

# Ingleton

Nestled in the Ingleborough foothills, Ingleton is surrounded by deep caves, spectacular waterfalls and fascinating archaeological sites.

Local attractions include White Scar Cave, Britain's longest show cave, and the lovely Ingleton Waterfalls Walk. Climbing Ingleborough and Whernside for the limestone pavements of Twisleton Scar and superb views is a must.

Stroll along the river bank, sit in the Millennium Gardens or visit Ingleton Pottery - family run and the longest established working pottery in the Dales. Tickets for the town's fantastic indoor climbing wall can be bought from the caving and climbing shop, Inglesport.

Visit the village websites [www.ingleton.co.uk](http://www.ingleton.co.uk) and [www.visitingingleton.co.uk](http://www.visitingingleton.co.uk)



Twisleton © Jim Snape mountainworx.co.uk

## Snap happy

Dales Volunteer, drystone waller and photographer, Andrew Wilson, offers his top tips.

You packed your weatherproofs and sandwiches ready for a day in the Dales but... no camera! Don't worry, you can take high-resolution photos on your mobile instead. But remember - the basic rules of composition still apply. Get them right and you will have some memorable images to take home.

Rule 1. The "rule of thirds" - one of the keystones on which good composition is based. Just divide your photo into thirds with two imaginary lines, vertically and horizontally. Place your horizon on one of the horizontal lines and your subject on one of the vertical lines.

Rule 2. "Fill the Frame" - this photo (right) is more powerful because the sheep fills the frame. We all know they have bodies and legs, but you don't need to actually see the whole animal to get a real sense of it.

Rule 3. ...there is no Rule 3! Because you can break all the rules of photography and still take a good shot. This flower meadow near Hebden was taken into the sun and with the horizon on the top horizontal third - a poor composition. But with the flower heads and grasses backlit by the sun, you can almost hear the hum of bees...



Top Tip - "Roses are red....." For some reason, a splash of red in a photograph really helps bring out the other colours. The geraniums on some stone steps in Grassington add another dimension.



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## Ingleton Waterfalls Trail

The famous Ingleton Waterfalls Trail in Yorkshire offers some of the most spectacular waterfall and woodland scenery in the North of England.

The trail is 4.5 miles long (8 km) and leads you through ancient oak woodland and magnificent Yorkshire Dales scenery via a series of stunning waterfalls and geological features.

**Facilities include:**

- Car Park & Toilets at the start of the trail
- Falls Cafe
- Falls Refreshment Centre at Beezley

**Contact Information**

Ticket office tel: 01524 241 930  
[www.ingletonwaterfallstrail.co.uk](http://www.ingletonwaterfallstrail.co.uk)

Ingleton Waterfalls Trail, Broadwood, Ingleton, Carnforth, LA6 3ET.

[facebook.com/IngletonWaterfallsTrail](https://facebook.com/IngletonWaterfallsTrail)

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or visit: [www.parkfoot.co.uk](http://www.parkfoot.co.uk)  
Sorry - No tourers or tents.



So you don't miss a thing when you visit, call in for advice at our National Park Centres - see page 5.

**NIDDERDALE SHOW**  
Bewerley Park, Pateley Bridge  
Monday 22nd September 2014

Classes for Cattle, Sheep, Pigs, Goats and Horses, Fur & Feather, Dry Stone Walling, Walking Sticks, Horticulture, Produce & Handicrafts, Dog Show and Sheep Dog Trials, Terrier Racing, Show Jumping, Trade Stands, Food and Craft Marquees, Cricket Match, Brass Bands

For further details contact the Show Secretary: Mrs S Monk 01969 650129

[www.nidderdaleshow.co.uk](http://www.nidderdaleshow.co.uk)  
E-mail: [info@nidderdaleshow.co.uk](mailto:info@nidderdaleshow.co.uk)  
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10 a.m. - 5 p.m.  
Further information  
[susan@burtonagnes.com](mailto:susan@burtonagnes.com)

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Sat 26th April  
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Sun 18th May (Family Day)  
Tues 3rd June  
Wed 4th June (eve)  
Wed 18th June (eve)  
Mon 7th July (eve)

Thurs 19th June **LADIES' DAY**  
Sat 19th July (Go Racing in Yorkshire Summer Festival)  
Mon 4th August (Children's Day)  
Tues 5th August (eve)

Sat 16th August (William Hill Great St Wilfrid)  
Mon 25th August (Bank Holiday)  
Tues 26th August  
Sat 27th September

All dates shown are provisional and are subject to change  
Accompanied children under 18 go FREE

Visit our website for details of our Group Discounts and Package Deals  
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Please see our website for 2014 opening times, event programme and visitor information.  
Call 01969 623981 or visit [www.boltoncastle.co.uk](http://www.boltoncastle.co.uk)

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The Hutts, Grewelthorpe, Ripon, HG4 3DA  
P: 01765 658009, E: [info@himalayangarden.com](mailto:info@himalayangarden.com)

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## Meet the farmer: conservation and education at Nethergill

Chris and Fiona Clark don't let the grass grow under their feet on their farm in Langstrothdale.

Their 400 acres at Nethergill Farm double as a conservation and an education resource.

And the couple (pictured below) have plenty they still want to do to spread the word about their three passions - food, farming and the environment.

They moved into the farm in Oughtershaw in 2005 - a few months before Chris's 50th birthday - and it's been all go since then.

Conservation has been high on the list and they have planted more than 18,000 trees, restored several traditional hay meadows and worked closely with the Yorkshire Wildlife Trust and the



Image courtesy of Craven Herald

Yorkshire Dales Rivers Trust on projects that have helped to create a wildlife haven - improving the habits for black grouse, red squirrels and otters.

Nethergill also has one of the most high-tech, interactive field centres in the National Park and it is in constant demand by schools and special interest groups wanting to learn more about the resident wildlife. The equipment includes webcams and observation hides and the centre is also the base for a series of courses ranging from photography to woodland management as well as guided farm trails.

Heating and hot water for the whole farm is provided by a biomass boiler using timber that comes from within the Yorkshire Dales National Park.

As well as building up the educational and biodiversity interests, Chris and Fiona have established the farming side with a small flock of Dalesbred ewes and a herd of rare breed White Shorthorn cattle, and they have developed a thriving accommodation business.

"Many people do a lot of reading before they come here and that gives them knowledge," Chris said.

"We then give them practical experience so that they leave with an understanding of the link between food, farming and the environment."

The dream started in 1976 when they met at agricultural college and they subsequently set themselves a target to own a farm by the time they were 50.

After college they bred, reared and sold free-range pork for several years to get some experience under their belt before retraining - Fiona as a graphic designer and Chris in marketing. They then started a marketing consultancy which gave them the financial backing to start looking for their farm.

"We looked at 45 farms from Scotland to Devon before we got Nethergill," Chris said.

"We ended up in the Yorkshire Dales because Fiona's family lives in the area and the farm gave us the potential to develop our concept of the environment, food and farming. It's in a fantastic setting and it had everything we were looking for."

Further information about Nethergill Farm is available on the couple's website at [www.nethergill.co.uk](http://www.nethergill.co.uk)



## A safe way to walk

Walking in the beautiful Yorkshire Dales National Park is a great experience - whether you are off on a gentle two-mile stroll or out on a full day's hike.

And a little pre-walk planning and preparation will ensure that it is unforgettable for all the right reasons.

Conditions can change very quickly and it's worth remembering the temperatures drop by about 2°C to 3°C for every 300 metres you climb - and that's without the effects of wind chill. It's essential to listen to the weather forecast before you start so you know what's coming at you



and, if necessary, you can alter your route and the contents of your rucksack accordingly.

The basic kit you will need for an easy walk is a waterproof jacket and trousers, good-quality walking boots

(that have already been broken in), walking socks, warm clothes (preferably items that are breathable and will wick moisture away from the body) and a hat and gloves. Bring food and plenty to drink - a rucksack liner is also a good idea to keep your kit dry.

Walking poles are not essential but they are great pieces of kit in almost any weathers. They keep you on your feet in snow, ice or wet or muddy conditions, they can take the pressure off ankles, knees and leg muscles during descents and they share the load on the way up by allowing you to use your arms as well as your legs.

Some say that you can get four seasons in one day in the Dales! Luckily there are plenty of sources of information on current weather conditions.

The Met Office issues a daily mountain area forecast, My Local Weather monitors very local conditions from its seven weather stations, and BBC Weather produces general forecasts based on four locations in or near the Yorkshire Dales.

For details, go to [www.yorkshiredales.org.uk/weatherforecasts](http://www.yorkshiredales.org.uk/weatherforecasts)

## National Park Notes

Weekly car park tickets are great value if you are staying more than a few days. They are valid at all National Park and Richmondshire District Council car parks and available from National Park Centres.

Between March and July, when spring lambs are in the fields and cows have calves at heel, it is important to keep dogs on leads. However if you feel threatened by cattle, let your dog go.

Our Yorkshire Dales National Park smartphone app for iPhone, Android, Symbian and Blackberry offers plenty to get you inspired, with facts, trails and even 360 degree panoramas.





# Accommodation

There's a great selection of accommodation in the Dales so why not stay longer and explore even further.

All accommodation in The Visitor 2014 has been quality inspected by Visit Britain or the AA, or is a member of Welcome to Yorkshire and has signed up to their 'Y' Quality Charter.

Welcome to Yorkshire's website **Welcome to Yorkshire** [www.yorkshire.com](http://www.yorkshire.com) also lists accommodation in the area. [yorkshire.com](http://yorkshire.com)

While every effort has been made to ensure details are up to date at time of going to press, we cannot be held responsible for any changes or discrepancies.



## SERVICED ACCOMMODATION

**Thornsgill House**  
1 King-size Double, 2 King-size Doubles/ Twins (all en suite) **B&B from £37.50 pppn**  
Enjoy a relaxing stay in a large Edwardian home. Spacious, comfortable rooms with king-size beds and en suite facilities. Excellent pubs nearby. An ideal base for walking/touring.  
**Contact:** Wendy Turner  
**Tel:** 01969 650617  
**Email:** [stay@thornsgill.co.uk](mailto:stay@thornsgill.co.uk)  
**Website:** [www.thornsgill.co.uk](http://www.thornsgill.co.uk)  
**Property address:** Moor Road, Askrigg, Leyburn, North Yorkshire DL8 3HH

**ASKRIGG**  
B&B ★★★★★ Silver VB  
Welcome to Yorkshire  
Breakfast Award

**The Dales Haven**  
3 Double (en suite), 1 Flexible (en suite) **B&B from £35pppn**  
Stand out from the crowd; themed rooms with king-size memory foam beds, flat-screen TV, fridge, hairdryer, Wi-Fi. Glorious views, acclaimed breakfasts. Ideal for touring Wensleydale and Yorkshire Dales.  
**Contact:** Martin Crowson  
**Tel:** 01969 623814  
**Email:** [info@daleshaven.co.uk](mailto:info@daleshaven.co.uk)  
**Website:** [www.daleshaven.co.uk](http://www.daleshaven.co.uk)  
**Property Address:** The Dales Haven Guest House, Market Place, Leyburn DL8 5BJ

**LEYBURN**  
Guest House ★★★★★ VB  
VB Silver Award  
VB Breakfast Award

**Hawthorn Cottage**  
1 Double (en suite), 1 Twin (en suite) **B&B from £35 to £40 pppn DB&B from £50 pppn**  
Lovely 17th Century cottage, spectacular views, pretty garden, inglenook fireplace. Homegrown eggs and honey for breakfast. Special rates - three nights or more. Warm hospitality.  
**Contact:** Mrs Helen Francis  
**Tel:** 01969 624492  
**Email:** [helen@hawthorn-wensleydale.com](mailto:helen@hawthorn-wensleydale.com)  
**Website:** [www.hawthorn-wensleydale.com](http://www.hawthorn-wensleydale.com)  
**Property Address:** Hawthorn Cottage, Preston-under-Scar, Nr Leyburn DL8 4AQ

**LEYBURN**  
Bed & Breakfast ★★★★★ VB  
Silver Award VB

**King William the Fourth Guest House**  
4 double, 1 Twin, 1 Single (all en suite) **B&B from £37.50 pppn**  
Set in the heart of Settle, we offer a warm, friendly relaxed welcome to our high quality Bed & Breakfast which is ideal for exploring the Yorkshire Dales.  
**Contact:** Jackie Cole **Tel:** 01729 268152  
**Email:** [kingwilliamsettle@gmail.com](mailto:kingwilliamsettle@gmail.com)  
**Website:** [www.kingwilliamthefourthguesthouse.co.uk](http://www.kingwilliamthefourthguesthouse.co.uk)  
**Property address:** High Street, Settle, North Yorkshire BD24 9EX

**SETTLE**  
Welcome to Yorkshire

**Holmes Farm Cottage**  
1 Cottage (sleeps 4) **from £290 to £370 pw**  
Very comfortable, well equipped stone built cottage set within extensive landscaped gardens. Perfect base for exploring Yorkshire Dales, Lake District and Coast.  
**Contact:** Lucy Story **Tel:** 01524 261198  
**Email:** [lucy@holmesfarmcottage.co.uk](mailto:lucy@holmesfarmcottage.co.uk)  
**Website:** [www.holmesfarmcottage.co.uk](http://www.holmesfarmcottage.co.uk)  
**Property address:** Holmes Farm, Low Bentham, Lancaster LA2 7DE

**BENTHAM (INGLETON 4 MILES)**  
Self Catering ★★★★★ VB

**Gaudy House Farm**  
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**Contact:** Mrs Jane Allison  
**Tel:** 01969 667231  
**Email:** [info.gaudyhousefarm@virgin.net](mailto:info.gaudyhousefarm@virgin.net)  
**Website:** [www.gaudyhousefarm.co.uk](http://www.gaudyhousefarm.co.uk)  
**Property Address:** Gaudy House Farm, Gayle, Hawes, DL8 3NA

**HAWES**  
Self Catering ★★★ VB

**Bramble Lodge**  
1 Cottage (sleeps 2) **from £245 to £275 pw**  
Delightful first floor cottage style apartment in idyllic surroundings Bramble Lodge in the village of Spennithorne is a true hideaway. Tastefully decorated and well equipped.  
**Contact:** Mrs Ann Gaines  
**Tel:** 01969 622496  
**Email:** [anngaines45@yahoo.co.uk](mailto:anngaines45@yahoo.co.uk)  
**Property Address:** Bramble Lodge, No5 Thorney Cottages, Spennithorne, Leyburn, N Yorks DL8 5PR

**LEYBURN**  
Self Catering ★★★ VB

**Colling Well Cottage**  
1 Cottage (sleeps 4) **from £280 to £350 pw**  
Lovely single-storey cottage, located in pretty village with shop, pub/restaurant and surrounded by beautiful countryside. Comfortable and well equipped with two en suite bedrooms and private parking. Set in owner's large delightful garden.  
**Contact:** Maria Ramskill **Tel:** 01677 450742  
**Email:** [collingwell@hotmail.com](mailto:collingwell@hotmail.com)  
**Website:** [www.collingwell.co.uk](http://www.collingwell.co.uk)  
**Property Address:** Colling Well Cottage, Ratten Row, Hunton, Bedale, N Yorks DL8 1QG

**LEYBURN**  
Self Catering ★★★★★ VB

**Honeykiln Cottage**  
1 Cottage (sleeps 4) **from £290 to £420 pw**  
Cosy and well equipped cottage in quiet area, 10 mins walk from historic Middleham village. Central heating, enclosed garden and private parking. Towels not included.  
**Contact:** Mrs Pamela Ann Suter  
**Tel:** 01132 693 026 **Mob:** 07812 639 116  
**Email:** [info@honeykiln-cottage.co.uk](mailto:info@honeykiln-cottage.co.uk)  
**Website:** [www.honeykiln-cottage.co.uk](http://www.honeykiln-cottage.co.uk)  
**Property Address:** 32a The Springs, Middleham, Leyburn DL8 4RB

**MIDDLEHAM**  
Self Catering ★★★ VB

**The Jonas Centre**  
12 log cabins (sleep up to 5) **from £375 to £550 pw**  
The Jonas Centre is uniquely positioned in Wensleydale and is perfect for all those wanting to take time out for refreshment in a peaceful environment.  
**Contact:** Simon Eastwood  
**Tel:** 01969 624900  
**Email:** [stay@jonascentre.org](mailto:stay@jonascentre.org)  
**Website:** [www.jonascentre.org](http://www.jonascentre.org)  
**Property Address:** The Jonas Centre, Redmire, Leyburn, North Yorkshire DL8 4EW

**REDMIRE**  
Welcome to Yorkshire

**The Bungalow**  
1 Bungalow (sleeps 2) **from £165 to £289 pw**  
Comfortable bungalow on the outskirts of Richmond. Ideal base for walking, touring. Near swimming pool. Shops, pubs 1/2 mile. One internal step. Patio area.  
**Contact:** Mr RJ & Mrs W Delf  
**Tel:** 01748 823122  
**Property Address:** St Martins Priory, Richmond, North Yorkshire DL10 4LQ

**RICHMOND**  
Self Catering ★★★ VB

**Croft Cottage**  
1 Cottage (sleeps 4) **from £200 to £350 pw**  
Charming stone built cottage. Within easy reach of cobbled town centre and amenities. Ideally situated for lovely walks and visiting the dales, lakes and the coast. Sorry no pets.  
**Contact:** Shirley  
**Tel:** 01926 428784  
**Email:** [shirlscottage@hotmail.com](mailto:shirlscottage@hotmail.com)  
**Website:** [www.yorkshirecottage.org.uk](http://www.yorkshirecottage.org.uk)  
**Property Address:** Croft Cottage, Richmond DL10 4UN

**RICHMOND**  
Self Catering ★★★ VB

## Facilities symbols

Accommodation providers were asked to list up to eight of the key facilities they offer.

- |                                 |                         |                             |                              |
|---------------------------------|-------------------------|-----------------------------|------------------------------|
| All ground floor                | Drying facilities       | Laundry facilities          | Residents lounge             |
| Barbecue                        | Drinking water          | Licensed                    | Satellite TV                 |
| Bath                            | Electric cooking        | Linen for hire              | Shop/supermarket             |
| Central heating                 | Electric shaver point   | Linen free                  | Shower only                  |
| Children welcome (minimum age)  | Flush toilets on site   | Log fires                   | Showers available            |
| Dishwasher                      | Garden                  | Major credit cards accepted | Tea/coffee making facilities |
| Dogs / pets by arrangement      | Gas/electric fires      | Meter charge for fuel       | Television in bedrooms       |
| Dogs / pets <u>not</u> accepted | Ground floor bedroom(s) | Microwave oven              | Television                   |
|                                 | Groups accepted         | Parking available           | Wi-Fi or internet access     |
|                                 | Hairdryer available     |                             |                              |

**Natural Retreats Yorkshire Dales**  
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The delightfully secluded Natural Retreats luxury residences are in the perfect location for a break away in a stunning location, set apart from the town of Richmond.  
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**Email:** [info@naturalretreats.com](mailto:info@naturalretreats.com)  
**Website:** [www.naturalretreats.com](http://www.naturalretreats.com)  
**Property Address:** Aislabeck Plantation, Hurgill Road, Richmond, N Yorks DL10 4SG

**RICHMOND**  
Self Catering ★★★★★ VB  
WTY Member  
Gold Green Tourism Award



## SELF-CATERING ACCOMMODATION

**Beck House Caravans**

**SEDBERGH**

2 Static Caravans (each sleeps 6)  
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**Contact:** Mrs S Stainton  
**Tel:** 01539 620665  
**Email:** beckhouse@howgills.wanadoo.co.uk  
**Property Address:** Beck House Caravans, Beck House, Howgill, Kendal, Cumbria LA8 0BT

VB Approved

**Attermire Cottage**

**SETTLE**

1 Cottage (sleeps 3)  
from £220 to £370 pw

An outstanding stone-built cottage tucked away on a quiet cobbled street just off the market square. Warm and cosy with full gas central heating.

**Contact:** Mrs C Binstead **Tel:** 01729 822734  
**Email:** stay@attermirecottage.co.uk  
**Website:** www.attermirecottage.co.uk  
**Property Address:** Attermire Cottage, Castle Hill, Settle, North Yorkshire BD24 9EU

Welcome to Yorkshire

**Cherry Tree Cottage**

**WENSLEYDALE**

4 Cottages, sleep up to 7  
from £320 pw

Spacious luxury cottages with log fires in Wensleydale & Swaledale, located on village greens with traditional inns. Walks from door. Close to Leyburn & Richmond.

**Contact:** Dales Cottage Holidays  
**Tel:** 07710 385103  
**Email:** info@dalescottageholidays.co.uk  
**Website:** www.dalescottageholidays.co.uk  
**Property address:** Dales Cottage Holidays, Bellerby, Wensleydale DL8 5QP

Self Catering ★★★★★ VB  
Welcome to Yorkshire

## CARAVAN & CAMPING PARKS

**Church Farm Caravan & Camping Park**

**RIPON**

34 Touring sites from £13pn, 10 Tent Pitches £10-£17pn, 3 Statics from £275pw

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**Contact:** Mrs Emma Oates  
**Tel:** 01765 676578 **Mobile:** 07861 770164  
**Email:** churchfarmcaravan@btinternet.com  
**Website:** www.churchfarmcaravanpark.co.uk  
**Property Address:** Church Farm Caravan Park, Bishop Monkton, Harrogate HG3 3QQ

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## Love local

A day out in the Dales wouldn't be complete without a tasty bite to eat and drink. What better way to relax than with a local pint by the fire or a cup of tea with a delicious Yorkshire curd tart?

The Dales is justifiably famous for its local produce and there is so much to sink your teeth into, from delicious artisan cheeses - including Wallace and Gromit's favourite from the Wensleydale Creamery in Hawes - to home-made jams and chutneys.

Drop into a local farm shop to get something straight from farmgate to plate, like honey and eggs. Or try some tender Limestone Country beef from traditional native cattle breeds - ask for it at Town End Farm shop in Airton or butchers Jacksons of Cracoe.



There are a hop-full of fantastic local ales to try. There's the Dent Brewery, Copper Dragon in Skipton, Wharfedale Brewery in Ilkley and Black Sheep and Theakston in Masham to name a few - and even a vineyard producing Yorkshire Wine.

Many accommodation providers offer great local fare as part of their menu choice.

During your stay be sure to ask your host for ideas on discovering the local area.

Taking the time to explore from your door will reveal those quirky features, secret trails and unique experiences that only insider knowledge can give and which will make your trip truly memorable.

## Win a weekend break for two in the beautiful Yorkshire Dales!

All you have to do is to fill in the questionnaire below and return it to us along with your completed form by 29 September 2014 for your chance to win - it's as simple as that!

Our prize-winners will enjoy a 2 night break with bed and breakfast for 2 adults up to the value of £200.

<b>1. Where did you obtain your copy of 'The Visitor 2014'?</b>	<b>6. Were you directly influenced by 'The Visitor 2014' to:</b>	<b>8. Overall, how satisfied were you with this publication (please circle)?</b>
<input type="checkbox"/> Yorkshire Dales National Park Centre	visit any attractions <input type="checkbox"/> Yes <input type="checkbox"/> No	<not at all                      greatly > 1   2   3   4   5   6
<input type="checkbox"/> Tourist Information Centre outside Yorkshire Dales	go to any events <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>9. How well did this publication show what is special about this National Park (please circle)?</b>
<input type="checkbox"/> Other (please specify) _____	buy any of the advertised products <input type="checkbox"/> Yes <input type="checkbox"/> No	<not at all                      greatly > 1   2   3   4   5   6
<b>2. What did you enjoy most about the newspaper?</b> _____	visit www.yorkshiredales.org.uk <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>10. Are you a resident of the Yorkshire Dales National Park <input type="checkbox"/> , a day visitor <input type="checkbox"/> or on holiday <input type="checkbox"/> ? (please tick)</b>
<b>3. What did you find most useful?</b> _____	<b>7. How would you rate the following aspects of the publication? (where 6 is excellent and 1 is poor). Please circle.</b>	<b>11. Please indicate your age group</b>
<b>4. Was there anything you did not particularly enjoy?</b> _____	Size                      1   2   3   4   5   6	<input type="checkbox"/> 18-24 years <input type="checkbox"/> 25-34 years
<b>5. What would you like to see included in future editions?</b> _____	Paper quality    1   2   3   4   5   6	<input type="checkbox"/> 35-44 years <input type="checkbox"/> 45-54 years
	Informative and educational value 1   2   3   4   5   6	<input type="checkbox"/> 55-64 years <input type="checkbox"/> 65-74 years
	Balance of advertisements and editorial 1   2   3   4   5   6	<input type="checkbox"/> 75+ years
	Range of articles and features 1   2   3   4   5   6	

Name.....

Address.....

Postcode.....

Please return to: The Visitor 2014, YDNPA, FREEPOST RLZG-JARG-TXAK, Yoredale, Bainbridge, Leyburn, North Yorkshire DL8 3EL

**Terms & Conditions:** 1. Prize is 2 nights bed & breakfast accommodation for up to 2 people (to be taken before 31 December 2015) to a maximum value of £200 to be selected from [www.yorkshire.com](http://www.yorkshire.com). 2. Entries to be received by 29 September 2014. The first entry drawn on 3 October 2014 will receive the prize. 3. Entrants must be 18 or over. 4. Prize is non-transferable & cannot be exchanged. No cash alternative. 5. Conditions apply. For full terms & conditions email [info@yorkshiredales.org.uk](mailto:info@yorkshiredales.org.uk) or call 0300 456 0030. Please note that your name and address will not be used for any future mailings by us or any third party.



# Fell and cave rescue

There are many ways to enjoy the Dales, but whether you're scaling Kilnsey Crag or strolling through Grass Wood, it can be all too easy to slip, injuring a knee or ankle.

The three Yorkshire-based rescue teams don't just help potholers and climbers, they are just as likely to be called out to walkers - and animals. In fact, they provide a safety net for anyone off the beaten track, above or below ground.

Swaledale Mountain Rescue Team, Upper Wharfedale Fell Rescue Association and the Cave Rescue Organisation - supported by Kendal and Kirkby Stephen MRTs in Cumbria - provide a 24-hour, 365-days-a-year service. And what's more, they are entirely staffed by highly-trained volunteers.

Although the Police have overall responsibility for inland search and rescue, the teams work alongside the statutory emergency services, using their skills and experience to go to parts that others can't reach.

Between them, they respond to around 150 callouts a year and each team costs about £30,000 annually to run, all through fundraising.

To find out more, visit the teams online at [www.swaledalemrt.org.uk](http://www.swaledalemrt.org.uk) , [www.uwfra.org.uk](http://www.uwfra.org.uk) and [www.cro.org.uk](http://www.cro.org.uk)

The Cave Rescue Organisation here in Clapham is believed to be the oldest in the world.

It was formed after an incident at Gingling Hole in 1934 when a potholer broke his leg and the long, drawn out rescue provided a serious lesson for all.

The following month, Settle St John Ambulance, Giggleswick School and six potholing clubs met and proposed the world's first cavers' self-help group.

Members were called out 45 times in the first 25 years. By its 75th anniversary, the CRO had been to 2,172 incidents involving 3,160 people, 223 lambs, 194 sheep, 70 dogs, 13 calves, 11 cattle, 9 ducks, 1 cat and 1 rabbit.

Kit has changed over the years, with ropes and stout boots now complemented by the latest equipment, but the CRO is still made up of amazing people who give their time freely to help those in need of assistance.



Rescue at Rowten Pot in 1939



In an emergency, would you know how to get help? Whatever your activity, if you're away from a road and need a rescue team...

- 1. Call 999
- 2. Ask for 'Police' and say

which county you are in

- 3. Ask the Police for 'cave' or 'fell' rescue
- 4. Say where you are and give a description and grid reference
- 5. Describe the problem and

answer any other questions

- 6. Stay by a phone or where you can maintain a signal on your mobile, keeping the line clear so you can be called back.

The rescue team will call other services as required.



I'm known for my adventures around the world, but nothing inspires me more than the stunning landscapes of Britain's National Parks. There are few places that offer such freedom to enjoy a quiet moment of reflection or physical challenge in breathtaking surroundings.

I am delighted to help protect some of our finest landscapes as the President of the Campaign for National Parks - the only national charity campaigning to protect all 13 National Parks of England and Wales.

Despite their protected status, they face serious threats and challenges, with climate change, aggressive quarrying and intrusive road and building developments all taking

their toll. We campaign passionately against these threats, often with great success, to ensure that special places like the Yorkshire Dales National Park are kept safe.

We also encourage others to discover National Parks, to get involved in the many activities that they have to offer and help us to look after them. Our Mosaic Youth programme in England works to introduce thousands of young people to National Parks for the first time, to learn new skills and to enjoy the great outdoors.

The success of Campaign for National Parks depends on public support and the need for our work is greater now than ever before. From just £3 a month you can help us keep some of England and Wales' most beautiful places safe for generations to come. To find out more, please visit [www.cnp.org.uk](http://www.cnp.org.uk).

**Ben Fogle, President,**  
**Campaign for National Parks**

# New lease of life for historic building

The National Park is scattered with the remains of former industries, an evocative reminder of how the area's resources were once harnessed.

There are more than 1,800 listed buildings - 64 classed as being 'at risk' and 126 as 'vulnerable' - and the National Park Authority works with owners, volunteers, English Heritage, Natural England and other partners to conserve a number of them.



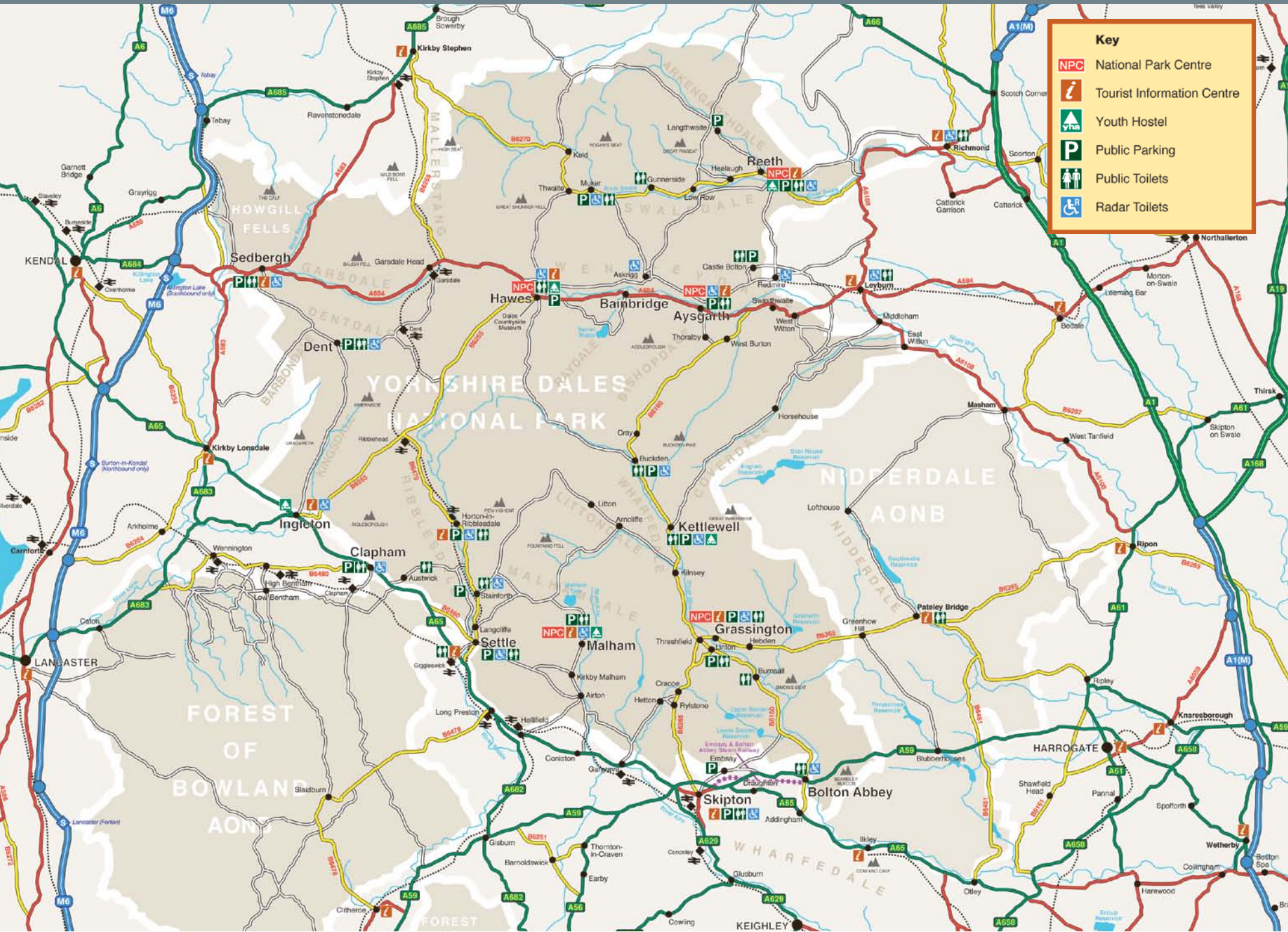
One building recently taken off the national Heritage at Risk register - thanks to grant aid from English Heritage - is Grassington Moor's ruined cupola lead smelt mill and flue, which took poisonous gases away from the millworkers to a 20 metre high chimney (pictured).

The complex forms part of the larger Grassington Moor scheduled monument, which covers some 203 hectares. There is a self-guided trail with information boards around some of the principal remains of this exciting leadmining landscape. Visitors are asked to help protect the site by not walking along the top of the flues.

You can read more about the unique cultural and archaeological landscape of the National Park on our website [www.outofoblivion.org.uk](http://www.outofoblivion.org.uk)



# Map and useful information



## Tourist Information Centres

Aysgarth Falls	01969 662910	aysgarth@yorkshiredales.org.uk
Grassington	01756 751690	grassington@yorkshiredales.org.uk
Harrogate	01423 537300	tic@harrogate.gov.uk
Hawes	01969 666210	hawes@yorkshiredales.org.uk
Horton-in-Ribblesdale	01729 860333	mail@pen-y-ghentcafe.co.uk
Ilkley	01943 602319	ilkley.vic@bradford.gov.uk
Ingleton	015242 41049	ingleton@ybtbic.co.uk
Kirkby Stephen	017683 71199	visit@uecp.org.uk
Leyburn	01969 622317	info@welcometoleyburn.co.uk
Malham	01729 833200	malham@yorkshiredales.org.uk
Pateley Bridge	01423 711147	pbptic@harrogate.gov.uk
Reeth	01748 884059	reeth@yorkshiredales.org.uk
Richmond	01748 850549	hilda@richmondtouristinformation.co.uk
Ripon	01765 604625	ripontic@harrogate.gov.uk
Sedbergh	015396 20125	tic@sedbergh.org.uk
Settle	01729 825192	settle@ybtbic.co.uk
Skipton	01756 792809	skiptontic@cravendc.gov.uk

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## Market days

- Monday:** Kendal (indoor), Kirkby Stephen, Richmond (indoor), Skipton, Thirsk
- Tuesday:** Bedale, Hawes, Kendal (indoor), Richmond (indoor), Settle
- Wednesday:** Barnard Castle, Bentham, Kendal (indoor and outdoor), Knaresborough, Masham, Northallerton, Richmond (indoor), Sedbergh, Skipton
- Thursday:** Kendal (indoor), Kirkby Lonsdale, Richmond (indoor), Ripon
- Friday:** Appleby (indoor), Ingleton, Kendal (indoor), Leyburn, Reeth, Richmond (indoor), Skipton, Wigton
- Saturday:** Appleby (outdoor), Kendal (indoor and outdoor), Masham, Northallerton, Richmond (indoor and outdoor), Skipton, Thirsk



## Cashpoints

Bentham, Grassington, Hawes, Ingleton, Kirkby Lonsdale, Leyburn, Richmond, Sedbergh, Settle, Skipton

## From farm gate to plate

Farmers markets in the Yorkshire Dales in 2014.

GRASSINGTON	LEYBURN	INGLETON	RICHMOND	RIPON	SEDBERGH	SETTLE	SKIPTON
3rd Sunday of the month	4th Saturday of the month	4th Sunday of the month	3rd Saturday of the month	3rd Sunday of the month	2nd Wednesday of the month	2nd Sunday of the month	1st Sunday of the month

Sunday markets start at 9.30am, all others start at 8am. Visit Northern Dales Farmers Markets on Facebook for further details.



# “Richmond has long been one of Yorkshire's treasures”

Alfred Wainwright, *A Dales Sketchbook*



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