



Three Forts Time Travellers Trail (Hope Valley)



Trail Summary

Transport



Jump on a bus to explore the sites of three former defensive outposts in the Hope Valley.

Allow



Navio Roman Fort has level access, whilst Mam Tor and Peveril Castle require a steep climb (hence there defensive position!)

Difficulty



Visit one site or make a day of it for all three.

“Defending Hope.”

The Hope Valley is rich in impressive ancient monuments that were built for defence. This tour enables you to visit three of the major sites from prehistory, the Romans and the Middle Ages. These are Mam Tor hillfort, Navio Roman fort and Peveril Castle. All are set in beautiful countryside, are imposing in different and spectacular ways and can all be easily reached by public transport.

This guide is intended to compliment rather than supplant appropriate navigational equipment and due care should be taken when undertaking the self guided trails. We recommend you carry and know how to use the correct Ordnance Survey map. Please wear sturdy footwear, take appropriate weather protection, food and drink and please remember to follow the Countryside Code.

Start and finish:

Start at Navio Roman Fort. Finish at Castleton or Edale after visiting Mam Tor. *OS Dark Peak Area, OL1.*

Access:

We have made it easy for you to visit the sites by bus or train by providing directions from nearby bus stops and rail stations. We have also included text numbers so that you can use your mobile phone to receive the next bus and train departure times from any of the stops and stations.



PEAK
EXPERIENCE

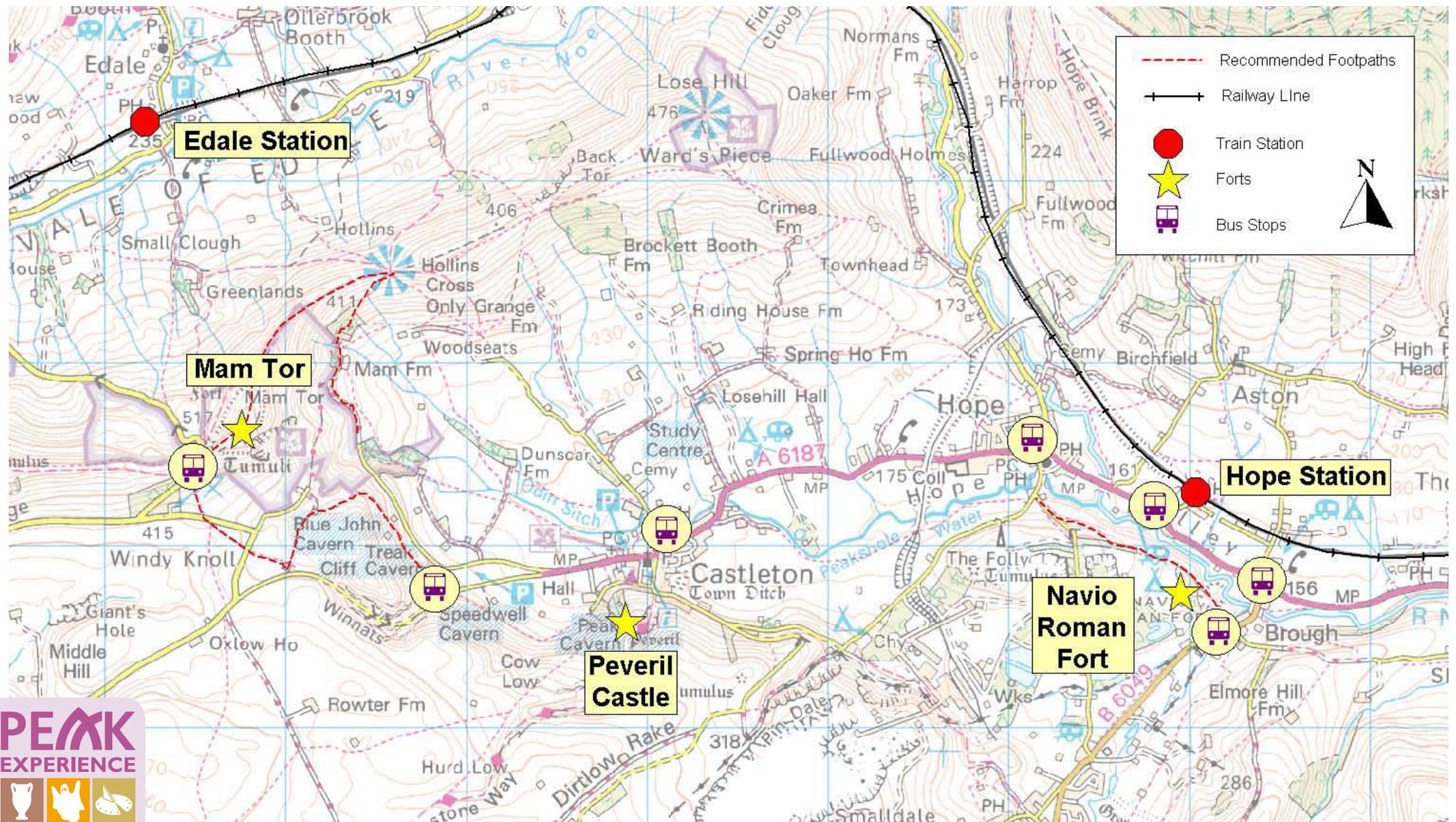


Part-funded by the European Union
Economic Regional Development Fund

One of a suite of downloadable trails available from www.peak-experience.org.uk



Three Forts Time Travellers Trail (Hope Valley)



PEAK
EXPERIENCE



This map is reproduced from Ordnance Survey material with the permission of Controller HMSO. Crown Copyright. All Rights Reserved. Peak District National Park Authority. License No. LA 10005734. 2005

One of a suite of downloadable trails available from www.peak-experience.org.uk



Three Forts Time Travellers Trail (Hope Valley)



Navio Roman Fort

The Romans built Navio fort at Brough, on the River Noe, when they arrived in the Peak District in the 70s AD. This was about 30 years after they invaded Britain in 43 AD.

Access and orientation

Navio is near to the village of Brough which is on the Bradwell Road near to the junction of the main road to Castleton. You can easily reach Navio from the bus stops on the A6187 and B6049. The fort is just 350 metres from the bus stop on the B6049 at Brough, 500m from the bus stop at the Travellers Rest on the A6187 (take the road to Bradwell) and just over 1km from Hope railway station (walk along the side of the main road then turn right along the minor road to Bradwell).

Approaching the fort

The most impressive way to approach the fort is along the footpath from Brough. You will see the remains of the fort's wall on the horizon ahead of you marked by a fence and line of trees. The footpath takes you along the approximate line of a Roman road directly to the location of the eastern gate (image below).



A Romano-British village is born

The road passed through a small village that grew up outside the fort's gates. It was full of civilians who followed the army to provide services. Wooden shops and workshops crowded alongside each side of the road. You would be surrounded by the sounds of voices, blacksmith's hammers and cart wheels creaking across the ground. Smells of livestock and metalworking fumes would fill the air.



The first wall and gate

The fort originally had a defensive timber wall built on top of an earthen bank behind a deep ditch. The wall would have risen up to two or three times head height to make an imposing barrier. The gate was defended on either side by wooden watchtowers. Later, the fort was rebuilt in stone.

If you look at the corner of fort to the left of the gate you can still see some of the original Roman stone wall. A carved stone inscription from 125 AD shows that the auxiliary soldiers came from Aquitaine, in southwest France.

Entering the fort

Inside the fort is a large rectangular level area. Seen from the air it has the shape of a playing card with rounded corners. If you walk to the centre of the fort you will find a small stone structure. This is what remains of a strong room inside the commander's headquarters (image centre).

Gates punctured each wall facing approximately north, east, south and west. Roads ran out from these gates to the nearest Roman forts in each direction – at Glossop, Rotherham and Buxton.

Was Navio attacked?

Archaeologists found the inscription of 125 AD smashed and buried amongst debris dating from about 196 AD. Is this evidence that Navio was attacked?

The end of Empire

When the Roman Empire fell, just after 400 AD, Navio was abandoned.

Return and on to Peveril Castle

From the fort you can continue to Hope approximately 1.4km away via a public footpath that leaves the fort's western gate. You can catch a bus onwards to Castleton and Peveril Castle outside Hope post office (text stop number dbsgapwj to 84268 for bus times). There is a café, pubs and shops in Hope. Alternatively retrace your steps through the eastern gate to get a bus to Castleton via Hope at Brough (stop number dbsagpdj) or to return to Hope railway station (text dep Hope (Derbyshire) to 484950 for train times). Please note that there is no railway station at Castleton but there is a train service to Edale should you wish to approach Mam Tor from the north.

One of a suite of downloadable trails available from www.peak-experience.org.uk

PEAK
EXPERIENCE





Three Forts Time Travellers Trail (Hope Valley)



Peveril Castle

The first castle was built by the Normans soon after their conquest of the Anglo-Saxons under Harold at the Battle of Hastings in 1066 AD. Most of the surviving castle dates from the 1100s.

Access and orientation

You can get off at the bus station from where you can take a short walk through the town to the castle. The Visitor Centre has an exhibition of historic Castleton (tel. 01433 620679). Peveril is owned and managed by English Heritage and can be found at the end of Castle St. Details of opening times, the entry fee and special events can be found at www.english-heritage.org.uk/server/show/ConProperty.68. There is steep access to Peveril Castle

Symbol of power

The grey, imposing walls of Peveril Castle rise above the village. Think what it may have been like to be a conquered Anglo-Saxon living here when the castle was built. You would certainly know who your new rulers were. If you thought about rebelling you would have to climb the steep hillside to get anywhere near the stronghold. The Norman Baron chose the site for his castle well.

The towering castle

You can discover about life in Peveril Castle either at Castleton Visitor Centre or the small English Heritage visitor centre and shop at the Castle itself. There is a guide book available from the shop.

As you climb the hill towards the castle wall imagine attacking with defenders raining down arrows, spears, rocks and possibly boiling oil or molten lead down on your head. Would you stand a chance?

The wall

This is not the original entrance which was on the other side of the castle.

Living in the castle's shadow

About half way along the wall there is a panorama showing the surrounding hills you can see from here. This is also a good place to see how the village is laid out.



The keep

Peveril Castle passed into the hands of Henry II sometime after 1154 AD. He rebuilt the castle in local limestone including the imposing square keep in 1176 AD. Look out for the round-headed windows.



Toilets and gateways

The original entrance into the castle was near to the keep. A wooden bridge crossed over the chasm of Peak Cavern from the ridge to the west. A terraced trackway still survives leading down from the other side of the chasm down to the valley.

There is a medieval toilet next to the keep. This was known as a garderobe and was positioned in the wall so that the toilet emptied down the chasm. Our word wardrobe comes from garderobe.

The castle as prison

By 1400 Peveril Castle was no longer of any strategic importance. Its impregnable position meant that it continued in use as a prison until it was abandoned sometime later.

Return and on to Mam Tor

There are plenty of cafes, pubs and shops in Castleton as well as public toilets. You can catch a bus to Mam Tor on Sundays or walk.

The Normans planned Castleton to control the local area. They protected it with a defensive earthwork that can be seen in fields to the southeast of the village and on the opposite side of the road from Castleton Visitor Centre. Norman architecture still survives in St Edmund's church including a fine arch.



PEAK
EXPERIENCE





Three Forts Time Travellers Trail (Hope Valley)



Mam Tor

Mam Tor is one of Britain's most spectacular prehistoric hillforts. It is visible from miles around – when not shrouded in cloud. You can see the ruined walls as grassed-over banks and ditches from Castleton.

Mam Tor means Mother Mountain. It is also called Shivering Mountain, due to the impressive remains of ancient landslides.

Access and orientation

Mam Tor is on the ridge above and to the west of Castleton. From the village bus station you can catch a bus on Sundays to Mam Nick at the base of Mam Tor (text stop number dbsajpdw for the next departure to 84268). You can return to Castleton or go on to Edale on the same bus.

On other days you can walk to Mam Nick and Mam Tor from Castleton via a public footpath. Follow the road out of Castleton towards Mam Tor, take the left fork then take the footpath on your right just before Speedwell Cavern.



between 2,000 and 3,000 years ago during the later part of the Bronze Age or the Iron Age. They encircled the top of Mam Tor. As you get closer you will be able to see along the banks to your right.

Older burial

Follow the footpath until you reach the Ordnance Survey trig point on the very top of Mam Tor. You are now standing on the site of a burial much older than the hillfort. The stone paving preserves a 4,000-year-old burial mound built towards the end of the New Stone Age or start of the Bronze Age.

Precarious houses

From the trig point continue along the footpath that runs along the ridge of Mam Tor towards the north-east. Keep a look out on your right for shallow oval depressions and platforms in the side of the hill. These are the foundations of timber roundhouses built about 3,000 years ago during the later part of the Bronze Age and beginning of the subsequent Iron Age. It is unclear whether the houses are contemporary with the walls or built several generations earlier.

Exit by the original entrance

Continue north-east along the footpath until you pass a gap through grassed over banks. This is the northern original prehistoric hillfort entrance through the walls. This was one of two original entrances – the other being beside the footpath up from Mam Nick.

Was it really a fort?

Were the walls defensive or a symbol of the community who built them? Or both? Was Mam Tor lived in all year round or occupied only during the summer? Could it have been a place where people from the surrounding region gathered for ceremonies? These unanswered questions continue to puzzle archaeologists and visitors who walk across the wind-swept hill.

Return Home

To return home from Mam Tor on a Sunday you can go back to Mam Nick to catch the Edale - Castleton bus (text stop number dbsapapt for Castleton or dbsapapm for Edale to 84268).

Otherwise you will need to walk to Edale or Castleton. There are a number of routes you can take. Immediately after you exit the hillfort at its northern entrance you can take a footpath to your left which goes down to Edale. Or carry on the footpath you are on until Hollins Cross and then take the footpath down to Castleton. There are different branches which go via Mam Farm and Duns-car Farm.

From Edale railway station you can get a train to Sheffield, Stockport and Manchester (text dep Edale to 484950). From Castleton bus station you can catch a bus to Sheffield, Bradwell, Hathersage, Bakewell or Matlock (text dbsajpdw to 84268).

Mighty walls

There is a steep climb from Mam Nick to the south-west entrance of Mam Tor. After you pass through the gate look up and you will see the massive grassed over banks above you. These are the remains of a pair of parallel high stone walls built

PEAK
EXPERIENCE





Three Forts Time Travellers Trail (Hope Valley)



Public Transport Information

There are a number of buses and trains you can take to explore the Three Forts Trail. Hope and Castleton are served by buses from Sheffield, Hathersage, Grindleford, Tideswell, Bakewell, Matlock and villages in between. You can find the latest timetable information online, by telephone or in timetables at tourist information centres. You can also use your mobile phone to text for the time of the next bus or train at any stop on the trail. Details are given below.

Telephone or go online

For all local bus and rail routes call Traveline on 0871 200 22 33 or visit www.traveline.org.uk. Route timetables are available to print on www.derbybus.info/times

For trains between Sheffield, Stockport and Manchester call 08457 48 49 50 or visit www.nationalrail.co.uk

Peak Connections publishes timetables for popular routes which can be downloaded from www.visitpeakdistrict.com

Text for next bus or train

For buses, simply type the code number for the bus stop as a text message in your mobile phone - and send it to 84268. We have listed all of the relevant codes along with the bus stop name below. You can also add the service number you want (leaving a space after the stop code) – for example **db sagpdm 272**. If you are in mobile coverage you will receive back the times of the next three timetabled departures from that stop within a minute. **The cost is 25p per text received plus your standard network rate for the text you send. Both are charged to you by your operator.**

For trains between Sheffield, Stockport and Manchester text the name of your station to 484950. First type the word **dep** then **the station name**. Local stations are Hope (Derbyshire), Edale and Hathersage. To add the station you wish to go to add the word **to** then the name of your destination station. For example, **dep Edale to Sheffield**. Your message will cost the normal text message rate charged by your operator. **The train time reply will cost 25p including VAT, and will be charged to you by your operator.**

Bus Stops and their Text Codes

Hope (railway station) to Castleton A6187 - **db sapd gj**
Hope (railway station) to Sheffield, etc A6187 - **db sapd gd**

Nearest to Navio to arrive and leave

Brough to Bradwell, Tideswell, Bakewell B6049 - **db sagp dm**

Brough to Castleton or Sheffield B6049 - **db sagp dj**
Brough (Travellers Rest) both directions B6049 - **db sagp dp**

Close to Navio to arrive and leave

Broughlane Head (Travellers Rest) to Castleton A6187 - **db sgt amp**

Broughlane Head (Travellers Rest) to Sheffield, etc A6187 - **db sgt apm**

Near Navio, makes good place to pick up bus if you would like a longer walk after visiting the fort

Hope (Post Office) to Castleton A6187 - **db s gapw j**

Hope (Post Office) to Sheffield, etc A6187 - **db s gapw m**

Castleton bus station for Mam Nick A6187 - **db saj pdw**

Mam Nick to return to Castleton - **db sap apt**

Mam Nick to go on to Edale - **db sap apm**

To return to Sheffield, Hope, Hope railway station, Bradwell, Hathersage, Tideswell, Bakewell, Matlock, etc

Castleton bus station A6187 - **db saj pdw**

Useful Bus Routes

68 Tideswell – Bradwell – Brough – Hope – Castleton

173 Bakewell - Litton – Tideswell – Bradwell – Brough – Hope – Castleton

174 Matlock – Baslow – Grindleford – Hathersage - Castleton

272 Sheffield – Bamford – Hathersage – Brough – Bradwell – Hope – Castleton

273/274 Sheffield - Ladybower - Castleton

260 Castleton – Mam Nick – Barber Booth – Edale. Sundays only

One of a suite of downloadable trails available from www.peak-experience.org.uk

PEAK
EXPERIENCE

