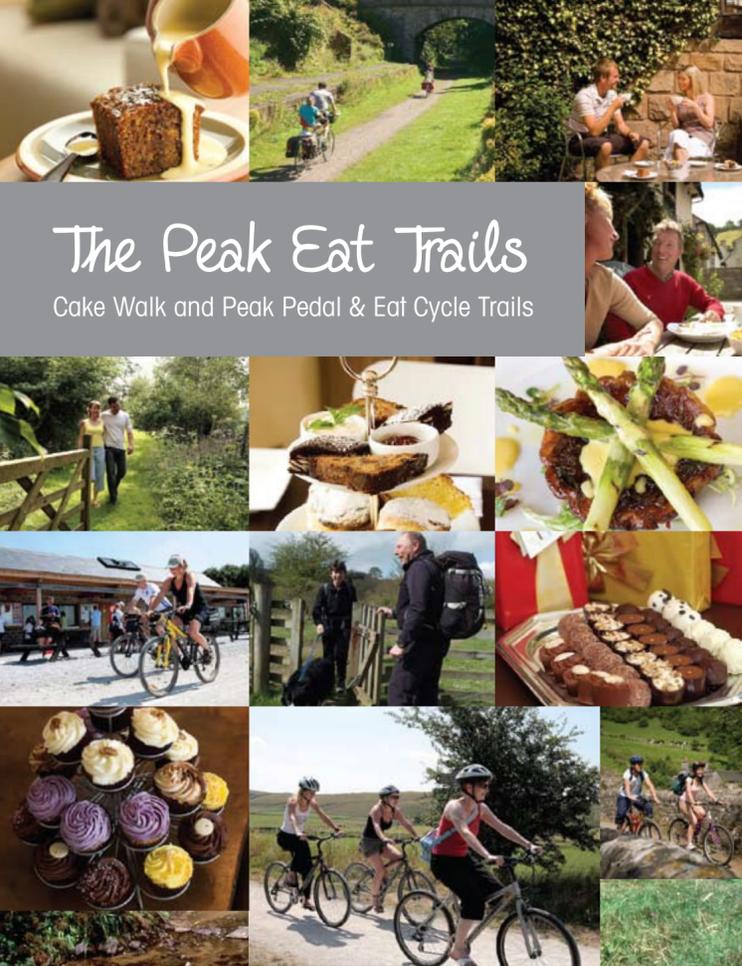


The Peak Eat Trails

Cake Walk and Peak Pedal & Eat Cycle Trails



www.extendingtheseason.co.uk



The Peak District Food & Drink Trails have evolved out of EXTENDING THE SEASON, a three-year LEADER funded food tourism project that aims to develop and promote local food/drink products and their supply chains and to link them to tourism activities.

EXTENDING THE SEASON research indicates that the cooking, freshness and quality of ingredients are key factors that cannot be ignored in the creation of memorable food experiences for visitors to the Peak District, along with the use of local produce and local specialities. Many visitors perceive that local produce and ingredients make an essential contribution to the quality and taste of the food and drink.

Awareness of this significant tourist interest in local food, drinks and meals based on local ingredients has resulted in the development of a number of food and drink trails specifically designed to highlight the availability of local food and drink products in and around Peak District tourist destinations and outlets.

Other trails to look out for are the Peak District Ale Trail and the Peak District Sausage Trail. www.extendingtheseason.co.uk

The Cake Walk:
This is a cake trail that guides visitors along the popular Monsal Trail, highlighting traditional tearooms, cafes, restaurants etc. that specialise in locally produced bread, cakes and patisserie.

The Peak Pedal & Eat Trails:
Following the routes of the popular Tissington, High Peak and Hulme End/Waterside trails, The Peak Pedal and Eat Trails comprise three different trails for walkers and cyclists to follow, highlighting local food and drink establishments/producers along the way.

Extending the Season project which has been supported through LEADER in the Peak District Rural Action Zone, part of the Rural Development Programme for England, which is jointly funded by Defra and the European Union, and is delivered by Derbyshire Economic Partnership (DEP).



01 BLACKWELL MILL CYCLE HIRE & LAZY DAYS

off Bakewell Road, Wye Dale, nr Buxton, Derbyshire SK17 9TF
T: 01298 70838/07812 027060 W: www.peakblackwellcyclehire.com

Blackwell mill cycle hire & lazy days tuck shop. Cycle the magnificent Monsal Trail from the newly opened cycle hire centre at Blackwell Mill, Wyedale, 3 miles down stream from Buxton on the A6 towards Bakewell. "Blackwell Mill Cycle Hire & Tuck Shop" is ideally situated at the beginning of the magnificent Monsal Trail. "Blackwell Mill Cycle Hire" offers the "lowest cycle hire prices" in the Peak District. Adults £12.50 Child £8.50 Electric bikes £20 full day! We are open 9.30am-5.30pm seven days a week. March to November. Not cycling? Just call in for coffee & cake & relax in our great out door seating area.

£1.50 drink £1 piece of cake

02 LITTON VILLAGE SHOP

The Old Smithy, Litton, Buxton, Derbyshire SK17 8DX
T: 01298 872881

Litton Village Shop/Post office opened in August 1999 and is the first village-owned and run shop in Derbyshire. With two paid staff members and a bank of dedicated volunteers you will always find a warm and friendly welcome. The shop stocks locally sourced provisions and home grown fruit and vegetables, cards and Peak District Souvenirs. There is also a cafe that serves hot drinks and homemade cake at extremely reasonable prices. Please drop in and help support this non-profit making venture.

90p cup of tea and £1 for a coffee, a piece of cake from 80p

03 TIDESWELL SCHOOL OF FOOD

The Courtyard, Commercial Road, Tideswell SK17 8NY
T: 01298 871262 W: www.todeswellschooloffood.co.uk

The Tideswell School of Food, in the heart of the Peak District, offers a wide range of courses from bread baking to Vietnamese and Thai cookery. The well-equipped teaching kitchen, conference room and comfortable lounge are ideal for a great day out or a team-building event, and the school tailors activities to meet requests. The school also takes group bookings for private 'cook it and dine' events. Call to find out more about bespoke events, or go online to see the great course portfolio.

04 THE MONSAL HEAD HOTEL

Great Longstone, Nr Bakewell, Derbyshire DE45 1NL
T: 01629 640250 W: www.monsalhead.com

With gorgeous views across Monsal Dale and easy access to the Monsal Trail, we offer freshly brewed coffee and homemade biscuits every day from 7.30am - 11pm. Breakfast is served 8.00am - 10.00am and lunch/dinner is served from 12 noon - 9.30pm Monday-Saturday and 12 noon - 9pm Sunday. We serve hearty portions of freshly prepared food from our seasonal and specials menu, have a range of wines and all our ales are cask conditioned. Facilities include restaurant, pub and beer garden. We are family and dog friendly, and offer bed and breakfast facilities should you wish to extend your stay.

05 THE CRISPIN INN

Great Longstone, Bakewell, Derbyshire DE45 1TZ
T: 01629 640 237 W: www.thecrispingreatlongstone.co.uk

The Crispin Inn is a traditional 17th century village inn. Home-cooked food is served lunchtimes and evenings 7 days a week. Local produce is used in our menus where possible, and the famous Bakewell Pudding Shop supplies our bread and desserts. We are Cask Marque accredited with 5 award winning cask ales on sale. Situated approximately 500 yards from the Monsal Trail with a large car park and garden with outdoor seating, walking parties, cyclists, families and dogs are all very welcome.

Senior meal deal 2 courses for £6.75 served mon-fri lunchtimes.

06 HASSOP STATION

Hassop Station, Hassop, Bakewell, Derbyshire DE45 1NW
T: 01629 815668 http://hassopstation.co.uk

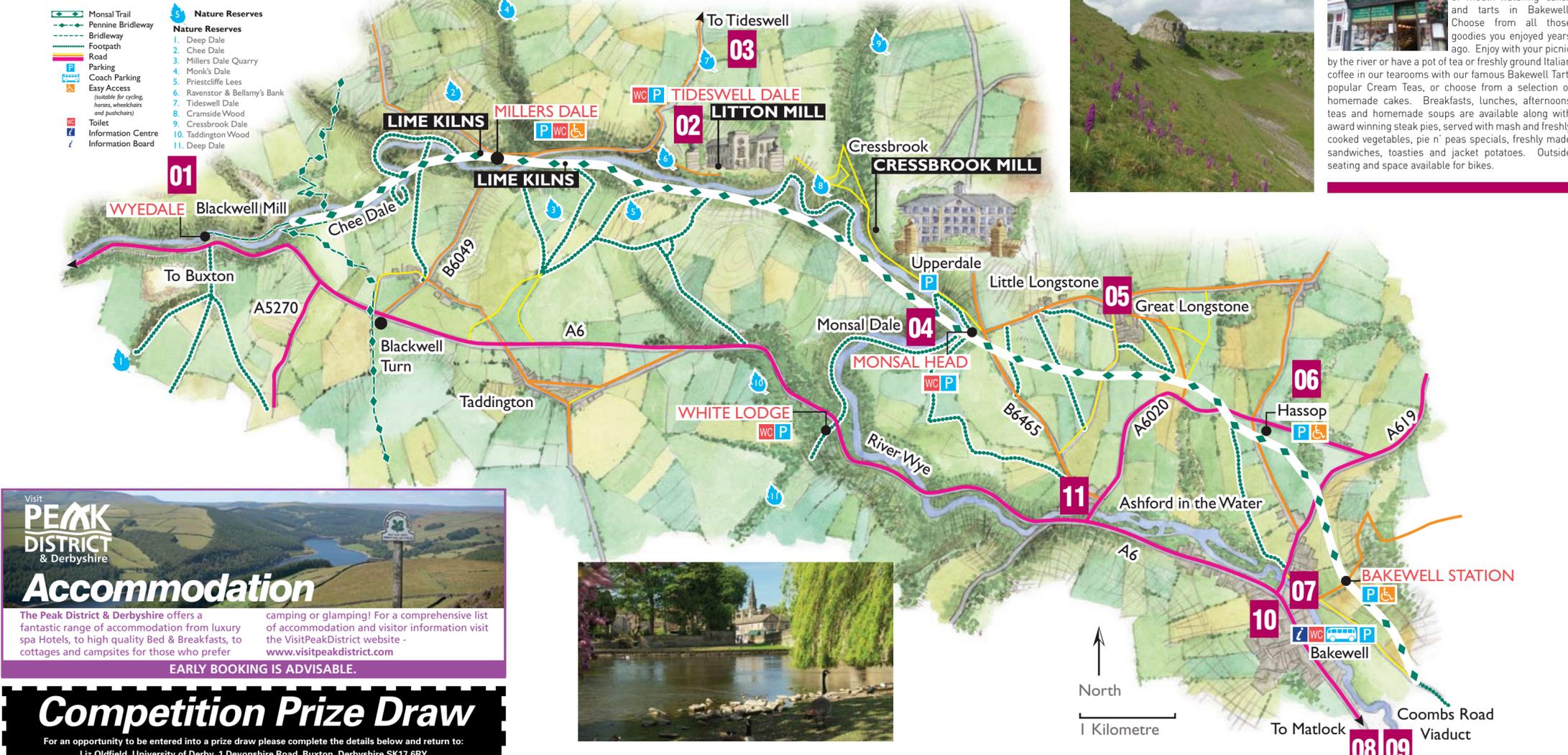
Situated in the heart of the Peak District, Hassop Station sits next to the Monsal Trail, just a mile outside Bakewell. The beautiful old station building is home to an award winning café that serves anything from tea and cake to delicious homemade lunches. The bookshop stocks a huge range of local interest titles and maps along with a wide range of gifts. Furthermore, our Monsal Trail Cycle Hire offers a wide variety of bikes to take along the trail, which runs from Bakewell to Cheedale, near Buxton.

07 THE BAKEWELL TART

Matlock Street, Bakewell, DE45 1EE
T: 01629 814692 W: www.bakewelltartshop.co.uk

A family owned business offering the widest choice of mouth-watering cakes and tarts in Bakewell. Choose from all those goodies you enjoyed years ago. Enjoy with your picnic by the river or have a pot of tea or freshly ground Italian coffee in our tearooms with our famous Bakewell Tart, popular Cream Teas, or choose from a selection of homemade cakes. Breakfasts, lunches, afternoons teas and homemade soups are available along with award winning steak pies, served with mash and freshly cooked vegetables, pie n' peas specials, freshly made sandwiches, toasties and jacket potatoes. Outside seating and space available for bikes.

Cake Walk Monsal Trail



Visit **PEAK DISTRICT & Derbyshire**

Accommodation

The Peak District & Derbyshire offers a fantastic range of accommodation from luxury spa Hotels, to high quality Bed & Breakfasts, to cottages and campsites for those who prefer camping or glamping! For a comprehensive list of accommodation and visitor information visit the VisitPeakDistrict website - www.visitpeakdistrict.com

EARLY BOOKING IS ADVISABLE.

Competition Prize Draw

For an opportunity to be entered into a prize draw please complete the details below and return to:
Liz Oldfield, University of Derby, 1 Devonshire Road, Buxton, Derbyshire SK17 6RY

Name Closing date 31/10/12
Address
Tel Email

1st Prize

Enjoy a luxury overnight midweek stay at East Lodge Country Hotel with afternoon tea on arrival and award winning breakfast. Value £450
www.eastlodge.com

2nd Prize

If you have a passion for cooking and you would like to unleash your culinary creativity you could win a cookery course at Tideswell School of Food. Value £150
www.tastetideswell.co.uk

TERMS AND CONDITIONS: The winners will be the first two entries selected at random from all entries received. No purchase is necessary. Employees and relatives of the University of Derby, the prize suppliers and associated companies are not eligible to enter. Entries that are illegible or not in accordance with the rules will be disqualified. Winners will be notified within 28 days of the closing date. The judge's decision is final and no correspondence will be entered into. In the event of the advertised competition prize being unavailable for whatever reason, the University of Derby, Extending the Season is not responsible and is not required to offer an alternative prize of equal or greater value.

11 THE RIVERSIDE HOUSE HOTEL

Fennel Street, Ashford in the Water, Bakewell, Derbyshire DE45 1QF T: 01629 814275 W: www.riversidehousehotel.co.uk

In a stunning peaceful village location nestled beside the River Wye, The Riverside offers freshly prepared lunch and dinner menus that are from £10.00 for two courses, Monday to Saturday, and traditional three-course Sunday lunch is £24.95. Morning Coffee and Afternoon Tea are available every day, booking is always advisable. The accommodation is luxurious with well-appointed spacious bedrooms and open fires in the lounge and bar areas.

10 THE RUTLAND ARMS

The Square, Bakewell, DE45 1BT
T: 01629 812812 W: www.rutlandarmsbakewell.co.uk

The Rutland Arms stands proudly in the centre of picturesque Bakewell. Jane Austen stayed here in 1811 whilst revising Pride and Prejudice and engraved sketches in the glass, which are still visible today. In 1859 the hotel's kitchens became the birthplace of the famous much loved Bakewell Pudding, created through what turned out to be the cook's most fortunate of mistakes! With its AA Rosette Award, The Square is renowned throughout the area for culinary excellence. Our chefs create their dishes using local fresh produce with a fantastic a la carte dinner menu and excellent quality meals throughout the day.

09 EAST LODGE

Rowsley, Matlock, Derbyshire DE4 2EF
T: 01629 734474 W: www.eastlodge.com

Officially the highest rated hotel within the region. Set in 10 acres of beautiful landscaped water gardens, East Lodge Country House Hotel and Restaurant is the ideal setting for any special occasion be it a luxury Champagne afternoon tea or the most elegant wedding reception. The hands-on family owners create a luxurious, home from home environment and the multi-award winning team deliver exceptional levels of food, hospitality and friendly service without compromising the laidback ambience. With an array of awards, East Lodge is the place to visit to relax and unwind.

08 THE PEACOCK

Bakewell Road, Rowsley, Matlock, Derbyshire DE4 2EB
T: 01629 733518 W: www.thepeacockatrowsley.com

Built in 1652 our AA 3 red star hotel is situated in the Derbyshire Dales in the Peak National Park. Ideally situated for exploring the local area, including Chatsworth House (10% discount) and Haddon Hall (50% discount), there are many picturesque walks to be discovered and we offer lots of information and maps. Excellent dry fly fishing is also available on the Derbyshire Wye from April to October. Recently awarded a third AA Rosette for food, our head chef, Dan Smith, creates delicious and high quality food served with artistic flair in our restaurant, private dining room and cosy bar.

Buy one get one free on food (all day menu) served in the bar

10% off afternoon teas including champagne teas

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