



# Dales High Way

**The Dales High Way** is a 90-mile glorious walk over the high-level countryside of the Yorkshire Dales. It begins at the Victorian model village of Saltaire and follows ancient drovers' ways, packhorse tracks, and green lanes to the historic market town of Appleby in Westmoreland. Highlights include the famous Rombald's Moor with its Neolithic rock carvings, the dramatic scars, gorges and cliffs of Malhamdale, the Stainforth waterfalls along the River Ribble where in autumn salmon can be seen leaping, lonely Crummackdale, an ascent of Ingleborough one of Yorkshire's Three Peaks and the one people call the most beautiful, the green, tranquil valley of Dentdale, a six mile marvellous ridge walk traversing the Howgill Fells, the picturesque Sunbiggin tarn and the marvellous limestone pavement of Great Asby Scar. Wildlife is rich and varied; rivers provide habitat for a wide range of birdlife and the high moors also provide a summer home to Curlew, Lapwing, and Golden Plover.

## Trail Grading



This Guided Walking/Hiking Trail is graded 4 which involves walks /hikes over long distances in remote countryside and rough terrain. Sustained ascents and descents and occasional sections of scree and some steep ground are encountered. You will require a good level of fitness as you will be walking every day. It is your responsibility to ensure you have the relevant fitness required to join this holiday.

## Fitness

We want you to be confident that you can meet the demands of each walking day and get the most out of your holiday. Please be sure you can manage the mileage and ascent detailed in the daily itineraries. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace.

It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks, including some on hilly terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina.

All walking days listed below involve minibus or local transport between the walking route and your accommodation and this is included in your holiday price.

## Planned Itinerary

### Day 1: Arrival Day

Your leader will give you an introductory talk about your holiday.

### Day 2: Saltaire to Ilkley

Commencing its 90-mile journey at the Victorian model village of Saltaire the Dales High Way crosses the River Aire and ascends gently to the high heather-clad Rombald's Moor which lies between Airedale and Wharfedale. It is made up of three local moors, the most famous of which, and our destination today, is Ilkley Moor. Continuing on good paths and just before we reach the highest point for today at Lanshaw Lad we pass the stone circle known as the Twelve Apostles believed to date from the Bronze Age. After passing the Victorian bath house at White Wells we descend to the spa town of Ilkley. 7.5 miles (12kms) with 1,020 feet (310m) of ascent and 922 feet (281m) of descent.

### Day 3: Ilkley to Skipton

An impressive long craggy escarpment which dominates Ilkley and the Wharfe valley leads us by the Swastika Stone which has greeted travellers passing this way since the Iron Age, and on towards the Neolithic Piper Crag Stone which juts out above the moor edge. After crossing Addingham High Moor the route drops to join an old Turnpike Road (a



# Dales High Way

toll road from 1755 to 1803 and known locally as the 'Roman road' above Addingham. The route ascends to Skipton Moor with its impressive vista, and then descends into Skipton, a busy market town known as the 'Gateway to the Dales' and which lies in the Aire Gap. 11 miles (17.6kms) with 1,400 feet (425m) of ascent and 1,450 feet (440m) of descent.

## Day 4: Skipton to Malham

We ascend out of Skipton up to the small peak of Sharp Haw on grassy terrain. The route descends to the village of Flasby backed by the shapely Flasby hills, and then follows the delightful beckside to the small hamlet of Hetton. Continuing over grassy terrain we ascend to Weets Top, where, on a clear day, the panoramic view is magnificent, and where the dramatic and spectacular change in the landscape of Malhamdale will be obvious. We descend to Gordale House and walk into Malham village by the beautiful waterfall of Janet's Foss. 12.8 miles (20.6kms) with 1,654 feet (504m) of ascent and 1,654 feet (415m) of descent.

## Day 5: Malham to Stainforth

Today our route takes us through some of the UK's most remarkable limestone scenery. Leaving the village of Malham we quickly arrive at Malham Cove which was cut back and formed by glacial melt waters that poured down the impressive dry valley of Watlowes. We pick our way over the limestone pavement at the top of the Cove and ascend gently through Watlowes dry valley before ascending more steeply to Kirkby Fell. We continue through the limestone scenery via Attermire Scar and Victoria Cave (so named because it was rediscovered on the day of Queen Victoria's accession in 1837), and by Warrendale Knotts into the lovely Dales market town of Settle. From Settle a fine riverside walk along the banks of the Ribble leads to the waterfalls

and the 14<sup>th</sup> century packhorse bridge at Little Stainforth and ascend into the village of Stainforth. 10.2 miles (16.4kms) with 1,552 feet (473m) of ascent, and 1,647 feet (502m) of descent.

## Day 6: Stainforth to Chapel le Dale

Our walk through magnificent limestone scenery continues today as we ascend out of Stainforth on to the limestone plateau to pass Smearset Scar. After dropping into the southern end of the lovely and secluded valley of Crummockdale we ascend once more into a dramatic landscape of broad limestone terraces. Following an old drover's road, we continue round the southern flank of Simon Fell, through striking limestone pavements, and ascend by an easy but quite lengthy route to the summit of Ingleborough (724m). The rocky summit is vast and offers excellent views all around. We leave the summit by the same way and descend, initially very steeply but then on a paved path, to Chapel le Dale. 11.6 miles (18.7kms) with 2,300 feet (700m) of ascent, and 1,870 feet (570m) of descent.

## Day 7: Chapel le Dale to Dent

The entire path today follows an ancient packhorse route, the Craven Way, which comes up from Ingleton. After leaving Chapel le Dale and passing by Bruntscar and Winterscales it is not long before we come to, and pass beneath, the awesome Ribbleshead Viaduct with its 24 arches, although it is a man-made structure it seems to enhance the natural beauty of the landscape. After passing a lonely signal box the path leaves the railway and ascends steeply around Whernside's northern flank, another delightful section of the walk, to arrive at Wold's End in Dentdale, where the valley opens below in all its stunning beauty. We continue along Deepdale Beck and the River Dee into the delightful village of Dent with its narrow-cobbled streets, founded by



# Dales High Way

Norse settlers. 10 miles (16.1kms) with 1,100 feet (335m) of ascent, and 1,600 feet (490m) of descent.

## Day 8: Dent to Sedbergh

We start our walk in Dent along the riverside for a short distance before ascending over Frostrow, descending to quiet lanes which lead us to Sedbergh. On clear days there are stunning views of the steep-sided rolling hills of the Howgill Fells. With a shorter day today, there will be free time in the afternoon to explore Sedbergh, England's official Book Town. 5.5 miles (8.5Kms) with 570 feet (173m) of ascent, and 610 feet (186m) of descent.

## Day 9: Sedbergh to Newbiggin on Lune

The route now crosses the whole of the Howgill Fell range in a wonderful six-mile-long and a grassy and wide ridge walk. The Howgills are unique in character and with their steep sided velvety folds in a compact group they could not be more different from the earlier limestone scenery. From Sedbergh we ascend via the charming Settlebeck Gill to the rounded tops of Arant Haw, Calders, and The Calf, the highest summit in the Howgills at 676m. On a clear day the views are magnificent with the Yorkshire Three peaks, the Lakeland Fells and the northern Pennines all visible in the distance. From The Calf the route continues along the ridge above Bowderdale and then drops down to the valley and finally on a short section of a country lane we arrive at the small village of Newbiggin on Lune. 11.2 miles (18.1kms) with 2,330 feet (710m) of ascent, and 1,940 feet (590m) of descent.

## Day 10: Newbiggin on Lune to Appleby in Westmoreland

The final stage of the walk has a relaxed, winding down feel to it. It begins by going over Ravenstonedale Moor to reach the isolated and splendid Sunbiggin Tarn, a Site of Special Scientific Interest. Then just when

you were thinking you had left well behind the limestone scenery, a vast expanse of spectacular limestone pavement opens up before you. This is Great Asby Scar, part of the Orton Fell range which sports some of the finest limestone pavements in the UK outside of the Ingleborough and Malham areas. From the top of the scar the views of the Eden Valley are breathtaking. A steady descent takes us to Great Asby, with the last leg of the walk along a lovely beckside to the picturesque Rutter Mill and its delightful waterfall. The route continues alongside Hoff beck, over the ancient crossing at Bandley Bridge, for a final short ascent to the castle in Appleby, an attractive market town. 12.7 miles (20 kms) with 706 feet (215m) of ascent, and 1,085 feet (330m) of descent.



## In the evenings

After a sociable evening meal, you can join in an organised activity such as a quiz or a talk about the local area, relax in the bar or use the Country House facilities.

*The itinerary may be subject to change at the discretion of the leader with regard to the weather and other external factors*



# Dales High Way

## Trail Leader

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking/Hiking Trail and will also be delighted to share their knowledge and enthusiasm with you.

## What to wear

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety is our priority and Britain is famous for its changeable weather, so our advice is to come prepared for all eventualities.

Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents. Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters. Several layers of clothing, which can be added or removed, are better than a single layer (include spares). Fabrics (lightweight and fast drying) designed for the outdoors are recommended. Waterproof jacket and waterproof over trousers are essential and a warm hat and gloves are useful additions. Gaiters are an optional but useful extra. Denim jeans and capes are not suitable on any walks.

## What to bring

Rucksack with a waterproof liner, thermos flask for hot drink, water bottle (at least 1 litre) and spare high-energy food such as a chocolate bar. Small torch (particularly in spring, autumn and winter) and first aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed). Walking poles are useful, particularly for descents. Insect repellent, sun hat, sunglasses and protection cream and camera are all optional extras you may choose to bring.

## Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

*Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.*

## On the walk

We try to create a relaxed atmosphere on the walk/hike but please listen to safety instructions from your leader. Keep members of the group in view especially when weather or visibility is poor. If you leave the group, then your leader will no longer have responsibility for you. Our leaders consider the safety of the group as a whole and are likely to be more cautious over potential risks such as bad weather.

## In the event of a problem

If you become separated from the party please stay where you are. Your leader will retrace their steps to find you. All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack. Call the emergency services (call 999 in the UK, or 112 overseas). Please then try to call the hotel where you are staying to let them know there is a problem.



# Dales High Way

## Accommodation

You will be staying at HF Holidays' own Country Houses - 7 nights at Newfield Hall and 3 nights at Thorns Hall.

### Newfield Hall (7 nights)

Airton, Skipton, North Yorkshire, BD23 4AA

Tel: +44 (0)1729 830235

Fax: +44 (0)1729 830556

Email: [malhamdale@hfholidays.co.uk](mailto:malhamdale@hfholidays.co.uk)

Grid Reference: SD 911 581

Your room will be ready from 2.30pm onwards (1pm for premium rooms). Afternoon tea will be provided on all arrival days, so you can meet with your fellow guests. If you need assistance carrying your luggage to your room, please speak to the House Manager when you arrive for this to be arranged.

### Thorns Hall (3 nights)

Cautley Road, Sedbergh, Cumbria, LA10 5LE

Tel: +44 (0)1539 620973

Fax: +44 (0)1539 621524

Email: [sedbergh@hfholidays.co.uk](mailto:sedbergh@hfholidays.co.uk)

Grid Reference: SD 663 921

## Facilities in your Country House

In your rooms you'll find a TV with digital radio, hair dryer, towels and tea and coffee making facilities. The boot and drying room is available to store your boots and to dry wet outdoor clothing. Secure cycle storage is also available. WiFi is accessible in all public area. Due to the area in which the Country Houses are located, the mobile phone signal is patchy.

## Fabulous food

All holidays at our Country Houses are full board, from evening meal on arrival to breakfast on the day of your departure. There's a vegetarian option at all meals and we cater for gluten-free diets. For this and any other dietary requirements, please speak to the House Manager on your arrival.

## Baggage transfers

When you change from Newfield Hall to Thorns Hall we will arrange for your luggage to be transferred. This is included in the cost of your holiday. Please remember that other people will need to move your suitcase so please pack thoughtfully. If you can limit your luggage to one bag, rucksack or suitcase that would be very helpful.

Your personal transfer to Thorns Hall is also included in the cost of your holiday. You will walk to Wherside Manor, Dent and then be taken onto Thorns Hall.

## Travel

**Holiday Start:** As this holiday starts and finishes at two different points, travelling by train may be the most convenient method of travel. The most convenient railway station to **Newfield Hall is at Skipton**. Gargrave station is closer, but there is no taxi service from this station. The 8.5-mile journey from Skipton Station takes approximately 20 minutes.

### **Our station transfer**

*We offer a reduced-price transfer between Skipton railway station and Newfield Hall every Friday. The pickup is at 4.10pm from Skipton railway station. The transfer is £7 single, but a place must be reserved at least 7 days in advance by calling our Holiday services team on 020 8732 1220.*

### **Station transfer by taxi to Newfield Hall**

If you can't meet our station transfer, you can arrange your own taxi. We have negotiated a preferential rate with Station Taxis for all pre-booked journeys of £14 per taxi. They will arrange shared taxis wherever possible. To book a transfer please phone or email giving at least 7 days notice.

### **Station Taxis\***

Tel: +44 (0)1756 700777

Email: [stationtaxis@hotmail.co.uk](mailto:stationtaxis@hotmail.co.uk)



# Dales High Way

*\*Station Taxis is not owned or managed by HF Holidays.*

For train times and general rail enquiries visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or call 03457 484950. If you are phoning from outside the UK call +4420 7278 5240.

## **Holiday Finish**

Your holiday finishes in Sedbergh. The most convenient station to Thorns Hall is Oxenholme station on the mainline. However, an alternative is Garsdale station (on the same rail line as Skipton railway station).

## **Our station transfer**

*We offer a reduced-price taxi transfer from Thorns Hall to Oxenholme on a Monday. The transfer will get you to Oxenholme station by 10am. The transfer is £8 single, and a place must be reserved at least 7 days in advance by calling our Holiday Services team on 020 8732 1220.*

## **Station transfer by taxi from Thorns Hall**

If you can't join our station transfer, you can arrange your own taxi. We have negotiated a preferential rate with Woofs of Sedbergh for all pre-booked journeys of £26 per 4-seat taxi to Oxenholme or Garsdale railway stations. They will arrange shared taxis wherever possible. To book a transfer please phone or email, giving at least 7 days notice.

## **Woofs of Sedbergh\***

Tel: +44 (0)15396 20414

Email: [woofs.sedbergh@outlook.com](mailto:woofs.sedbergh@outlook.com)

*\*Woofs of Sedbergh is not owned or managed by HF Holidays.*

## **If you wish to travel by car**

There is car parking available in the grounds of Newfield Hall. Transferring your car mid holiday would be difficult as we do not return until late each day. The journey to Thorns Hall

will take just over an hour. You could book a taxi from Woofs of Sedbergh for the return journey at your own expense. Alternatively, you can return by taxi at the end of the holiday (also at your own expense). Where possible we can arrange for you to share the taxi with other guests.

## **Car parking**

Parking is available in the grounds. No responsibility can be accepted for loss or damage to guests' property or vehicles. We advise not to leave valuables in cars.

## **By car to Newfield Hall**

### **From the south**

Follow the A65 from Skipton to Gargrave. Leave the A65 by Eshton Road, signposted to Malham and pass Eshton Hall on the right. Newfield Hall is approximately 2½ miles further on, on the right and before the village of Airton. Look out for our sign.

### **From the north**

Exit the M6 at junction 36 and take the A65 towards Skipton. In Coniston Cold village take a sharp left into a narrow road between houses, signposted to St Peters Church and Bell Busk and Malham. Pass under a railway viaduct, then after a mile bear right over a small bridge. After a further mile turn right at the junction, cross the narrow bridge then shortly after turn left through the gateway onto the drive of Newfield Hall. Look out for our sign. Visit your holiday page on our website for a map.

## **Travel Insurance**

Travel and any other personal insurance relevant to your holiday is recommended to all our guests.

***While every effort has been made to ensure accuracy, the information in this guide may change after it has been printed. For the most up to-date information please see our website.***



# Dales High Way

Enquiries

Local rate 0345 470 7558

(Standard rate +44 (0)20 8732 1250)

[info@hfolidays.co.uk](mailto:info@hfolidays.co.uk)

[www.hfolidays.co.uk](http://www.hfolidays.co.uk)