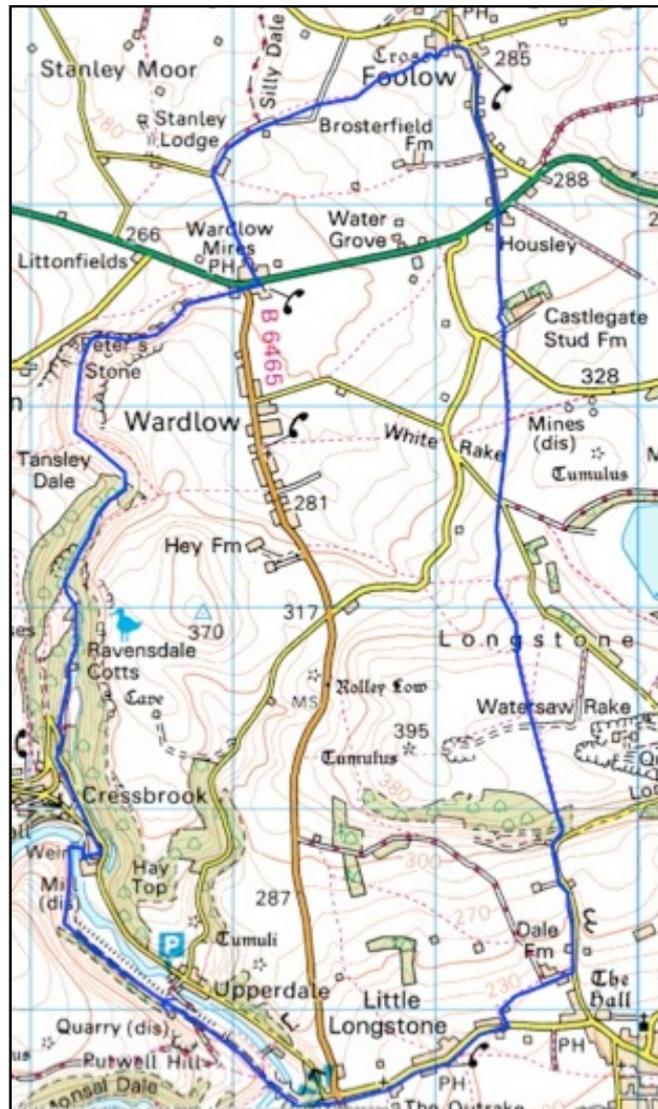


## 9. Foolow - Longstone Edge - Monsal Head - Monsal Trail - Cressbrook Dale - Foolow 9 miles



From the Bulls Head, cross and follow the road opposite towards Housley. After about half a mile, the road divides, take the right fork signposted Wardlow, and follow this to the junction with the main road. Cross the road to the driveway opposite where a footpath sign and stile immediately on the right leads into the field. Cross the stile and follow the wall on the left through two small fields. Crossing into the third field, the path now veers diagonally up right to a high stile near the top corner of the field. The next field is crossed to a stile beside a gate in the right hand corner.

After the stile, the path follows the wall of the plantation around to the right and to a stile onto a track in the far right hand corner. Cross the

track and into a small field, which is followed diagonally, right to the road. Wooden footpath signposts.

Cross the road and over a stile into the next field. The path now follows a line diagonally left to another stile. Cross the stile and turn right to another stile approx 50 Meters left of the big tree. The path now crosses 2 or 3 fields (the walls and fences keep changing) before crossing a stile onto a small track. Go through the gate opposite, and bear right through two small fields to another gate, which leads onto a road.

Our way on is immediately opposite, across the road where there is another public footpath sign, though the stile is not obvious. Follow the path through 3 fields. We leave the third field at a stile made of large wooden posts. We are now entering Longstone Moor.

From the stile onto Longstone Moor, the way on is through the mineworkings immediately in front of the stile, heading diagonally left and uphill. Ignore any paths off to the left and right and keep ascending until the crest is reached marked by a wooden pole. This is the highest point of our walk.

The path continues in the same direction, soon we walk beside a ruined wall, which leads us into a small valley with a track that crosses our path. Our path on continues straight ahead towards a hawthorn tree about 100m distant. Beyond the tree we follow another ruined wall to a solitary standing stone gatepost.

By the gatepost is a ditch. We follow along the left side of the ditch and begin to descend gradually. Soon the ditch becomes a mound and the path continues along its left edge. When the mound ends, the path descends to a fence, which is followed leftwards to a gate and stile.

Cross the stile and head diagonally leftwards and downwards. Don't be tempted to deviate from the path, which eventually brings us down to a gate onto a tarmac road. Here we turn right and follow the road for approx. 600m to the first tarmac lane off to the right.

(High stone wall on its lower side, sometimes signposted Dale Farm Caravan site).

Turn right along this lane. Ignore the drive into the farm on the right but continue on passing to the left of the farm buildings. Immediately after the farm buildings, where the track bends right, our way on is over the stile and into a field. The path continues in the same direction following the line of the wall. In the second field we pass between a ruin and a house. Just after the house (on the left) we turn left over a stile and follow the lane to a road. Here we turn right along the road to Little Longstone.

From Little Longstone continue along the road to a cross roads opposite the Monsal Head Inn. Go straight across at the junction beside the Inn, signpost Upperdale. After about 50 yards the road bends sharply right, go through a hole in the wall here and turn right following the footpath descending on slippery stone steps for about 100 yards. Another path off to the left now leads steeply down to Monsal Head viaduct. Cross the viaduct and continue along the disused railway (The Monsal trail) for about a mile until a closed tunnel forces you to take a path off to the right. Follow this path (ignoring a path off to the left) until it sweeps steeply down to the right and crosses the river by the Cressbrook Mill. Follow the path beside the mill building until the road is reached. Turn left onto the road and immediately take the right fork. The road is followed for approx. half a mile until a small road on the right is reached signposted Ravensdale.

Walk down into Ravensdale passing the cottages and follow the obvious path. After another half mile (approx.) a small bridge is crossed into Cressbrook dale nature reserve (interpretation board). Continue on this path for approx 50 yards and take a path on the left that follows the valley bottom the whole length of Cressbrook Dale.

In approx one and a half miles the main road is reached. Turn right and follow this past the Three Stags Heads (opposite the petrol station). Just after the pub, the path turns left into the farm and left through the farm yard. Leaving the farm, the path follows the wall on the left

for two fields. Going through a gate into the third field, the path crosses diagonally left to a high stile by Stanley House.

Crossing the stile, turn right and follow the track beside the farm. After approx. half a mile, there is another track on the right, which dips down into Silly Dale.

Turn right here and in 50 yards cross the stile on the left. The path now turns right and up out of the Dale through an open gateway. The path now is obvious through 2 fields to cross a track. Cross the track and walk diagonally across the field to a stile. A small field is crossed and the path now turns left up hill to the top right corner of the field. The path is now fairly obvious crossing 4 further fields to a kissing gate. From the kissing gate, the path turns right and crosses the field to a gate, which leads into a narrow alley and onto Foolow village green.