, Lose Hill and Win Hill incorporating the picture postcard villages of Castleton and Hope. The morning walk heads for the stables of Peter Eyre to watch him harness up his pair of majestic shire horses to a dray and then we climb on board for an hour long dray ride with the treat of ginger beer and lemon drizzle cake as we trit trot through the valley. The afternoon walk has the dray ride first leading out through the quaint streets of Castleton to head back to the stables at Brough, located by the side of the old Roman Fort at Navio. After our ride we wander back beside Peakshole Water to Castleton.

**£15 per person for the walk + dray ride + refreshments (either in the morning or afternoon) Booking essential as numbers are restricted to 14 in a group**



**Sunday 24<sup>th</sup> July** – 'Energy Special Guided Walk' On this walk I have liaised with Karen Rhodes to provide a truly unique experience. You'll be able to enjoy a wonderful guided walk around the picturesque and stunning scenery of Dovedale and Ilam including lots of my snippets of local knowledge. Along the way we will be able to have fun exploring and measuring our individual energy and seeing the effect that different things we do has on our energy.

Karen is a qualified Counsellor, Hypnotherapist, Stress Management Consultant, Certified Practitioner of Meridian Energy Therapies and Reiki Master. She is passionate about helping people understand the extent of their true potential and understanding how to use the mind and body to enhance life experiences. She has spent over 10 years working with individuals and groups in areas of personal development, counselling etc. as well as training other professionals to work effectively with people in many different settings. She is an inspiring individual who makes learning about oneself fun and interesting as well as thought provoking.

Karen Rhodes BSc, MBACP (Accred.), Dip.H., C.P.AMT, UKRCP Independent Registered Counsellor (Professional Bodies - Karen is a member of the following professional bodies and works within their code of ethics: Accredited member of the British Association for Counselling and Psychotherapy, General Hypnotherapy Register, General Hypnotherapy Standards Council, The Association for Meridian Energy Therapies)  
[karenrhodescounselling.com](http://karenrhodescounselling.com)

The walk starts in the pay and display car park at Ilam Hall where we meet at 9.45 a.m. with a view to setting off at 10 a.m. **£15 per person**



**Wednesday 27<sup>th</sup> July** – 'Sally and the Chocolate Factory' (as seen on TV!) This easy going walk of approximately 2 ½ miles starts in the Visitor Centre car park in Castleton where we meet at 9.45 with a view to setting off at 10am. The walk heads through the remains of Odin Mine to the base of Mam Tor (The Shivering Mountain) where we call at Cocodeance Chocolate Factory (the

Hope Valley's best kept secret) for a talk and demonstration lasting approximately an hour. Taste for yourself why their award winning chocolates are so good that they have been sold at Harrod's and Harvey Nic's! After a short walk up the closed road, which appears like the set from an earthquake movie, we wander back to Castleton on a high of chocolate happiness! **£10 per person to include the tour and tasters**



## **Tuesday 2<sup>nd</sup> August - 'The Trit Trot Trail'**

A glorious walk in the wonderful Hope Valley beneath the rugged hills of Mam Tor, Lose Hill and Win Hill incorporating the picture postcard villages of Castleton and Hope. The morning walk heads for the stables of Peter Eyre to watch him harness up his pair of majestic shire horses to a dray and then we climb on board for an hour long dray ride with the treat of ginger beer and lemon drizzle cake as we trit trot through the valley. The afternoon walk has the dray ride first leading out through the quaint streets of Castleton to head back to the stables at Brough, located by the side of the old Roman Fort at Navio. After our ride we wander back beside Peakshole Water to Castleton. **£15 per person for the walk + dray ride + refreshments (either in the morning or afternoon) Booking essential as numbers are restricted to 14 in a group**

**01629 814108 or 07989 622692 to book your place**

## **MY FAVOURITE PICTURE OF THE MONTH**



Taken on my recent 'Pagoda to Packhorse' guided walk, these bullocks were taking advantage of the River Bradford to cool off. It was a very hot day but no doubt the cold water was lovely and refreshing for their hot hooves. It was only when one of them decided to have a trot along the path that we realised just how big they were - a bit like the Peak District version of the Pamplone Bull Run!

## Test your knowledge of the Peak District

### Last month's picture puzzle



Jenkin's Chapel is an isolated place of worship which can be found at the junction of quiet country lanes high on the moors in the Cheshire section of the Peak District National Park.

Running past it is the former Roman Road known as The Street which climbs steeply up from the Goyt Valley to Pym Chair. Also alongside is a former saltway where centuries ago trains of packhorses carrying panniers laden with salt from Cheshire salt mines would have headed over the hills on their journey to the Midlands. Nearby Saltersford Hall which was built in 1593 took its name from this route.

Jenkin's Chapel was built in 1733 with the tower being added in 1755. It appears like a house with a chimney and tower attached. Financed by John Slack of Saltersford Hall as well as voluntary contributions, Jenkin's Chapel was originally dedicated to St John the Baptist. However, as it was not officially consecrated until 1894, it was then re-dedicated to St John the Evangelist.

The property is built of local gritstone with a saddleback roof and outside steps leading to an upper gallery.

There are two theories as to the name Jenkin, the first being that it was the name of a local family. But it is also reputed that the chapel was named after a fiery Welsh preacher who came to give services at the annual horse fair which was held here at that time.

Inside Jenkin's Chapel are said to be original box pews, a pulpit and reading desk.

In the graveyard there are some early gravestones to be found with fascinating names including Ozias Dale who died in 1876 and Absolam Mottershead who passed away a few years earlier.

## This month's picture puzzle



Where is this impressive cave?

## TALES FROM THE VISITOR CENTRE

An elderly couple came into the Visitor Centre sometime last year. They were from Yorkshire on a coach trip and heading for home with a comfort stop in Bakewell, having stayed in a hotel down south. The woman was a bit upset and did not smile very much because as her husband explained, she had left her expensive false teeth in the bathroom that morning. Neither of them had mobile phones and they wanted to contact the hotel as quickly as possible before the chambermaid threw the false teeth away. Would it therefore be possible for me to find the number of the hotel and try to locate the missing dentures so that they could be posted to home!  
I duly obliged!

## PEAK DISTRICT QUIZ QUESTIONS

(Answers at the end)

1. Is this bridge just south of Hathersage made of metal? (8)
2. Which Derbyshire tunnel is 3 miles and 950 yards long? (6)
3. The name of the pub at Two Dales (3,6)
4. Who was the 'Minstrel of the Peak'? (7,6)
5. Where the lead miners court is held in Wirksworth (4,4)
6. Which Saint is associated with Ilam? (2,7)
7. A golden perch near to Wellington's Monument? (5,5)
8. Which flower can be common or ox-eye? (5)
9. Stir new (a village anagram) (7)
10. Who eloped with John Manners? (7,6)

# AN EXTRACT FROM 'ALFIE'S DIARY'

Written in 2007

## IT'S A DOG'S LIFE

Monday 11<sup>th</sup> June 2007

It's been muggy lately, not my favourite weather as I get hot under the collar when I go for walks - talking about collars though, I had a rather embarrassing incident this week!

Mum was taking me down the dale for my morning constitutional and who should be coming towards me in the distance but Boomer - he was given the name because of his extremely loud voice and his fondness for booming out barks at every dog he meets.

Whenever I see Boomer coming I puff myself up to make myself look big and tough and then we have a little game of who can bark the loudest and look the fiercest. I pull on my lead to make Boomer think that I would eat him up if I could get at him - it's quite normal practice for two male dogs, just bravado and showing off really. The only trouble was that following one particularly strong pull on the lead my tatty old collar snapped and I suddenly found myself hurtling head-long in Boomers direction!

It was time for a 'S-Harp' exit as they say because when punch comes to shove I am really a bit of a wimp and don't like fighting, so I did one last pathetic little woof in Boomers direction and then ran off towards the grass where I pretended that I had smelt something interesting, but I kept watching out of the corner of my eye to make sure that I was safe!

Mum laughed as she tied a knot in the lead and wrapped it around my neck. Oh well, this means that I get a new collar - I wonder if it will be one of those leather studded ones that tough dogs get. I just hope it isn't a pampered pet 'designer special' with fake diamonds; I'd never live it down, twinkling my way around the Peak District!

Alfie (all mouth) Mosley

X

## SNIPPET OF THE MONTH

At the top of Cressbrook Dale, about half a mile down from Wardlow Mires is an amazing stack of rock reminiscent of a miniature Monument Valley in America. This is Peter Stone or Gibbet Rock. The name Peter Stone probably derives from its similarity to the dome of St Peter's Basilica in Rome, whilst Gibbet Rock has more grisly connotations.

In the coaching days of the 19<sup>th</sup> century there was a toll gate across the turnpike road at Wardlow Mires. In the Toll House lived Hannah Oliver, a widow of 70 years. On January 15<sup>th</sup> 1815 she was strangled and her death made to look like suicide. However, the murderer had slipped up because he had evidently stolen Hannah's shoes and given them to his girlfriend which was to be his downfall and lead to his capture.

21-year old Anthony Lingard was found guilty of Hannah's murder and consequently hanged at Derby for his crime. His body was brought back to Wardlow on a cart and set up on a gibbet on the rock for all to see. Crowds gathered from far and wide with stalls selling refreshments and curios which are said to have done a roaring trade (gruesome lot!).

However, many people protested with disgust at the barbaric practice of gibbeting Anthony Lingard and hanging him in chains upon the rock which resulted in an end to this ghoulish ritual.

It is said that the cost of the hanging was £126 9s 5d which included a bill of £85 4s for the erection of the gibbet.

Another local criminal who was gibbeted at this spot was the highwayman known as Black Harry who had terrorised the lanes and roads hereabouts.

## Favourite Footpaths



There is nothing quite like the experience of walking along The Roaches on the western flank of the National Park in the Staffordshire Moorlands. This dramatic high escarpment of gritstone with its strange shaped rock formations is pretty much the last of the high hills before a wide expanse of Cheshire plains and has far reaching views towards the mountains of north Wales which you can just make out on a very clear day.

The 1.5 mile ridge reaches a peak at 1658 feet and there is a fabulous footpath leading right the way along it, at one point passing a small expanse of water known as Doxey Pool. Below the ridge are a series of large mounds known as Five Clouds, whilst separated from The Roaches is a jagged tor known as Hen Cloud.

The Millstone grit found here has a wonderful rosy warm colour to it as you can see from local buildings built of this stone.

A little property is actually built into the rocks beneath The Roaches. Rock Cottage or The Whillans Hut was at one time a gamekeepers cottage before being taken over by a charitable trust and I believe is now used by climbing groups who flock to this area to enjoy a variety of climbs from easy boulders to sheer rock faces and overhangs. Evidently one particularly difficult climb is called The Sloth (probably because climbers move up it so slowly?).

Another distinctive landmark to admire as you walk along the ridge is Tittesworth Reservoir down in the valley which is fed from water draining off the moorland and surrounding hills.

Paddock Farm situated along the road near Hen Cloud has a fantastic tearoom that serves wonderful food most of the year around - not one to miss!

### Quiz Question Answers

1. Leadmill
2. Topley
3. The Plough
4. William Newton
5. Moot Hall
6. St Bertram
7. Eagle Stone
8. Daisy
9. Winster
10. Dorothy Vernon

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