



Look out for Brown Long-eared Bats flying at dusk.

Photo by: Shutterstock

TAKE A WALK

There is a level riverside walk through Matlock Bath to Derwent Gardens and back via the lower part of Lovers' Walks and Jubilee Bridge (25 mins)

The upper section of Lovers' Walks is easiest to access from the station by following the green finger signs for 'Lovers' Walks' through the car and coach parks (about 50 mins).



Whistlestop Café & visitor centre is in the beautiful old railway station and is owned and run by Derbyshire Wildlife Trust. This family-friendly café offers great coffee and local food.

EXTEND YOUR WALK

Visit Masson Mills (30 mins) or take the steep path up from the station to High Tor for great views over Matlock Bath, Matlock and beyond (25 mins). From the top of High Tor you can walk down the far side and pick up the Matlock walk near Pic Tor.

Photos by: Alastair Morley/Smith Davis Press

ONE OF THE COUNTRY'S FIRST TOURIST DESTINATIONS

Matlock Bath is one of the country's first tourist destinations and has been popular since the late 17th Century when the spa waters were discovered. It's heyday was in Victorian times when it became known as "Little Switzerland".

Since 1787, The Heights of Abraham has attracted visitors to the impressive caverns and scenic pleasure grounds. In 1984, Britain's first alpine style cable car was opened providing today's spectacular journey across the Matlock gorge.

GREEN MAN TRAIL

As you walk along Lovers' Walks and through Derwent Gardens look out for twelve sculptures hidden on trees which form the new Green Man Trail. The Green Man is a pagan nature spirit and a symbol of rebirth and the growth cycle renewing each Spring, bringing a plentiful harvest. Decorated with leaves, the Green Man is often found carved into sculptures and buildings. Pick up a trail and quiz sheet from local outlets in Matlock Bath.



MASSON MILLS

Masson Mills, built in 1783 and part of the Derwent Valley Mills World Heritage Site, is the finest surviving and best preserved of the Arkwright cotton spinning mills. You can experience sights, smells and sounds of the historic machinery. There is also a shopping village and restaurant.



BIRD'S EYE VIEW

I get great views flying over Matlock Bath but you can take the cable car or climb up to the viewpoint on Lover's Walk. While you're there, see if you can spot these 4 things and fill in the gaps:

1) _____ Kingdom. 3) Cable _____

2) The Grand _____ 4) Jubilee _____



THE GRAND PAVILION

The Grand Pavilion is one of many fine buildings in the town relating to its time as a spa. It now houses the Peak District Mining Museum where there is also Tourist Information available.