

Countryside Walk – 7½ miles

Kinder Scout, Peak District

This challenging and exhilarating walk takes you high up on the windswept Kinder plateau, one of the great upland areas of the gritstone ‘Dark Peak’. Enjoy spectacular views across the Vale of Edale, explore mysterious rock formations and look out for a fantastic range of moorland wildlife.

Start: Edale - OS Explorer Map OL1 - grid ref SK 124856

Getting there and facilities

Edale  is 300m from the start of the walk. There is a car park, toilet, café, campsite and pubs in the village. The Peak District National Park Moorland Centre in Edale has information on local wildlife, history and geology.

Distance, terrain and accessibility

7 ½ mile (12km) circular route. Paths are generally good but rugged. Some moderately challenging ascent and descent. Good fitness level and hill-walking clothing are essential.

Points of interest

- **Peat bogs:**
The Peak District is famed for its blanket bogs. The Kinder plateau was once covered in peat, a thick layer of waterlogged, decaying plant matter which has accumulated over thousands of years. When the National Trust acquired Kinder in 1982 it was damaged after much over-grazing, fires and pollution. Since then we’ve worked hard to conserve and restore the peat by planting cotton grass and damming up the most eroded areas to prevent it drying out or getting washed away. Look out for signs of this work as you walk.
- **Cloughs:**
Fast-flowing rivers tumble down from the Kinder plateau. They have cut deep valleys known as ‘cloughs’. These are great places for wildlife. See if you can spot any frogs, newts or dragonfly on your walk. The steep clough slopes are some of the last remaining places where the ancient woodlands that once covered these upland areas survive in small patches or just solitary trees.
- **Moorland wildlife:**
Birds of prey like merlin hunt over the heather and red grouse can often be seen noisily taking to the air when disturbed. Short-eared owls breed here too and can sometimes be spotted hunting in daylight. Blanket bog is a fantastic habitat for a variety of insects like the stunning emperor moth with its striking ‘eyes’ on all four wings.



The sculptor Henry Moore is said to have been influenced by the peculiar rock formations at the south end of Kinder Scout. They have been carved by ice, water and wind over centuries. Some have colourful names like the Woolpack and the Pagoda.

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Three quarters of the world’s heather moorland is found in the UK and the Peak District has some of the finest patches of it! In late August the hills turn pink when the heather flowers are in bloom.

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Look and listen out for ground-nesting moorland birds who feed and breed on Kinder Scout. One of the first signs of spring is the mournful call of curlews, who move from coastal areas to the hills to lay their eggs.

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National Trust places to visit nearby

Mam Tor, Lyme Park, Quarry Bank Mill, Longshaw Estate

Route and directions

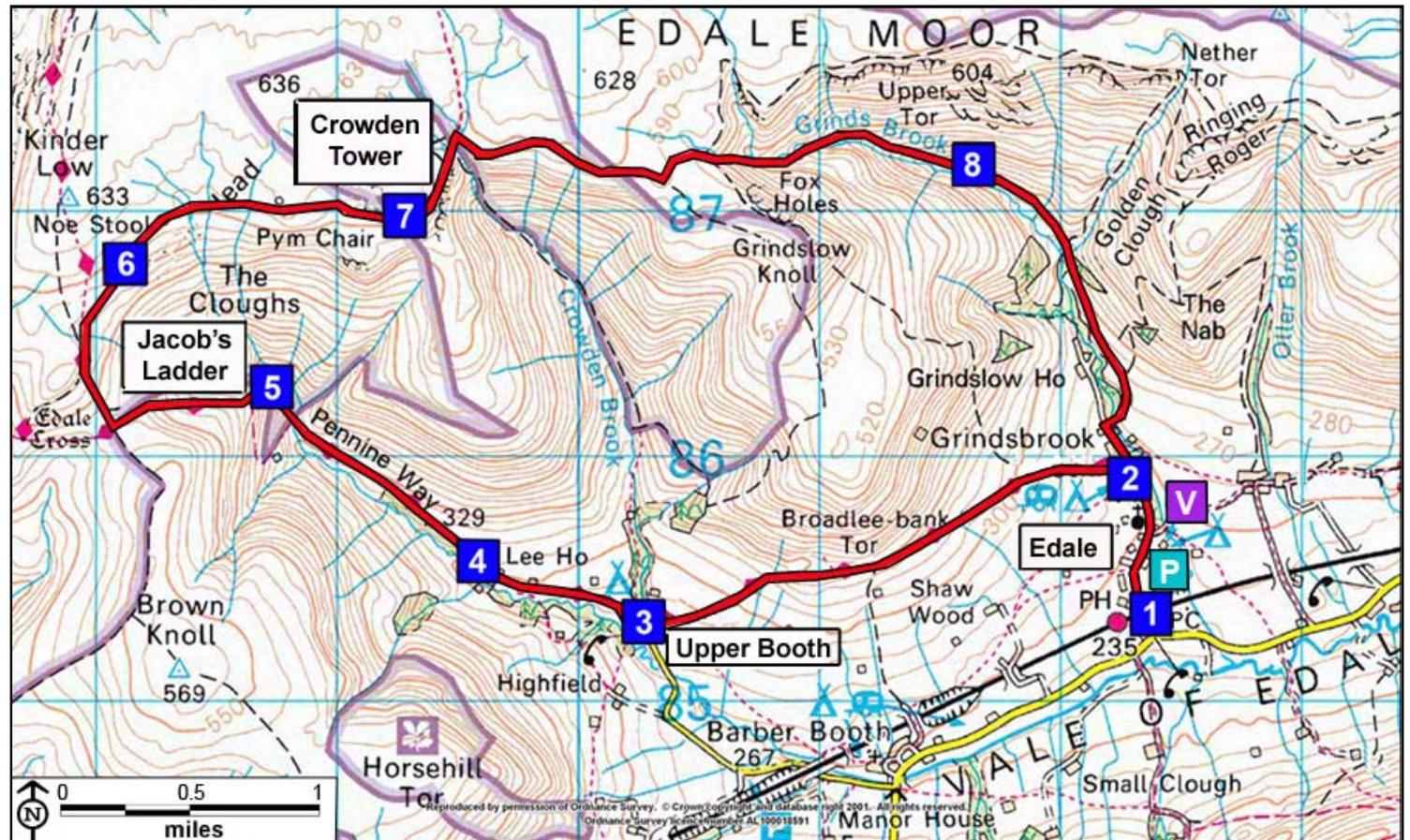
1. Set foot from Edale  and head up through the village passing the Moorland Centre on your right.
2. Turn left on to the Pennine Way opposite the Nag's Head pub.
3. Follow the Pennine Way to Upper Booth Farm which has won awards for its habitat restoration work.
4. As you walk alongside the River Noe, you pass some ancient clough woodland on your left. It is a remnant of far larger woods which used to cover these steep hillsides.
5. Climb Jacob's Ladder footpath. It was rebuilt recently by the National Trust using gritstone boulders which were airlifted in by helicopter.

This section of the Pennine Way was once a packhorse route crossing the moors. Lead, coal, salt and wool were transported in this way from medieval times until the railways arrived.

Turn right onto Kinder Plateau when you reach the top.

6. Come off the Pennine Way, taking a path to your right and skirt eastwards around Kinder Plateau.

On the left, around the giant anvil-shaped rock known as Noe Stool, you will see heavily-degraded areas of exposed peat.



7. The weathered gritstone rocks or 'tors' along the Kinder Edges are some of the most spectacular sights in the Peak District. Continue past Crowden Tower then follow the footpath as it drops down into Grindsbrook.

8. You will be treated to sweeping views of the Vale of Edale as you descend from the plateau. Notice the patterns of historic dry-stone walls and field boundaries. Follow the Grindsbrook footpath back to Edale village.

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