

YOUR WEEKEND STARTS HERE

The Telegraph Magazine

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DAYLIGHT SHRUBBERY

The rise of the
PLANT BURGLARS
(and they're coming
for your pampas)



BRYONY GORDON

'I became a lockdown
BINGE EATER'

CABIN FEVER

The
**BEST GARDEN
OFFICES**
for every budget

BRYAN CRANSTON

on **MARRIAGE THERAPY**,

finding **FAME** in his **FIFTIES**

and finally **BREAKING FREE** from **BREAKING BAD**

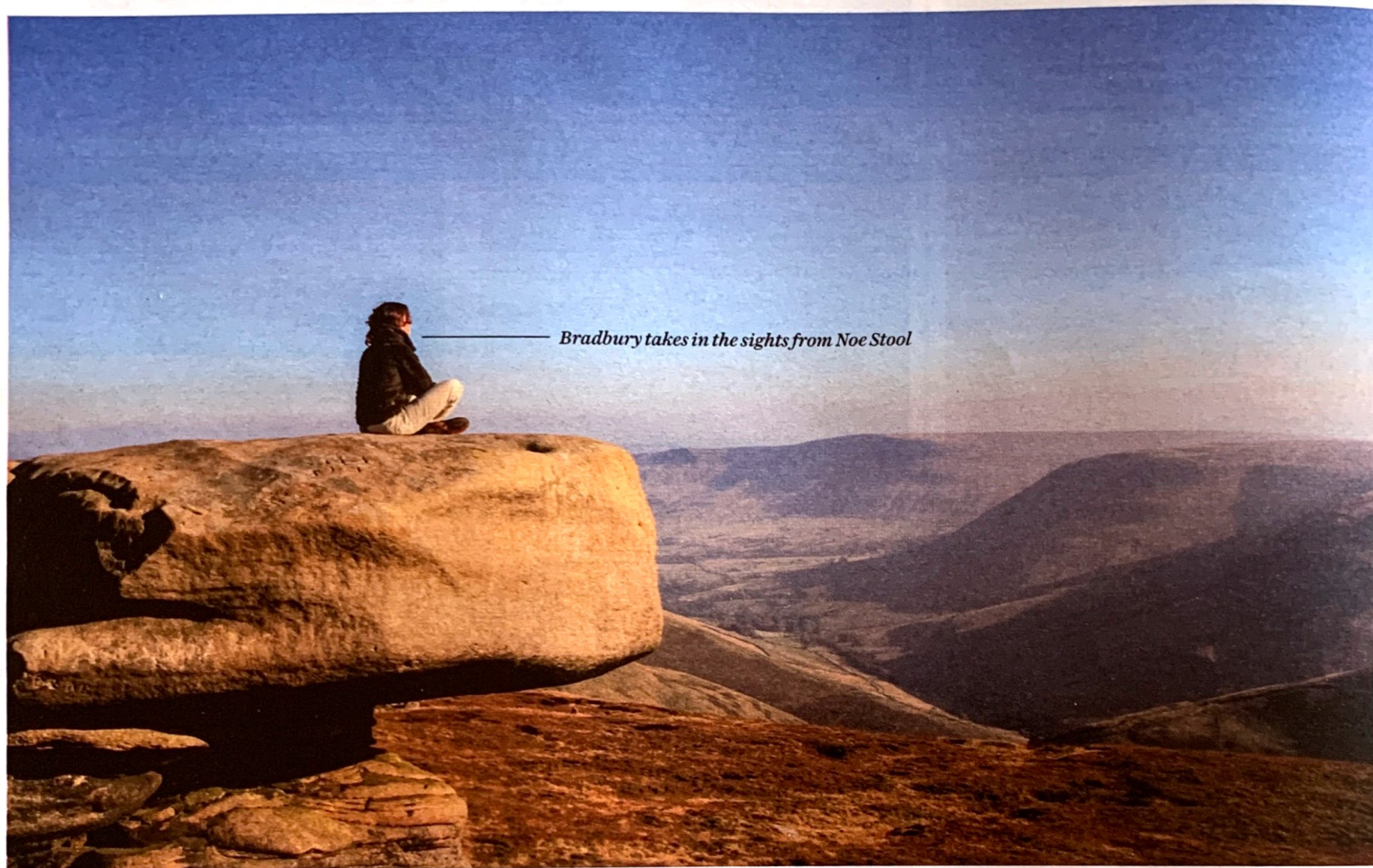
PLUS

GEORGIE HAYDEN'S **FINGER-LICKIN'** chicken supper

My favourite place

Julia Bradbury on the Peak District

The Countryfile presenter, 50, never fails to be awed by the drama of the Peaks



Bradbury takes in the sights from Noe Stool

I grew up in Rutland and Sheffield, and my dad would take me walking across the Peak District when I was a little girl. He was born and bred in the upland village of Tideswell and always made our walks feel like adventures. He'd turn them into treasure hunts, tell me stories about the route, and take me to see the rock climbers. I was captivated by the vastness of the space and the gigantic rocks – and that love of the outdoors has stayed with me.

For sheer drama, you can't beat the walk up Kinder Scout, the moorland plateau where a

'mass trespass' famously took place in 1932 – a peaceful protest by walkers from Manchester and Sheffield who wanted to be able to access the privately owned moorland. It was the beginning of the movement that gave us our 'right to roam', which means we can walk across mountains and moors without having to use paths.

The walk starts in the lovely village of Edale and cuts across the vale to Jacob's Ladder, where you look up at the steep stairway of rocks and think, 'Oh my God, I've got to get up all of those.'



With her Countryfile co-presenter Matt Baker

When you finally get to the top and on to the open moorland, it's absolutely glorious because your legs stop burning and the Peak District is spread out before you. Then you find yourself walking past massive knobbly boulders that are said to have inspired the sculptor Henry Moore, and the grand finale is a very beautiful rock that you can climb for a gorgeous view down the Edale Valley: Noe Stool.

When I'm in the mood for an amble, I do the Dovedale walk, a peaceful riverside trail that crosses gigantic stepping stones

— they remind me of square liquorice allsorts. Dovedale is one of those places where the pace of life slows down. I've always found walking therapeutic: there's something about the rhythm of the movement that helps you think, and research has proven that when you're walking through a landscape, your brain calms down.

My favourite pub for grub is The Old Nags Head in Edale, which is child- and dog-friendly. I eat very healthily at home, but I love a pie and a pint of cider after a long walk, and I'll definitely have a slice of cake. If I'm making a weekend of it, I stay at Losehill House, a wonderful boutique hotel near the village of Hope that looks out over wide-open

Bradbury out for a walk with her father Michael, who inspired her love of the countryside



fields and woodlands. After a hefty walk, it's a real treat to have a soak in the hot tub.

My partner, Gerard, is a reluctant walker, but I've hijacked our children and they share my passion for the outdoors. My little boy, Zephyr, is nine and my twin girls (Xanthe and Zena) are five, and they are in the garden every day, and always have pockets full of leaves, branches and bugs. They've never been happier than when it was pouring last October, and I said, 'Right, we're going outside.' We donned our waterproofs, rolled down the hill in our garden and had a wet leaf fight.

I would love to live in a rural setting with a big landscape on my doorstep, but we're in London, so my daily walks are to the park and urban green spaces. During lockdown, I've been desperate to go somewhere wild. My dream scenario would be to walk up Kinder Scout again with my dad. He's 80 now and his knees have gone, so he can't get up there any more. But in my dream my mum would make us a packed lunch with her delicious Greek meatballs, tzatziki, a slice of Bakewell tart for him and chocolate for me. When we got to the top, we'd have a gin and tonic to celebrate. *Julia Bradbury is working with Heck Food to encourage companies to appoint an outdoor ambassador; heckfood.co.uk/outdoorambassador*



The Old Nags Head, Edale, is her top stop for pie and cider

Places to stay in the Peak District



FISCHER'S BASLOW HALL, BASLOW

From £222

fischers-baslowhall.co.uk

Foodies flock to this manor house for its Michelin-starred restaurant. Work up an appetite by exploring the five acres of grounds, or chill out in the sumptuous bedrooms.

LOSEHILL HOUSE HOTEL & SPA, HOPE

From £143

losehillhouse.co.uk

Julia Bradbury's favourite bolthole has bright rooms, great views, and a sauna, steam room and outdoor hot tub to soothe tired post-ramble legs.

BIGGIN HALL, BUXTON

From £110

bigginhall.co.uk

Walkers are loyal to this cosy, characterful 17th-century hotel, which has a drying room, bike storage, comfortable bedrooms and gardens adorned with sculptures.



CAVENDISH HOTEL, BASLOW

From £150

devonshirehotels.co.uk/cavendish-hotel-baslow

This Chatsworth-owned coaching inn lies on the edge of the estate. The centuries-old rooms are decorated with antiques and artwork, and have views of rolling countryside.