

Delightful Dales Nature Walk

A White Peak stroll through Bagshaw Dale, Lathkill Dale, and Cales Dale

The walk

From the pretty village of Monyash, we walk through three beautiful limestone dales. We learn about the fascinating geology of the area as we seek out the fossils of sea creatures that lived 350 million years ago. In the spring and summer we can also enjoy seeing a multitude of wild flowers. We finish the walk through fields and on tracks that form part of the long distance Limestone Way.



Length of walk and type of ground

A walk of about 4 miles on paths that are sometimes grassy and sometimes rough and stony. One part of the walk is steeply uphill. There are a few stiles to be climbed over. The walk takes about 2 hours.

What you might see

The distinctive countryside of the White Peak with its green fields, dry stone walls and deep limestone gorges. We will look for fossils such as crinoids and brachiopods in the stone, and investigate a cave where after prolonged rain the River Lathkill rises. During spring and summer months we can try to identify a multitude of different types of wild flowers.

Meeting point and time

The village green near the crossroads in Monyash, opposite the pub and cafe. The bus stop is across the road and car parking is on the roadside in the village wherever you can find a space. Get bus times and routes from www.transportdirect.info or contact us for advice. Your meeting time will be advised to you, and will usually be 10 minutes before the start of the walk.

Facilities nearby

The Bull's Head pub and the Old Smithy cafe are both on the roadside next to the village green. The cafe does take-away food and drinks as well as sit down. There are no public toilets in the village centre, they are about half a mile to the east of the village on the B5055 which we will pass on our walk.

What to wear and bring with you

- Strong, comfortable walking shoes or boots that you don't mind getting wet and muddy.
- Comfortable outdoor clothing (Jeans can become cold and uncomfortable if they get wet! Shorts are not recommended if you wish to avoid insect bites, nettle stings, and scratches.)
- Waterproof jacket (except in exceptional summer conditions)
- Spare fleece or jumper
- Drinks/water, and any snacks that you think you might need.
- Small rucksack or bag in which to carry drinks, snacks, spare items of clothing etc.

You also might wish to consider

- Waterproof trousers
- Sun screen, insect repellent and personal first aid kit.
- Camera and binoculars

Any queries, please do contact us on 07870 778585 or e-mail info@peakwalking.com