

## Trip Report Friday 28 March 2025

Route	Monsal Trail from Ashford in the Water
Distance	8 miles with 1000ft accent
Squad	Neil (Leader), Ann, Chrissie, Dave B, Christine, Colin, Dave C, Iain, Cate, Della, Janet, Sarah, Steve, Mike, Lesley, Jim, Gerry, Heather, Mike W, Selina

A prompt depart from Bunbury for 19 out of the 20 on today's walk, with Janet already waiting for us when we all arrived at the start car park.

After a series of visits to the local public conveniences we departed slightly uphill towards Great Shacklow Wood, navigating a rocky brook, before heading down to the banks of the River Wye. We followed the river for about 2 miles before stopping for an early coffee stop on the bank of the river. The weather was bright and sunny, if a little breezy.

The route then took us onto a path to enable us all to safely cross the A6, and as we entered Ashford in the Water, we had the obligatory BUMS photo on the bridge. The route took us through Ashford which was referenced before the Domesday Book of 1086 but in that landmark historical document it was named as Aisseford. Exiting the village the path took us through open fields heading up to the Monsal Trail.

The Monsal Trail is a traffic-free route for walkers, runners, cyclists, horse riders and wheelchair users through spectacular limestone dales with incredible views from places like the iconic Headstone Viaduct (as often seen from Monsal Head). The trail is 8.5 miles long, stretching at its furthest points between Blackwell Mill in Chee Dale and Coombs Road in Bakewell, but we were on the trail for a couple of miles, passing through Headstone Tunnel and over Headstone Viaduct.

We headed off the Trail towards the River Wye again and ascended to Monsal Head where lunch was taken, whilst taking in stunning views of Monsal Dale and the surrounding hills.

The final part of the walk took us through woodland as we descended into the Dale, passing a beautiful Weir before crossing the river via a footbridge and then following a pretty river path back to the car park. I must thank Steve for doing a fantastic job ensuring we didn't lose anyone during the walk.

This was a lovely and relatively straightforward walk for all, and it was great to see so many BUMS out enjoying each other's company and of course the great outdoors.

Hydration was taken later at the Dysart. Many thanks to Colin, Mike W, Steve and Iain for driving and I hope we can continue to keep numbers high for future Friday walks.

Neil