

# Estate Track —

1 mile (2km or about 3000 steps)

Follow grey waymarkers from Midgehole car park.

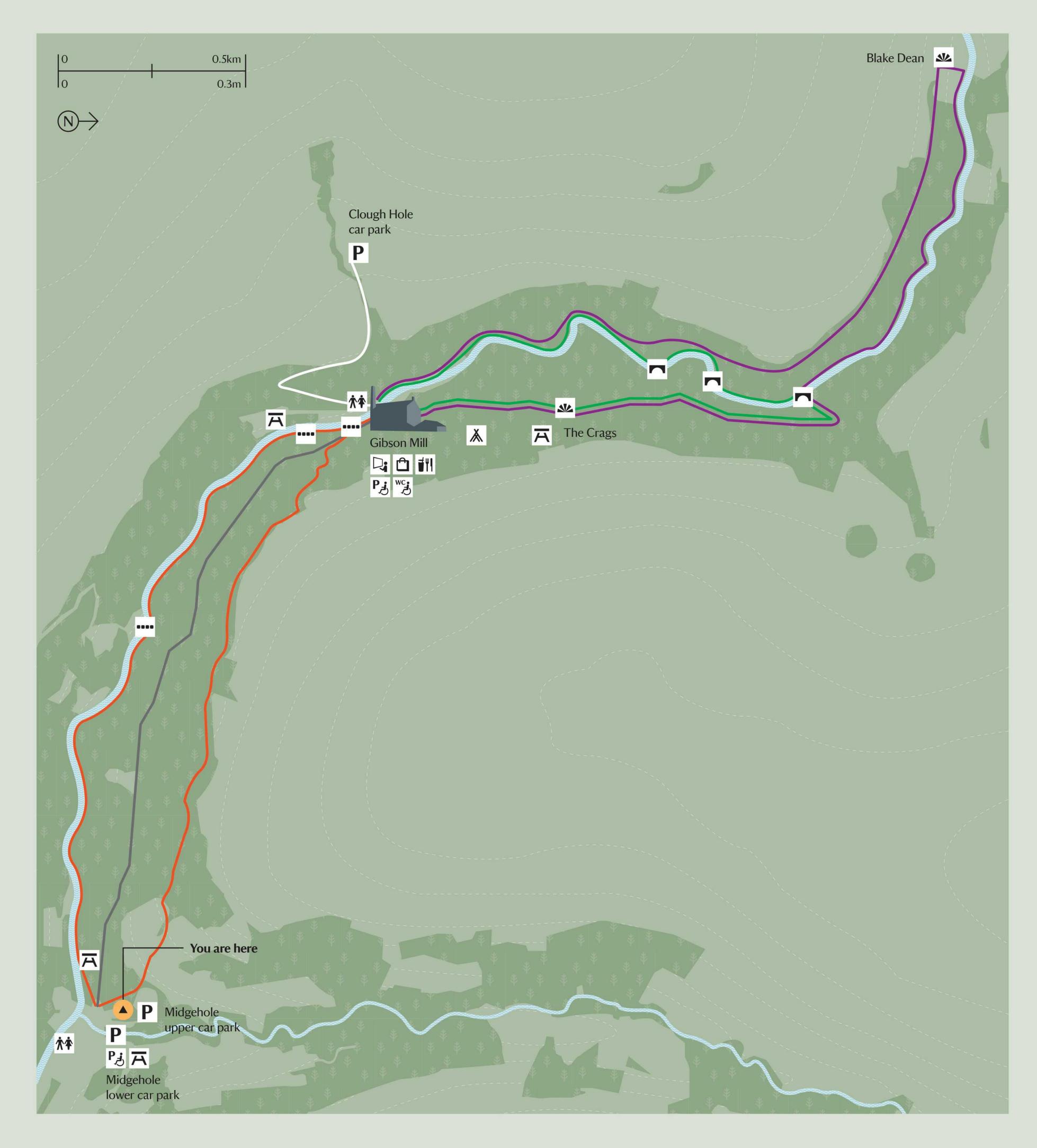
The most direct route from Midgehole car park to Gibson Mill. This wide treelined path is mostly even underfoot with a slight incline and decline along the way. Wheelchair and pushchair accessible.

## **Crags Constitutional**

2 miles (3 km or about 4500 steps)

Follow green waymarkers from Gibson Mill.

A chance to explore a quieter part of the river, with ponds, waterfalls and beech woods where you should watch out for dippers, wagtails and herons. The route is on a stony path which is very uneven in several places. Parts of the riverside section are likely to be muddy especially after rain.



## **Railway Trail**

3½ miles (5½ km or about 10,000 steps)

Follow purple waymarkers from Gibson Mill.

The route follows the river through woodland and includes several steep uphill and descending sections with great views along the higher slopes. A challenging walk that includes a crossing over water, uneven stone steps, and a long steep flight of wooden steps.

#### The Crags

 $\frac{1}{4}$  mile ( $\frac{1}{2}$  km or about 1000 steps)

Amazing views of the tree canopy from the top of this short but steep climb. The first part of route is on a path with several flights of steps, but the second section is very uneven in places.

#### Mill Walk (riverside)

1¼ miles (2km or about 4000 steps)

Follow red waymarkers from Midgehole lower car park.

You can see how the river changes along the route, spot the occasional heron, and try out the stepping-stones. There are several very uneven, rocky sections, sets of steps, and parts can be muddy after rain.

# Mill Walk (upper woodland)

1¼ miles (2km or about 4000 steps)

Follow red waymarkers from Midgehole upper car park.

The route goes through a stand of pines to take in views over the Hebden Valley, especially from the rocky outcrop called Slurring Rock. The route is a long steep climb up ancient causey stones, undulating through uneven woodland paths, finishing with a steep (often slippy) descent to Gibson Mill.