

Wensleydale

The River Ure winds down Wensleydale from Hawes, passing Askrigg, Bainbridge and Aysgarth on its way to the market towns of Leyburn and Middleham. England's shortest river, the Bain, links Semer Water to the River Ure at Bainbridge. Nearby are several beautiful waterfalls: Hardraw Force, Aysgarth Falls, Mill Gill Force and West Burton Force.

Hawes is where you can find excellent cafés and shops to wander around as well as being able to see the famous Wensleydale Cheese being made. You can also see rope being spun at Outhwaites, which is next door to the Dales Countryside Museum. Run by the Yorkshire Dales National Park Authority, the Museum is a great starting point for any trip to the Dales, explaining more about its history and the life of farmers and former lead miners.



Hardraw Force

Water is the power behind nearby Gayle Mill, an atmospheric eighteenth century cotton and later saw mill which has been recently restored, and that represents nearly 230 years of industrial and social heritage.

You can enjoy a journey on the vintage Wensleydale Railway which runs from Leeming Bar to Redmire, near Castle Bolton. Bolton Castle in the contrarily named village of Castle Bolton is a fantastic vantage point from which to admire the Wensleydale countryside.

For the big kid in everyone head to the Forbidden Corner to solve the riddles and explore the hidden passages.

Find out more at www.wensleydale.org

FELT PICTURES
By Artist
ANDREA HUNTER

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Opening Times for 2014

Every day from 1st April - 2nd November & then Sundays until Christmas. Mon - Sat 12 noon until 6pm • Sundays & Bank Holidays 10am until 6pm.

To reserve your ticket please telephone

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Eularia Clarke / The Five Thousand from the Methodist Modern Art Collection, © TMCP, used with permission.

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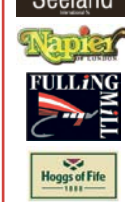


Waltons of Hawes

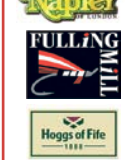


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Swaledale & Arkengarthdale



Kisdon Gorge from Keld (Richard Laidlaw)

Keld Countryside and Heritage Centre.

On the moors you're likely to see the hardy Swaledale sheep. They are key to the livelihood of many Dales farmers and the logo for the Yorkshire Dales National Park.

In the lower areas, you'll see tranquil hay meadows (at their best in the early summer months) bordered by a myriad of drystone walls and punctuated by field barns.

It is hard to believe these calm pastures and

wild moors were ever a site for industry but at Gunnerside Gill you can still see the remains of the former lead mining industry. Find out more about local life by visiting Swaledale Museum in Reeth or Hazel Brow Farm at Low Row.

While here why not go on a Camera Ramble with the folk from Scenic View Gallery, or learn some navigation with Mark Reid and colleagues at Team Walking.

After the exercise there are some great cafés and pubs to enjoy. Why not have a drink at Tan Hill - the highest pub in England.

Find out more at www.swaledale.net



Swaledale peep (Geoff Ryan)

Swaledale is the perfect place to retreat from a busy world and relax

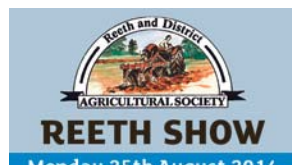
The River Swale is one of England's fastest rising spate rivers, rushing its way between Thwaite, Muker, Reeth and on to Richmond. At the head of Swaledale is the tiny village of Keld, the crossing point of the Coast to Coast Walk and the Pennine Way long-distance footpaths. Keld was once a more populous place at the peak of the lead mining boom. Learn some of its history at the



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It's show time

No visit to the Yorkshire Dales is complete without taking in a traditional agricultural show or village gala.

Long at the heart of local communities, many can be traced back over a century and have their own distinct traditions.

Featuring activities such as fell races, local produce and handicraft classes, sheep and cattle judging, baking and hay bale competitions, silver and brass bands, walking stick carving and sheepdog trials, the day has always been a chance for isolated farming families to get together and share their news, knowledge and experiences.



Some shows have more unusual celebrations or themes. West Witton Feast Weekend features the Burning of the Bartle (see more right) and there are unique spectacles like the annual Hardraw Brass Band Festival in September, held against the backdrop of Hardraw Force waterfall and now in its 133rd year.

Many agricultural shows grew out of annual stock fairs or sales. Cattle, for instance, were driven down from Scotland in the eighteenth century and traded to Dales farmers at huge fairs like the one on Malham Moor. Livestock were fattened on



Overseen by magnificent Kilnsey Crag for over a hundred years, **Kilnsey Show** (26 August) is a typical Dales agricultural show and the largest in the National Park.

The key aim of the inaugural event in 1897 was to showcase Dales hillfarming and promote the rearing and exhibition of livestock and this remains true today. Breed classes, horse riding, sheepdog trials and a drystone walling competition in the morning give way to the awesome sight of fell races in the afternoon plus harness racing in the main ring at heart-stopping speeds.

This year the **Wensleydale Show** (23 August) celebrates its 100th anniversary and will be displaying a century of memorabilia from bygone events.

the lush limestone pastures then traded onwards for meat to the early industrial towns of West Yorkshire and Lancashire.

In the eighteenth and nineteenth centuries, landowners began their own revolution, breeding new sheep, poultry, pig and cattle varieties, bigger, better, more eggs, more meat, more wool. The first agricultural shows were a way of showing off the new breeds and letting people compete with their peers.

Today, the competition is as fierce as ever. Top show winners mean more sales of stock bred from their lines and bring their own satisfaction after all the hard work on the farm.

West Witton's Burning of the Bartle

Held on the nearest Saturday to 24 August (St Bartholomew's Day), this ancient ritual is not so much a show as an annual tradition. A larger than life figure stuffed with straw is paraded, accompanied by repeated chants of the Bartle doggerel (below). When Bartle reaches 'his end' in Grassgill, he is set alight to songs and cheers.

Believed to be centuries old, the exact origins are unknown. Bartle is probably a corruption of St Bartholomew, the patron saint of West Witton's parish church, but some say he was a notorious sheep stealer who was chased around the village by angry locals until he was caught and executed.

*On Penhill Crag he tore his rags
Hunters Thorn he blew his horn
Cappelbank Stee happened a misfortune and brak'
his knee*

*Grassgill Beck he brak' his neck
Wadhams End he couldn't fend
Grassgill End we'll mak' his end*

Shout, lads, shout!



In contrast, scarecrows first came to the lovely village of Kettlewell just 20 years ago when a fund raising event was organised for the local school. The enthusiastic response led to the curious sight of over 100 figures appearing in gardens, hidden corners and unexpected nooks and crannies. This quirky event has grown year by year and now **Kettlewell Scarecrow Festival** attracts thousands of visitors over nine days each August.

Details of these and many other shows in the Dales in 2014 can be found in our What's On calendar (pages 29-40).



Kilnsey Crag

Wharfedale runs south past Buckden then Kettlewell, Kilnsey, Grassington, Burnsall and on to Bolton Abbey. There are also the lovely side valleys of Langstrothdale and Littondale.

Wharfedale encompasses limestone hills, moorland, waterfalls, rivers, and ancient woodland. Steep hills, great views and rocky crags make the dale popular with walkers and it's no surprise that it's also known for the fell races at the Kilnsey Show and Burnsall Feast.

This area is particularly rich in local folklore. You can contemplate the legend of the ghostly black dog of Troller's Gill, the true story behind the Buckden Pike memorial and the sad demise of the Boy of Egremont at the Strid.

From the stony outcrop of Simon's Seat it is possible to see much of the southern dales stretching before you. You can look down the 'Valley of Desolation' - named after a destructive

storm of 1826 but now full of life again - to the pretty village of Appletreewick, and along the river towards the beautiful ruins of Bolton Priory.

Wharfedale has many attractive and characterful villages such as Buckden and Burnsall where its five-arched bridge spans the Wharfe and is a popular paddling spot. You may recognise Kettlewell from the Calendar Girls film. It's also where models of another kind can be found in August when its much-loved scarecrow festival takes place.

At nearby Kilnsey Park you can see red squirrels which are part of a breeding programme, fish for your supper or simply marvel at the height of the crag and the climbers trying to scale it.

Grassington is a lively centre with plenty of atmosphere, particularly in December during its Dickensian festivities. It has a summer arts festival, regular farmers' markets and a range of small shops, including one that sells an amazing variety of Yorkshire beers!

The valley is home to many traditional pubs. Find out about the land letting candle at The George in Hubberholme, visit the cruck barn at the Craven Arms in Appletreewick, try the beer brewed at the Queens Arms in Litton, or have a meal at one of the original gastro pubs - The Angel at Hetton.

www.buckden.org
www.kettlewellvillage.co.uk
www.grassington.uk.com



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Access for all

We believe that everyone should have the opportunity to experience the National Park's special qualities.

The terrain in the Yorkshire Dales can make getting outdoors difficult if you have restricted mobility. Physical barriers such as stiles, steps and gates can also limit access.

We are working hard to improve access for all, whatever your age or level of ability. Our website provides a wealth of essential information to help you decide if an activity is right for you, from accessible trails and accommodation to services and facilities - visit www.yorkshiredales.org.uk/accessforall to

find out more.

Please contact our Access Development Officer on 01969 652363 for more specific advice.



Our National Park Centres at Malham, Grassington, Hawes, Reeth and Aysgarth Falls. Please contact the National Park Centre for specific information.

A Trampler - rugged, all-terrain mobility scooter - will be available to hire at National Trust-owned Malham Tarn from this spring. We're very grateful to local fundraiser Debbie North and a grant from the Sustainable Development Fund in helping us to purchase this fantastic new vehicle. Perfect for the uneven terrain around the Tarn, it will enable greater access to this beautiful part of the Dales. For more information, call the National Trust on 01729 830416.



The National Park will be once again hosting the Disabled Ramblers' annual two day Yorkshire event on 5 and 6 June 2014 - find out more at <http://disabledramblers.co.uk>

Our summer holiday Wild Wednesdays are open to children of all abilities to enjoy crafts and explore the natural world in the National Park. Held at Aysgarth Falls on 24 July and 6 and 20 August and at Malham on 30 July and 13 and 27 August, activities are suitable for five to 12-year-olds - just drop in any time between 11am and 3pm.

Please note, the site at Malham is suitable for children with a disability, but Aysgarth Falls may not be accessible for all wheelchairs and there is a short walk along a rough track.

Read more on pages 29-40 and contact



National Park Centres to check whether these and other events in our 2014 programme are suitable for your needs.



Enjoy Miles without Stiles

Seventeen new obstacle-free walks have been created to help more people enjoy this beautiful landscape. The routes are not just designed for wheelchair users or those with limited mobility, but also with parents with pushchairs or young children and even dog owners whose pets are not nimble footed enough to get over stiles in mind. They provide short walks on firm surfaces with easy gradients and very few - if any - physical barriers.

The walks are part of special 'Miles without Stiles' packs which include details about toilets, information centres and car parks and are on sale from National Park Centres for £2.50.

The new Sensory Garden at Malham provides visitors with visual and sensory impairment the chance to enjoy aspects of the National Park's special environment through touch, feel and sound.

Raised metal plaques allow you to feel the outline of carved leaves relating to the trees they are mounted on, and a handmade 'xylophone' is constructed from different species of wood.

Dales Experience is a project which provides walk leaders and contributes towards transport costs for disabled groups living within an hour of the National Park.

For more information, contact Outreach Officer Catherine Kemp on 01756 751623.




New at Aysgarth Falls and Malham National Park Centres are Penfriends - devices which, when pointed at special sensors, activate pre-recorded audio information about the displays for people with visual impairment or learning difficulties. MP3 players can also be hired at both sites, loaded with short audio trails to Freeholders' Wood and Malham Cove, respectively.


Waymarkers around Aysgarth Falls, Malham and Grassington indicate where routes are family or wheelchair-friendly.

Pick up our free Access for All guides, covering accessible routes, places of interest and viewpoints in Wharfedale, Swaledale, Wensleydale and Cumbria, at National Park Centres.



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No trip to the Yorkshire Dales would be complete without spending some time outdoors in these fantastic surroundings. This could be a short stroll or a riverside picnic, but there are plenty of opportunities to get more adventurous too.

There is a huge variety of walks to do whether you want to tick off some peaks or go for a valley hike. You can come for the spring flowers, summer meadows, autumn colours or a play in the snow. There are old mining remains to be found, waterfalls to visit and wildlife to see.

One of the special things about the Yorkshire Dales is the limestone scenery - and that means crags, sinkholes, dry valleys and caves. There are three show caves in the area for a first visit underground and, if you are keen to see more, you can team up with a guide to explore further. Then there is the chance to be lowered into Gaping Gill - one of the largest underground caverns in the country - on the winch meets in May and August.

If caving is not your thing, then there are outdoor instructors who will take you climbing, abseiling or teach you the navigation skills to allow you to find your way in the hills.

And with the Tour de France coming in 2014, no guide to the National Park would be complete without mentioning cycling. There is a fantastic

network of quiet roads to explore in the Dales - some of which are even relatively flat - read more in our special cycling pullout, Le Visiteur.

However, many cyclists come to take on the area's many great climbs - roads such as Buttertubs Pass, Fleet Moss and Park Rash are recognised as some of the best in the country.

If you prefer to get off the road, then the network of bridleways is outstanding, with a massive variety of routes to choose from. You can explore these by mountain bike or on horseback and, if you don't have one of your own, then you can hire either while you are here.

Striding out

Walking is one of the best-loved activities in the Yorkshire Dales and the 'Getting active' section of www.yorkshiredales.org.uk has lots of ideas for you. There are short walks, linear routes - just get the bus or train to the start and walk back - and long-distance trails, with free maps and easy instructions to download, so just take your pick!

Or you could join one of our guided walks led by experts - there are over 60 in 2014, from discovering red squirrel country to wildflower identification. Browse our event listing on pages 29-40 for details.



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*Calls are charged at 10 pence per minute from a BT landline, calls from other networks and mobiles will be considerably more. Angry Birds™ & © 2009 - 2013 Rovio Entertainment Ltd. All rights reserved.

Get into geocaching

The fun sport where you hunt out carefully hidden 'treasure' using maps and satellite navigation devices! If you find a cache or box (and some are very hard to spot) there will often be trade items inside - take something and you must leave something in its place - as well as a logbook and information about the landscape around you.

We have put together some great self-guided geocaching trails in the National Park - find out more at www.yorkshiredales.org.uk/geocaching - or join us on 10 August for a family geocaching day in Clapham. Just follow the clues using a handheld GPS unit - you can hire them from us. Be careful that no-one sees you fetching the cache from its hiding place though - non-geocachers are called 'muggles'!



To get going, why not join the experts. Learn essential map reading skills with our Pathfinder courses (see page 32) or join a Mountain Bike Skills Family Day on 14 August with the National Trust in Malham.



Check out our fact sheets for safety tips, what to bring and what to expect on a day out in the hills.



Le VISITEUR

On 5 and 6 July this year Yorkshire will see a spectacle unlike any other when it hosts the opening stages of the world's greatest cycling race.

**Cycle
Yorkshire**
Yorkshire Dales
National Park

Providing glamour and passion, colour and spirit since 1903, the Tour de France's Grand Départ 2014, in this iconic and technically challenging cycling landscape, will be an unforgettable experience.

It is the first time Le Tour has visited the north of England and millions are expected to line the route to see the world's elite sporting cyclists - including British icons - pedal past.

In return the stunning backdrop of the Yorkshire Dales National Park will be showcased to the world, both as a fantastic cycling and a wonderful visitor destination.

Yorkshire welcomes the Tour de France 2014!

How did it all begin?

The first Tour de France was in 1903 and invented by the newspaper L'Auto to boost its circulation after it plummeted from competition with *Le Vélo*. The race ran from 1 to 19 July in six - extraordinarily long - stages over 2,428 km (1,509 miles).

With circulation increasing more than six times during and after the race, it was considered successful enough to be rerun in 1904 - by which time *Le Vélo* had been forced out of business.

The winner of the inaugural Tour was given a green armband, with the first formal recording of the yellow jersey being used in 1919. It is believed that the colour was chosen to reflect the yellow newsprint used by L'Auto.

Things to know

The 2014 Tour de France takes place over three weeks and will cover 3,500km.

Starting in Leeds and finishing with a sprint in Harrogate, the Grand Départ Stage 1 on 5 July covers over 100km through the National Park, while the following day Stage 2 touches the southern edge at Bolton Abbey. The third stage sees the riders travel from Cambridge to London.

On the day, the peloton - the main group of riders - is preceded by the race caravan, a fantastic procession of elaborate floats and vehicles handing out souvenirs to fans lining the route and making it a great family occasion. The caravan will pass through approximately 1 hour 50 minutes ahead of the peloton.

On 5 July, the caravan will head north out of Skipton to reach Rylstone in Wharfedale at 11:05 with the peloton arriving at 12:59. There are three

spectacular 'King of the Mountains' climbs in the National Park and the timings currently given for these are Cote du Cray 11:43 (13:33), Cote du Buttertubs 12:36 (14:22) and Cote du Grinton 13:15 (14:57). The sprint for the green jersey at Newbiggen will be at 11:56 (13:45). The race will leave the National Park at Middleham at 13:31 (15:12). You should aim to be in position well in advance of the race starting. For full race timings see letour.yorkshire.com

Many villages in the National Park will be embracing the spirit of Le Tour and putting on special events and catering to celebrate this unique occasion.

The Yorkshire Dales National Park Authority will be creating spectator hubs at Grassington, Aysgarth Falls and Hawes, featuring big screens to view the race and cycling-related films throughout the day, plus parking, toilets, disabled access and a place to picnic and soak up what is sure to be an



Images: Rick Robson at Cyclesportphotos.com

A 100-day cultural festival showcasing the region's extraordinary arts offering will lead up to the Grand Départ itself. Launching on 27 March, the Yorkshire Festival will highlight the county's world-class music, dance, film and theatre in unbelievable indoor and outdoor settings. Details at festivals.yorkshire.com

amazing atmosphere.

Road closures will be in operation while the race takes place. For full details on the affected areas, designated car parks and camp sites, up-to-date information as it is published and answers to all the frequently asked questions, please visit letour.yorkshire.com



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It's incredibly exciting to think that this year the world's largest free annual sporting event will not only visit the UK, but go right through the heart of the Yorkshire Dales National Park.

But it's really no surprise that this beautiful and dramatic landscape has been chosen to form the central part of Stage 1 of the Tour de France in 2014. Many top riders train here and it has been attracting tourists on two wheels for generations.

Cycling is a lovely way to explore the area either as part of a visit or a touring holiday. You get to see more and feel more in touch with the countryside around you, and you can be fully justified in stopping for a slab of cake. What's more you will be helping to protect this wonderful area by travelling around in a sustainable way.

The Yorkshire Dales National Park provides fabulous cycling opportunities from gentle routes in the valleys to some challenging climbs over the moorland that separates them. From the wild and remote northern dales to the rolling farmland



Pro-cyclist Pete Williams training at Halton Gill (Rick Robson) in the east, the riding is always memorable.

Our website www.cyclethedaes.org.uk offers great ideas for family cycling and day rides through to cycle touring and sportives. There are downloadable maps and route descriptions, bike shop, hire and servicing listings, and you'll find plenty of useful advice, including how to stay safe on the roads.

And if your style of riding is mountain biking then we have a whole site dedicated to you at www.mtbthedaes.org.uk

Life in one day

For more experienced riders the Yorkshire Dales offers some fantastic day riding through some of the best scenery in the country. There is something for everyone with some of the most famous climbs in the UK to take on, some beautiful long valley rides and the more undulating countryside to the east to explore.

Three great suggestions are featured here - maps for these and more can be downloaded from www.cyclethedaes.org.uk/day-rides

Into Wharfedale - 29 miles (48 km)

Start/finish: Skipton (SD 9904 5185)

This route takes you quickly away from Skipton and heads to Bolton Abbey in Wharfedale. It takes the quiet road up the east side of the valley up to Grassington before heading back, with the one big climb saved until close to the end. You then get a fast run down back into Skipton.

Sedbergh to Kirkby Lonsdale - 25 miles (40km)

Start/finish: Sedbergh (SD 65906 92180)

This is a relatively gentle route with the only long climb being the gentle ascent of the beautiful and remote valley of Barbondale. From Sedbergh you travel down the Lune Valley to reach the market town of Kirkby Lonsdale, then quiet roads take you through Barbondale to Dentdale and a gentle return to Sedbergh.

Two valleys route - 33 miles (55km)

Start/finish: Hawes (SD 87499 89821)

A cracking road route around the Herriot Country of the two major northern dales. Heading east along Wensleydale and west along Swaledale - of course, that means two long steep climbs and fast descents to cross the high moorland in between the valleys. You will need a low gear for some of the climbs - and then good brakes to get the most out of the breath-taking descents!

"Yorkshire is the home county of my mother. I love it. It's a beautiful place, one of the most beautiful places in the world. It's going to be an amazing start to the Tour de France."

MARK CAVENDISH,
WINNER OF 25 TOUR
DE FRANCE STAGES

**Respect,
Protect,
Enjoy**

Be considerate, the Yorkshire Dales National Park is a working landscape

- Leave gates as you find them
- Respect property and machinery

Cycle the Dales

Family time

We wouldn't pretend that the Yorkshire Dales is the easiest place to start cycling as it is difficult to completely avoid hills, and there are few opportunities for completely traffic-free cycling. However, on many Dales roads you will meet few cars and the stunning scenery is worth the odd climb. Here are two fun and easy options:



A range of cycling books, maps, gifts and clothing are available to buy in our National Park Centres - including several exclusive items such as our fantastic new Yorkshire Dales National Park cycling jersey - as well as official Grand Départ merchandise



We are creating four fantastic mini-apps with advice on what to see, where to eat and drink, best walks, kids activities - and even Yorkshire dialect words and a ghost story! The apps are centred around Reeth, Aysgarth Falls, Grassington and Hawes - find them at www.yorkshiredales.org.uk/tdfapps

Respect,
Protect,
Enjoy

Protect the natural environment

- Take your litter home — protect plants and animals
- If you are bringing a dog, stick to settlements or footpaths and bridleways — open moorland is home to vulnerable ground nesting birds and dogs are not allowed on most heather moorland

Gargrave circular

Start/finish: Gargrave (SD 9316 5430)

Distance: 8 miles (14 km)

This is a relatively short route with no big climbs. The roads have little traffic, and there are great views of Flasby and Barden Moors - and there will be plenty of time to stop at Gargrave's well known cyclists' café, The Dalesman to refuel.

Into Dentdale

Start/finish: Sedbergh (SD 65906 92180)

Distance: 13 miles (21km) for the Dent village circuit or 19 miles (32km) for the full route.

This gentle ride takes you up the lovely valley of Dentdale, along quiet country roads.

Download route maps and descriptions for these lovely rides and more at www.cyclethedales.org.uk/day-rides

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Ride the route - Tour de Dales

Inspired by the route Le Tour will follow in July 2014, we have created our very own Tour de Dales.

This stunning 78 mile (125km) ride, shown on the map, starts from Grassington and traces the Stage 1 route through the National Park, providing a brilliant circular trail.

Following quiet roads, it takes in four classic climbs and offers views of some stunning Yorkshire Dales scenery. To try it for yourself, download a route map and description from www.cyclethedales.org.uk



A bike's eye view

In May 2013, Mark Allum, the National Park Authority's Recreation and Tourism Manager (pictured right) spent a happy day riding the Tour de Dales. Read on to find out about his experience.

It was a sunny and reasonably warm bank holiday Monday and time to put my plan of riding the Yorkshire Dales section of the Tour de France into action. I wasn't keen on riding the whole of Stage One for a number of reasons - first I didn't feel up to 190km, second it meant riding on a lot of main roads, and third I had no idea how I would get back from Harrogate at the end of it.

So the solution of chopping the ends off and concentrating on the choice bit in the middle through the National Park, seemed a good one. This knocked things down to a manageable 125km and - to make me feel less guilty - it added in an extra hill by going over Park Rash.

At 9am I was ready to go, arm warmers and gilet on. The route up Wharfedale proved to be a great way to warm up - a gently undulating road with little traffic, winding its way up the valley between drystone walls. The anglers were already out at Kilnsey Park looking to bag a trout, but the climbers obviously start later as the towering wall of Kilnsey Crag was deserted. The sun was shining as I passed through the pretty villages of Kettlewell and Starbotten.

The climb up Kidstones started easily enough with a gentle rise slowly taking me up above the valley floor. Things changed a bit above the pub at Cray as the landscape opened out and the

gradient steepened.

However, the top appeared soon enough and a 'Welcome to Richmondshire' sign announced the start of the plummet down the other side. There were some good swooping bends before the road narrowed providing a great fast run down Bishopdale.

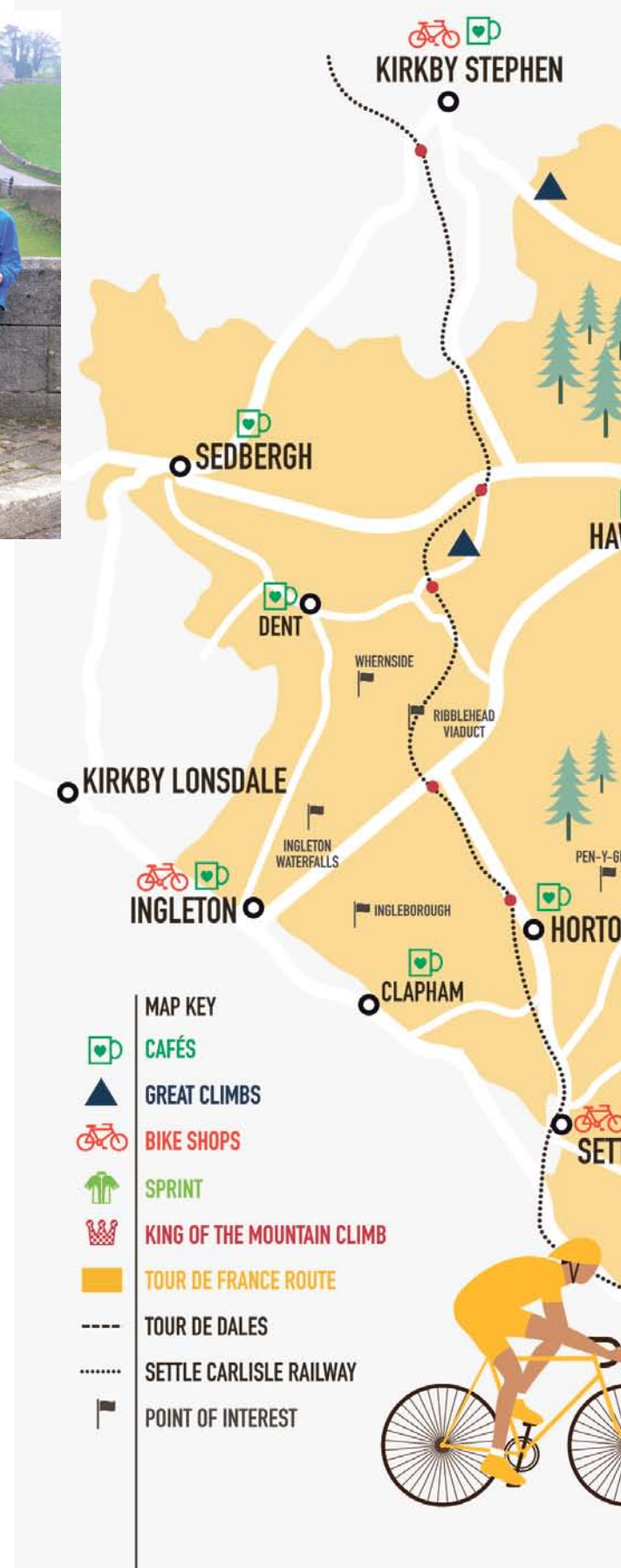
On to West Burton and then up to Aysgarth. The pros will head along the A684 but I turned off and crossed Aysgarth Falls to get onto the back road up the valley. What should have been a pleasant amble up Wensleydale turned out to be hard work as a westerly wind with nowhere to hide made it a bit of a grind.

The climb up Buttertubs started easily but couldn't last and a 17% sign announced a series of steep ramps up to the first cattle grid. After that it became my kind of climb - lower in gradient and heading high up onto the moor. The descent proved to be very fast. There is a big drop over to the right and some great bends, but it is a wider road so you have some space to play with. Then it was time for the wind to swing behind me and it turned into a great fast run along Swaledale to Reeth.

After a refuel of coffee and teacake at the Dales Bike Centre, it was straight into what will be the last climb of Stage One with a ride up past Grinton Youth Hostel, on over the moor passing the military firing ranges and an easy descent down to Leyburn.

Middleham was where I was leaving the Tour route - they will be continuing on down the main roads to Ripon and Harrogate. Turning right, I followed a stunning single-track road all the way up Coverdale. This climbed gradually up the valley through Carlton, Horsehouse and Braidley and although never really difficult, it slowly took its toll. When the road swung left and steepened it was time to grit my teeth and climb slowly up towards where a stone pillar marked the end of the steep section.

The classic climb of Park Rash is actually from the other side and the reason why it's such a classic becomes



obvious as the road plunged back into Wharfedale - it is steep, narrow and twisty with a particularly vicious switchback bend towards the bottom.

It was another whistle stop tour of Kettlewell and then down the back road to Conistone, past Grass Woods to Grassington. The arm warmers and gilet had long since disappeared and it was great to be able to sit about in the sunshine for a while before heading home.

Overall this is a tremendous route with easy navigation. I did it as a day ride but it would be easy to split it and take two days.

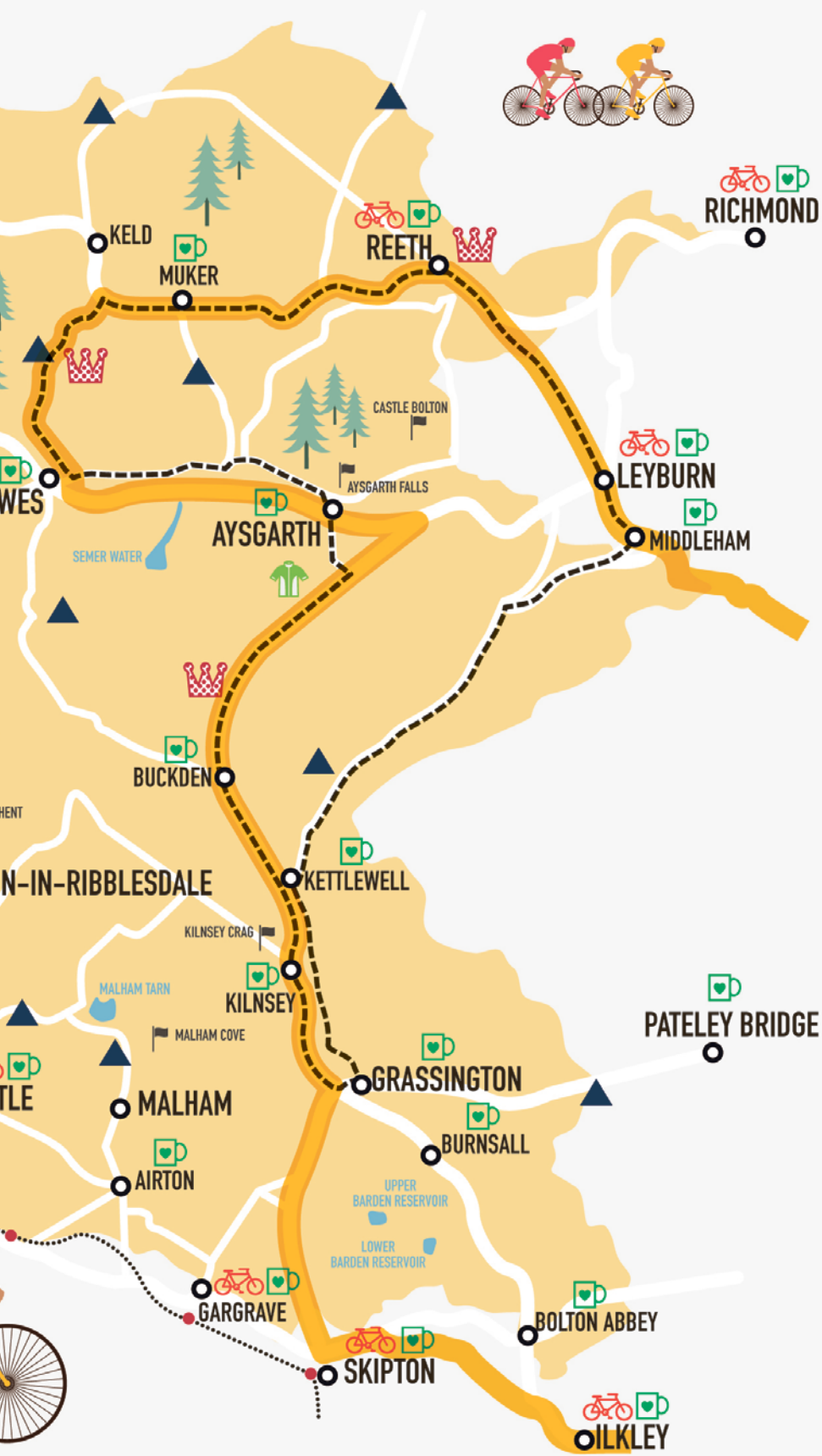
The pros will regard this as a pretty flat stage but the rest of us...well, it is a fantastic ride, just don't expect it to be easy!

**Respect,
Protect,
Enjoy**

Enjoy the outdoors

- Plan ahead, be prepared, check the weather forecast before you come, and bring suitable clothing
- Follow advice and local signs

Cycle the Dales



Respect, Protect, Enjoy

Take care around historic structures

- The Yorkshire Dales has lots of traditional stone barns, fragile walls and milestones
- Don't climb on walls or fences — you might damage them or cause them to collapse

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Great climbs

If you want to take on some great climbing, practice for a challenge event or just bike fantastic rides, then the Yorkshire Dales is simply one of the best places in the country. It is no surprise that Simon Warren's book '100 Great Cycling Climbs' highlights 11 right here in the Dales - see map.



Take a tour

Cycle touring is a great way to explore the area and is a totally different experience to going on a day ride.

There are plenty of great routes to choose from, including the 130 mile (210km) Yorkshire Dales Cycleway which takes you on a fantastic circular tour round the National Park, crossing a wonderful landscape of heather moorland and dramatic limestone scenery, linked together by beautiful valleys and villages.

Discover other routes at
www.cyclethedales.org.uk/cycle-touring

If you want to explore, but are worried about whether you can get up the hills, why not hire an electric bike. These take the strain out of climbing while giving you all the benefits of seeing the Dales at a slower pace.

E-bike (e-bikehire.com) run guided tours and you can hire bikes from them, too, to explore on your own.

"You have a beautiful landscape. I knew Yorkshire but I hadn't realised Yorkshire was so gorgeous. You have all the hills to do great stages. You have the heart."

CHRISTIAN PRUDHOMME, TOUR DE FRANCE DIRECTOR

Respect, Protect, Enjoy

Camp with care

- Around the Tour de France weekend lots of temporary campsites and car parks have been set up for you to use.
- Don't park in front of or otherwise block gates
- Don't park or camp on the verges or on the moor — this protected landscape is home to rare plants and birds



SHARE THE ROAD, ENJOY THE RIDE!



Rural roads are used by cyclists, pedestrians, horse riders and motorists. All these users have the same rights and responsibilities and need to treat each other with respect.



There is room for everyone on our roads, but it's vital that all users show a little courtesy and consideration for others

CYCLISTS

Ride positively, decisively and well clear of the edge of the road.

Be predictable and confident on the road so road users are aware of you.

Signal to show what you plan to do and make eye contact where possible so you know you have been seen.

Be bright, wear reflective gear and use good lights, especially at night.

Look out for livestock and wildlife especially on unfenced moorland roads.

Think ahead – there may be slow-moving farm machinery or buses just round the next corner and they may need more room than expected.

Consider wearing a helmet.

Look ahead for obstructions in the road, such as stones, potholes and parked vehicles, so you do not have to swerve suddenly to avoid them.

Be aware of traffic coming up behind.

Never ride more than two abreast and ride in single file on narrow or busy roads and around bends.

Shout out to let horse riders or pedestrians know you are there.

Some segments of a route may allow you to go faster than is safe to do so – road conditions and terrain can change suddenly, beware of hidden dips and blind bends.



MOTORISTS

Check your blind spots for cyclists before changing course, turning or opening your car door – make eye contact so they know you've seen them.

Use your indicators – signal your intentions so that other users can react.

Remember that cyclists may need to swerve suddenly to avoid stones, potholes or drains or if it's windy or a car door is opened.

Don't drive aggressively around cyclists, horses or pedestrians or sound your horn.

Cyclists may be travelling faster than you think – it could be 20mph plus.

Treat cyclists and horse riders like any other vehicle – give way when required and travel at a safe following distance.

Be patient, wait until it's safe before overtaking – it won't hold you up long and it could save lives.

At night, dip your headlights.

Wet weather means oily, slippery roads and poor visibility for all road users so be especially careful at these times.

Look out for kids on bikes or walking in the road; rural roads rarely have pavements, young children are not always predictable and can lack road sense.



TOP TIPS FOR RIDING IN A GROUP

Agree on signals and then follow these top tips to maintain a safe group riding position:

If you are two abreast, keep your handlebars in line with the cyclist next to you and elbows between 15 and 50cm apart.

Maintain a steady pace and a straight line – while it is tempting to get half a wheel in front this can lead to an increase in overall pace.

If you are a rider on the outside of a corner try and increase the speed a little to maintain your handlebar position.

Do not pin the inside rider to the kerb – allow them room to avoid drain covers and road debris.

Conversely, if you are the inside rider, don't drift too far out from the kerb as the outside rider may end up on the opposite side of the road riding into oncoming traffic.

Make room which will allow outside riders to slot in behind you, should there be a problem.



Get the Cycle Yorkshire Ride the Tour app! Developed by the Yorkshire and Humber Road Safety Motorcycling and Cycling group, it has information on the Grand Départ route, hints and tips on how to cycle specific sections and general rural cycling road safety advice.

Amidst the beautiful countryside, of North Yorkshire and the North of England, **River Mountain Experience** offers private instruction and guiding for hill walking, canoeing, kayaking, and Nordic Walking, all under the guidance of trained and qualified professionals with over 20 years of experience.

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Our Service Department is open 9.00am - 5.30pm Monday to Friday and walk in jobs are welcome so don't let a broken bike ruin your Sunday ride plans ever again! If we can fit the bike straight in, repairs may be able to be done whilst you wait. It is always advisable to ring ahead if possible and speak to Ben, our Workshop Manager, to ensure we can fit you in straight away.





Get sporty

The scenery and quiet but challenging roads of the Yorkshire Dales mean that it hosts a wide range of cycling sportives each year providing participants with a real test.

The **Dentdale Beauty and the Beast** (31 May) is a sportive designed to show off the wealth of untapped road riding in and around the picturesque Dentdale valley in the west of the National Park with three courses, including an 80 miler with four epic climbs. Details at www.dentdalebeautyandthebeast.com

Le Petit Depart (1 June) is a brand new event following the Stage 1 route of the Grand Depart, with a 33 mile recreational ride or a 78 mile sportive over three climbs and six valleys. Find out more at www.lepetitgranddepart.co.uk

The **Etape du Dales** (18 May) is the granddaddy of them all. Regularly featuring in the Top 10 UK rides, it takes in some classic Dales climbs - this is 176km and 3,450 metres of ascent that you will not forget. Read about it at www.daveraynerfund.co.uk

You can find a full list of sportives in 2014 at www.cyclosport.org

"A fantastic cycling event in a fantastic part of the country - it couldn't get any better."

PHIL LIGGETT, CYCLING COMMENTATOR

Respect,
Protect,
Enjoy



Prevent uncontrolled moorland fires

- Never light fires or have barbeques on moorland
- Respect any warning signs
- Put out cigarettes with care

"The Dales has always and will always be a major part of our lives. Since we can remember weekends were spent walking over moors and down dales, and as we grew up a large part of our motivation to train came from exploring new roads and paths."

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Cycling in the Dales: what to expect

Where are good places to start?

Most towns and large villages in the National Park are good bases and will have pubs, cafes, toilets, National Park car parks, shops, accommodation and information centres to help you on your way.

What about traffic?

The Dales is sparsely populated compared to most of the country which means that most roads carry much less traffic and there are plenty of quiet back lanes.

What about the hills?

The moorland scenery is what attracts most people to the area so it is not surprising that the cycling is not always flat. There are routes that follow the valley bottoms and these can provide relatively easy cycling, linking lovely towns and villages. And if you need to walk,

no problem - just take your time and enjoy the wonderful surroundings.

How do I plan a route of my own?

The best map is probably 'Yorkshire Dales for Cyclists' by Harvey (available at National Park Centres).

What sort of bike should I use?

Cyclists heading to the Dales can be found on anything from light weight racers to mountain bikes. Whatever bike you use it should be in good working order, have low gears for the hills and good brakes for coming down them.

What else should I bring?

The Dales has some pretty remote areas so help might not always be just around the corner. Knowing how to do a few basic repairs, like mending a puncture, can save a long walk.

Take 'A Grand Day Out' with our delightful short film following members of Skipton Cycling Club on the Stage 1 route through the National Park. Created for us by Fridge Productions, it has a gentle tongue-in-cheek commentary from top cycling presenter Phil Liggett - ride the route with us on You Tube or www.cyclethedales.org.uk