

PEDAL PEAK DISTRICT LATEST NEWS issue 3

Welcome to Pedal Peak District e-news. If you have a Peak District cycling story and pictures that we could include in future issues contact Carol Parsons (01629 816297 or carol.parsons@peakdistrict.gov.uk) by the 10th of the month.

In this issue: Saddle up for Summer cycling events, Monsal Trail news, more Trails to ride this summer, Social Cycling in the Upper Derwent Valley and more....

SADDLE UP FOR SUMMER

Is your bicycle in need of a bit of care and attention? Would you like to learn how to keep it running smoothly?

Fancy a game of cycle jousting or bicycle sumo in the holidays? What about challenging the kids to a slow race?!

Take your pick of the summer cycling events:

Cycling Sundays

Beginners sessions with Pedal Ready instructors take place at the Bakewell Agricultural Business Centre until the end of July from 9.30-11am, with the chance to go on a short guided ride afterwards.

Book your place on 0114 241 2775 or start@pedalready.co.uk

Hassop Holiday Mondays

Free cycle training with Pedal Ready is on offer every Monday, from July 25 – August 29, 9am-12noon, throughout the school holidays to help families cycle confidently on Peak District roads and trails.

Hassop Holiday cycling sessions, based at the old Hassop Station beside the Monsal Trail, aim to help cyclists of all ages to ride more confidently and learn trail etiquette.

David Bocking, of Pedal Ready said: “We’ll be teaching bike handling tips and skills, but it will be light-hearted with cycle games and trail riding advice. Participants can bring their own bikes or – thanks to an arrangement with Hassop Station Cycle Hire – they can get three hours bike-hire for the price of two.”

Book your place on 0114 241 2775 or start@pedalready.co.uk People without a booking may not get a place.

Wheels on Wednesday - on the High Peak Trail

These are free ‘get yourself cycling’ sessions in the summer holidays from Wednesday 27 July to Wednesday 10 August, 10am to 1pm.

Pedal Ready cycling instructors will be on hand for bike checks and fun training at the Parsley Hay Cycle Hire centre (SK17 ODG between Monyash and Hartington).

No bike? No problem! Wheels on Wednesday participants can hire bikes from the centre at half price.

This free event includes:

- Dr Bike service - basic cycle safety check and adjustment for your bicycle
- Basic cycle maintenance advice - how to keep your bike running smoothly
- Cycling games - Sumo, Jousting, Giro, Slow Race and more..
- Skills sessions and trail riding tips - become at one with your bike, and share the trails in style

Book early on: 0114 241 2775 or start@pedalready.co.uk

Everyone who takes part will receive an '1 Bike Bakewell' card which gives discounts at a growing list of local cafes and retailers in Bakewell.

The training is part of the Pedal Ready Peak District 'Summer Cycling' programme, subsidised by a grant from the Peak District National Park Authority's Sustainable Development Fund. Training at Summer Cycling events is free, but donations are welcomed to help develop future events.

Can't make any of the event dates?

Pedal Ready Peak District also offers free 'bespoke' cycle training sessions for families or groups, including advanced road cycle training with traffic handling skills, useful for students or commuters. Call 0114 241 2775 or email start@pedalready.co.uk for more details.

Check www.pedalready.co.uk for information of new activities during the summer.

MONSAL TRAIL

Hassop to Bakewell section of Monsal Trail temporarily closed during Bakewell Show August 3 & 4

The **temporary** closure affects a one mile section of the trail - between Hassop Station and Bakewell Station only - on Wednesday August 3 and Thursday August 4.

On both days that section of the trail will form part of a temporary Park and Ride scheme with buses taking visitors from car parks to Bakewell Show.

The Peak District National Park Authority owns and manages the Monsal Trail and supports the Park and Ride scheme as it helps reduce traffic queues and pollution levels on routes into Bakewell during the annual show.

Bakewell Show is one of the biggest and most popular events to take place in the national park each year. It attracts thousands of visitors who help to boost the local economy. Every year a Park and Ride scheme is set up to reduce the impact of all the extra people using local roads. To make this work buses need to run along the trail all day, ferrying people between the car parks at Hassop Station and Bakewell town centre. This means that section of the trail has to be closed to walkers, cyclists and horse riders for safety reasons.

The Hassop Station to Bakewell Station section of the Monsal Trail will close from **8am to 7pm** on both days of the Bakewell Show.

Warning signs will be put up diverting walkers, cyclists and horse riders.

The rest of the Monsal Trail beyond **Hassop Station through the tunnels to Millers Dale and Blackwell Mill will remain open as usual.**

Keep up to date with news about the Monsal Trail at www.peakdistrict.gov.uk/monsaltrail

If you've cycled the newly opened Monsal Trail we'd like to hear from you. Send your comments to pedal@peakdistrict.gov.uk

SUMMER TRAIL BLAZERS

The Peak District National Park has many miles of traffic-free trails and quiet country roads for cyclists to explore.

Here's a checklist for your summer cycling:

High Peak Trail - A 17.5 mile linear route along the old Cromford to Buxton railway line. Links up to the Tissington Trail.

Manifold Track - The Manifold Track is a 9 mile tarmac track along a disused railway from Hulme End to Waterhouses. A section between Swainsley and Wetton Mill is used by traffic (single track) and contains a tunnel 100m long.

Monsal Trail - The trail runs for 8.5 miles along the former Midland Railway line between Blackwell Mill, in Chee Dale and Coombs Road, at Bakewell.

Route 54A and Carsington Water - Route 54A joins Middleton Top (on the High Peak Trail) to Tissington village via about 10 miles of country roads. The route around Carsington Water is around 8 miles.

Tissington Trail - A 13 mile linear route along the old Ashbourne to Buxton railway line. Links up to the High Peak Trail.

Longdendale Trail - A 6.5 mile linear route along the former Manchester to Sheffield railway line from Hadfield to the Woodhead Tunnels through the dramatic Longdendale Valley. It forms part of the Trans-Pennine Trail - the 215 mile coast-to-coast trail between Southport and Hornsea.

Upper Derwent Valley - This is a flat, circular route around Ladybower Reservoir in the north of the Peak District National Park. This route is undulating and consists of a rough stone surface in places.

Further information can be seen at www.peakdistrict.gov.uk/cyclingnearyou

If that's not enough, download the '**9 journeys of discovery by bike**' leaflet with nine cycle tours ranging from 7 to 28 miles long.

Each route has been carefully researched to offer great cycling along quiet lanes and traffic-free trails, fantastic views, eating and drinking places plus some of the most attractive villages and market towns. They require a reasonable level of fitness and are for people who wish to do a leisurely day / half day circular tour or go a little further. Available as pdfs and .gpx files (downloadable to a gps) from www.visitpeakdistrict.com/cycleroutes.

And there's the **Cycle Derbyshire leaflet** at www.derbyshire.gov.uk/cycling

Don't forget your sunblock lotion!

HAPPY 40th BIRTHDAY TISSINGTON TRAIL!

Time flies when you're cycling and this year the Tissington Trail is 40 years old. Be a birthday biker and explore this historic route.

The Tissington Trail is a 13 mile linear traffic-free route which runs along the old Ashbourne to Buxton railway line and links up to the High Peak Trail. It also forms part of the 350 mile Pennine Cycleway to Berwick-upon-Tweed.

Click here for a map www.peakdistrict.gov.uk/whitepeak-trails-map.pdf

Potted history:

1967 The railway closed in 1967.

1968 The Peak Park Joint Planning Board acquired the Ashbourne - Parsley Hay railway line. Hartington signal box was restored by British Rail apprentices and opened as a Peak District National Park information point for many years.

1975 The Countryside Commission promoted an experiment in cycle hire at Parsley Hay. It was hugely popular.

1977 You could hire a bike at Parsley Hay for £1 a day and at holiday times customers queued for hours.

1980 The Seven Arches Viaduct at Ashbourne collapsed completely during routine maintenance work.

1991 Hirings peaked but cycling remains as popular as ever, easily the dominant use of the Trails; most visitors now have their own bikes.

2001 The Tissington Trail, along with the High Peak Trail, was the first and for a while only part of the National Park to re-open after the outbreak of foot and mouth disease, and was enjoyed by many thousands of visitors.

2006 Parsley Hay cycle hire centre reopens after major refurbishment.

You can hire bikes on the Tissington Trail at Mappleton Lane, Ashbourne 01335 343666 or Parsley Hay 01298 84493.

ELECTRIC BIKES AT PARSLEY HAY

Let the bike take the strain out of pedalling uphill! Parsley Hay cycle hire centre now has two electric bikes for hire.

The cost is £15 for a half day or £25 for the full day plus a £50 deposit.

They can be pre-booked by contacting Parsley Hay cycle hire centre on 01298 84493.

SOCIAL CYCLING

Building on the success of last month's social rides, Angie Farrant is keen to keep the momentum going and has organised another jaunt for anyone wanting an easy paced ride and a social activity:

Wednesday 20 July - Social ride around Derwent and Howden reservoirs (WoW)

Meet 11.30am near Fairholmes (an exact meeting point will be detailed to those interested).

These rides are for ladies who want to ride in company and are confident to ride on the traffic free routes offered. Each person is asked to make their own provision for weather, medication, first aid etc. Being in a group will naturally offer support to each rider and it is our intention to cycle at a steady pace and consider everyone's needs so that we can continue to enjoy cycling in a group. If you are not sure about the route catering for your confidence and ability please contact the co-ordinator. A packed lunch is recommended.

The Derwent cycle hire centre is located at the main car park (Fairholmes) for Derwent Dam of Dambusters practice fame in the Dark Peak. The road heading north, along the west of

Derwent reservoir takes you past Howden dam and reservoir. It is generally quiet and is restricted to official access only at certain times. At the top of Howden reservoir, the road ends and you can take the traffic free scenic track back to Derwent Dam and the cycle hire centre.

Pay and display car parking. For further information and to book please contact Angie Farrant tutorfarrant@yahoo.com

RIDE REPORT

Hills, Dales & Trails - The National Park Authority's landscape architect, Garrie Tiedeman led a 9.5 mile cycle ride during National Bike Week. Garrie said: "Despite a run of bad weather we were lucky on the day. Four cyclists came along and enjoyed the spectacular views. We stopped off at various places to talk about the landscape we were cycling through. We visited the motte and bailey Norman castle at Pilsbury Castle and at Bank Top Farm, near Hartington, we sat in the farmyard for delicious homemade refreshments." The ride was also supported by cyclist William Alves. Look out in the Pedal Peak District e-newsletter for future 'landscape rides'.

Send your ride report, about great local cycle routes or cafés, to pedal@peakdistrict.gov.uk

FOLLOW US ONLINE

Find us on [FACEBOOK@PedalPeakDistrict](https://www.facebook.com/PedalPeakDistrict) for up to date news and cycling tips. Take part in our competitions and you could win a great prize! Sign up at www.pedalpeakdistrict.co.uk. Simply fill in your details and log your cycling trips on a regular basis.

Please forward this newsletter to your friends and family who may be interested in pedalling the peaks.

If you do not wish to receive future Pedal Peak District e-news please reply to this email with REMOVE in the subject line.

Happy cycling from the Pedal Peak District team!

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