

A few important Peak District Facts.

The Peak District National Park is officially the first National Park in the UK, Founded in 1951. The 1932 Kinder mass Trespass, held in the park, was the milestone event which led to the increase in public access to such areas, and then the establishment of national parks.

There are no Mountains in the Peak District, the highest point is Kinder Scout at 636 metres above sea level.

The Peak District hosts the start of one of the longest walking trails in the UK, the Pennine way. This stretches 268 miles from the Nags head pub in Edale to Kirk Yetholm in Scotland.

The Peak District is also famous for its caves, with the deepest being over 400 metres below the ground. The tallest cave is Titan Shaft, Castleton, 141.5 metres, which is taller than the London eye. It's also the largest known shaft of any cave in the British Isles.

More than a third of the national park is designated sites of special interest, including important plants, wildlife and geological formations.

The Peak District moors are also home to the only English population of Mountain Hares.

Operation Chastise, or more affectionately known as the 'Dambusters' conducted their training on Derwent Reservoir.



If you have found your direction has 'gone West', its time to re-calibrate in the glorious surrounds of Britain's First National Park.

Escape, Discover, Grow

Choose a collection of outings from the range detailed below, to start your team/personal journey into re-balancing, driving creativity and supporting a route back to wellbeing and mindfulness.

- Dambusters: A scenic outing around this historical location.
- Mam Tor: A gentle wander along the great ridge with views over blue john mines and Edale.
- Aircraft Discovery: Explore several aircraft crash sites and maybe catch a glimpse of a Mountain hare along the way.
- Kinder Scout: Visit the spot where it all began, a slightly tougher walk up to Kinder downfall and return.
- Alport Castles : Said to be the largest landslip in Britain, a thought-provoking experience when you get to view the Tower.
- Dovestones reservoir: A gentle walk around this beautiful location, with a visit to the mighty Trinnacle.
- Navigation practice: With a link to business planning, learn a useful skill to focus the mind and keep you safe in the great outdoors.