

6 – The Elm Tree, Heath, to the Elm Tree, Scarcliffe - 4.4 miles

1. Turn left out of the pub car park. After about 30 metres, at the bend in the road, turn left down the public footpath at the side of Chestnut Cottage - there's a signpost on the tree. Drop down to a metal gate and cross the stile to its left. Continue down to an open gate with a double stile to your right. The road bends right and then immediately left and crosses over the Heath bypass.
2. Over the bridge, carry straight on with a pylon to your left - a very nice one - and the track turns into a farm track. There is a view of Bolsover Castle in the distance just over to your left. The track drops down towards the motorway, going round the fields, bearing left and then right.
3. At the next field you come to a gap in the hedge. Carry straight on, hedge on your right, for about 10 yards and then across an open field towards a stile in the fence opposite.
4. Cross the stile. Bear left towards the corner of the field, with a wooden fence on your right, towards a copse. In the corner of the field cross the stile to the right of a metal gate and go through a tunnel under the motorway. Carry straight on along the well-defined footpath across the field opposite.
5. Carry on through to a gate in the hedge opposite where the track bears left towards a stile. Cross the stile over a small footbridge. Go over the next stile and continue diagonally across the field over a still well-defined footpath with Bolsover Castle straight ahead.
6. In the corner of the field, turn right over a small footbridge and take the right hand of the two paths going diagonally across the field towards a stile in the fence opposite. Cross over the stile, through a few bushes to a fence opposite and over another stile.
7. Bear slightly left to a stile in the fence opposite. Cross over this stile, across a dismantled railway line to a stile opposite. Here walk up the field with hedge on your left. Keep straight on with the hedge on your left.
8. Where the hedge bears away 90° to the left, carry straight on across the field towards the far corner on the left. Do not go through the gate but where the hedge rejoins the track in front of you carry straight on, again keeping the hedge to your left towards the corner of the field.
9. At the corner of the field, the track bears left through the trees and then right again into another field. Head straight across the centre of the field to the far corner, past a small grassy knoll. The grassy knoll is covering a manhole cover - there is another one further up the hill and you should be able to see a stile in the fence in the trees opposite.
10. Cross over the stile, turn right at the tree and continue following the waymarked sign to the top right corner of the field. Cross the stile to the right of a small gate and bear left up a track towards Palterton
11. On reaching a track, carry straight across, bearing slightly left up a footpath, climbing very steeply uphill. On reaching the road have a breather!
12. Bear right along the road into the village. Where the road bends left follow the road - do not go back down the hill or you will regret it - following the signpost to Scarcliffe 1, Glapwell 1.
13. Carry on through the village, past Back Lane, along Main Street, past the bus shelter to a fork in the road where you bear right towards Glapwell. Carry on out of the village and to the left of a Give Way sign to a track across the road. Don't drop any litter on this track or you will get fined £500!
14. Carry on along the track for about ¾ mile until you meet a road, carry straight across climbing up through a wood. Continue through the wood following the well-defined path. The path bears left and comes out of the trees onto a lane through a metal gate. Bear left along the lane towards Scarcliffe with the church in the distance to your right.
15. Half a mile down the lane, just before reaching some houses, there is a footpath sign to your right which cuts across the field and over to a stile opposite. Take this footpath.
16. Cross over the stile opposite and follow a footpath with a hedge on your right and a field on your left, bearing slightly right, keeping the houses to your left towards a gate in the corner.
17. Bear left through the gate, along a track onto a road in the village of Scarcliffe. Bear right, drop down the road, past the church on your left to the Elm Tree pub on the bend. **This is your sixth checkpoint.**