



Duffield Frith was a medieval deer forest created by the Normans covering APPROXIMATELY 60 square miles and remained as such until the middle of the 17th Century.

The forest was held initially by the De Ferrers and later by the Lancasters until 1399 when it became a truly Royal forest being taken over by John of Gaunt's son Henry on the grounds of descent from King Henry III.

The walk explores 21 miles of this ancient landscape. Today the forest has disappeared and you will be lucky to spot a deer (Alderwasley Park still has a herd), but many old landmarks and place names still exist in a fascinating area with a pleasant, undulating landscape which many of you will not have had cause to visit before.

The walk is covered on Explorer Maps OL24 - The Peak District White Peak Area and 259 - DERBY.

How long will it take?

I consider myself a very average long distance walker and it takes me 8 hours with a half hour LUNCH stop and two 15 minute breaks.

Degree of difficulty

The route is undulating with no really steep climbs, The highest point being alport stone at 314 metres (just under 1,000 feet). There are, however, many ploughed fields especially in the first half of the walk which can sap your strength in wet conditions.

Start location

The car park is situated in church road very close to duffield church. This is located by picking up the a6 at the southern end of the town of duffield and locating a minor road signposted makeney/little eaton. Follow this road in an easterly direction shortly crossing a railway bridge, after which immediately turn right into church road which is signposted sports ground/parish church. (If you find yourself crossing the river Derwent you have missed the turnoff). (gr349428).

To celebrate the successful completion of your walk a badge and certificate are available for £4.00. please make cheque payable to mike warner and send to Redland house, clifton, near ashbourne, Derbyshire, de6 2gj.