

Mam Tor Circular Walk

Distance: 3 Miles round trip.

Start point: Mam Nick Car Park (grid ref. SK123832)

Approx: 2 Hours

1. Climb the steps to the top of the Car Park and follow the path alongside the road to a small gate and National trust sign. Go through the Gate bearing Left.
2. Climb the stone steps until the ground begins to level out, not far below the summit of Mam Tor.
3. Continue on the path up to the Summit. This path is stepped and stone pitched.
4. Once you have taken in the views from the Trigg point, follow the flagstone path North along the ridge until it gets noticeably steeper.
5. Continue to follow the path down to a small monument in a dip on the ridge
6. Turn right, downhill, back towards Mam Tor. Take the right fork in the path, just before the trees, skirting around the woods. Continue on the path to the road.
7. Walk up the road, through the gate, to a broken road.
8. Continue up the broken road and pass through a Gate and parking area. Turn left down the track to blue john cavern.
9. Pass the building that gives access to the mine and go through a small gate and up a grassy path. Bear right at the top of the hill and go through a gate. Cross the field and road and take the left fork, uphill to the entrance of another cave.
10. From the cave, cross the field to a small gate by the road. Cross this road and walk along the grass verge back to the car park

