

Hike & Wild Swim Route Card

Peak District: Three Shires Head

Fast Route Facts

Length: 5 miles

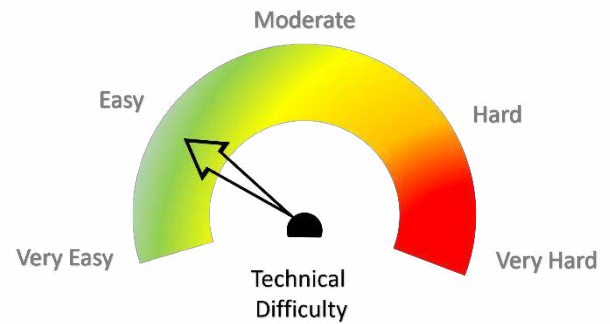
Elevation: 754ft

Time: 2.5 Hours (without breaks)

Start/Finish: The Roaches Gradbach Car Park

Route Type: Footpath

Parking Costs: £5 honesty box



Directions [The Roaches - Gradbach Car Park · Apple Maps](#)



Wild Swim Spot

Route Description

There are 68 county tripoints in England, but few are as beautiful as our wild swim spot 'Three Shires Head' which is a picturesque location along the River Dane, and the spot where Cheshire, Derbyshire, and Staffordshire all converge in a remote Peak District valley. Three Shires Head will take you back in time with its unique 18th Century packhorse bridge, ancient like rock and fern and two waterfalls cascading over rocks into icy alpine pools.

Leg 1

Start/Finish Elevation: 871ft/1144ft

Time: 30 minutes

Distance: 0.92 mi

1. The route starts from the back of the field car park next to the river. Walk along the river with the water to your left. You will see a small wooden gate on your right, go through the gate and turn right onto the tarmac road
2. Walk on the road until you reach Shiredale Dane House view, take a left behind the house and you will see a metal gate and a sign post 'Three Shires Head 2.5km'. Go through the gate
3. Walk across 5 grass fields alongside a stoned wall



Leg 2

Start/Finish Elevation: 1144ft/1136ft

Time: 27 minutes

Distance: 0.92 mi

1. After your 3rd wooden gate, you will see a farmhouse in front of you in the near distance. The path here forks, take the path to the left towards the stoned wall
2. Walk through another small wooden gate on your left and continue walking forward on a grass path which turns into a stoney road
3. You will soon see a wooden post on your right pointing you through a gap in the wall. Follow this arrow and the grass path taking a left soon after you walk through the wall leading you between two trees
4. Take a right when the path forks, going through another wooden gate
5. You will now reach a well defined path, follow this until you reach Three Shires Head waterfalls.



Leg 3

Start/Finish Elevation: 1136ft/1363ft

Time: 32 mins

Distance: 1 mile

1. After a refreshing dip in the plunge pools walk over the bridge and take a left. Follow the path ignoring a left turn
2. You will reach a wooden gate and a tarmac road, cross the road going through another wooden gate
3. The grass path will bring you to two junctions straight after one another. Take the left path at the first junction and the right path at the second junction
4. Go over the wall via a wooden kissing gate and take a left



Leg 4

Start/Finish Elevation: 1363ft/1144ft

Time: 40 minutes

Distance: 1.5 mi

1. Walk along side the wall (the wall should be on your left) and follow the path round the bend
2. Continue to follow the stoney path passed a metal sheep pen and down the descent to a farmhouse. Once you have passed the farmhouse you will see a wooden gate taking you through a wall on your right, go through the wall and follow the grass path down into the valley
3. Once you have climbed over a wooden ladder onto a tarmac road take a right walking on the road

4. You will then reach a metal gate with two public foot paths, one to your right and one to your left. Take the path to your left
5. This will take you to the bottom of the valley and another tarmac road. Here you will see the car parks right in front of you. Follow the road round back to the car park



I hope you enjoy this route! Please leave a comment on how you found it and how we could improve. Don't forget to tag us in your pictures!