

May Day Trek 2014 – 5 mile walk instructions



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| 1. Leave Bents Green church, cross road and proceed up Trap Lane following bend to the left. |
| 2. At the end of Muskoka Drive continue straight ahead along cul-de-sac (signposted T junction) – [Marshall] |
| 3. Follow public bridleway downhill until you reach the road |
| 4. Cross the road and turn left. Walk along the footpath on the right side of the road – [Marshall] |
| 5. Turn right down Ivy Cottage Lane and straight ahead down hill |
| 6. Stay on this bridleway keeping metal railing on left until you reach the road at Forge Dam |
| <p>Between reaching the road at Forge Dam (7.) and starting up Jacob's Ladder (15.) there are parallel paths for a footpath and bridleway as they follow the Porter Brook. They are connected by several minor paths.</p> <p>The following directions mostly keep to the footpath, to avoid cyclists and horses on the bridleway. The exceptions follow the bridleway between (7. and 8.) and (12. and 13.).</p> |
| 7. Turn left onto road, then take first left onto public bridleway signposted 'Peak District' – [Marshall] [If required, café and toilets at Forge Dam along the path to the right.] |
| 8. Half way up incline, go right through gap in green railings onto Carrbridge Path. |
| 9. At fork in path keep left, then left again to join main path until you reach the road. |

[The main path is the one coming around the lake from Forge Dam café.]
10. Cross Quiet Lane and continue straight ahead on public footpath- [Marshall]
11. At fork by bench keep right, signposted public footpath (walkers only) and continue along this path.
12. At 3 way junction proceed straight across up Clough Lane – [Marshall]
13. Bear right through squeeze stile so that stream is on your right, signposted public footpath (walkers only)
14. On meeting wide track turn immediately left and walk along until just after left hand bend – [Marshall]
15. Take first right, over style, signposted public footpath and continue straight up steep hill (Jacob’s Ladder)
16. At top of hill go straight on through step stile in wall, keep right through wooden gate to enter a walled/fenced track and follow this to the road.
17. At road, turn right, and continue towards Norfolk Arms Hotel. At hotel cross the road and walk along Sheephill Road to first public footpath on left (after the houses) – [Marshall]
18. Go over stile into field and continue down the hill to follow grassy path, then stepping stones.
19. At the multi-sign post, take the footpath on the right through the wooden gate, descending into the Limb Valley. (This is the 3rd sign post; there is one before the stepping stones, and two after.)
20. Continue on this main path for about 1 mile; continue with a lake on your right hand side. (Keep straight on when a path goes over a bridge to the right.)
21. At the end of the lake, turn left up bank and continue to meet stone steps – [Marshall] (Both the left hand and right hand paths up the bank lead to the stone steps.)
22. Descend the stone steps and turn left onto Fenney Lane leading to Coit Lane. (Don’t go up the steps on the other side.)
23. At farm outbuildings proceed through gate and go straight on, up public bridleway
24. Towards the top of the hill, just after trees on the right, turn right through metal gate sign posted “Public Footpath (walkers only)”, ignore earlier paths to the right. Walk between football pitches and continue to follow the track round to the left, and bear left around the around the bottom of a football pitch to the end of the track.
25. Turn right through the small wooden gate (next to a large metal gate) and go straight forward downhill towards the houses.
26. Go through gate and onto the lane (by the Westfield Health Barn)
27. Turn left onto this lane and follow it to Ringinglow Road
28. Cross Ringinglow Road and turn right to descend towards Bents Green – [Marshall]
29. Turn left at the Hammer and Pincers Pub and finish at Bents Green Methodist church ahead