

THE VISITOR

2018

FREE



The official guide to the
Yorkshire Dales National Park



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Welcome to the Yorkshire Dales National Park

There is so much to see and do in the beautiful Dales. Breathe in the views, visit some of our fabulous attractions, or follow in the footsteps of writers and artists and the generations who've loved this place before you.

This year, we are celebrating the 50th anniversary of *Life & Tradition in the Yorkshire Dales*. Perhaps the best known work by those redoubtable Dales authors Marie Hartley and Joan Ingilby who, with their passion for collecting, also founded the Dales Countryside Museum. In 1968, the book captured the last days of a disappearing way of life. Look out for special events that could have you haymaking, printing, or knitting the Wensleydale way!

With over 2,500km of rights of way, there are so many choices for getting out and about in the landscape, from ancient drovers routes to exploring bridleways on foot, bike or horseback.

There's fantastic local food and drink to be found - we're holding our second Yorkshire Dales Cheese Festival in September (more cheese, Grommit!). More on page 45.

You can be assured of a warm welcome from the many brilliant local businesses that make this such a great place to stay. Please do your bit to look after it by spending a little money in local shops and on local produce to help ensure the future well-being of its communities.

We hope that *The Visitor 2018* shows just why we think the Yorkshire Dales is so special. With great features, a huge events calendar for 2018 and a map on the centre pages, it has all the information you need to plan the perfect trip.

Explore it your way, at your pace - and come back soon!



Stephen Garnett Photography

What makes it special?

The Yorkshire Dales landscape has many moods; it can be wild and windswept or quietly tranquil.

It includes some of the finest limestone scenery in the UK, from crags and pavements to an underground labyrinth of caves.

Each valley or 'dale' has its own distinct character, set against expansive heather moorland tops.

Stone-built villages sit amongst traditional farming landscapes of field barns, dry-stone walls and flower-rich hay meadows, and show how the area has been shaped over thousands of years by the people who have lived and worked here.

Spectacular waterfalls and ancient broadleaved woodland contrast with the scattered remains of former mine workings and other rural industries which remind us of the area's rich industrial heritage.

Together, nature and people have created a special landscape of immense beauty and character.

Did you know..?

Yorkshire Dales National Park was designated in 1954 in recognition of its extraordinary natural beauty, the diversity of its wildlife habitats, its rich cultural heritage and its fantastic opportunities for outdoor recreation.

Covering a stunning 2,179 square kilometres (841 square miles), the National Park is not a wilderness area, but a living, working environment, home to 24,000 people.

It's one of a family of 15 National Parks in the UK, protected for future generations to enjoy.

It's the Yorkshire Dales National Park Authority's job to care for this very special place and its communities, and to help people understand, enjoy and share in it.

To find out more - including how to get here, where to stay and what to do - visit www.yorkshiredales.org.uk

Or you can call in at one of our National Park Centres (see page 6) where our knowledgeable information advisors will be pleased to help you make the most of your visit.

Sedbergh, Dentdale & The Howgills



Nestled beneath The Howgills - a dramatic spread of high, rounded hills described by walker and writer Alfred Wainwright as looking like a 'herd of sleeping elephants' - is the delightful market town of Sedbergh.

It offers a great range of eateries, boutique shops and second-hand bookshops. Just outside town is restored Victorian wool mill, Farfield Mill, now an arts, craft and heritage centre.

The dramatic waterfall of Cautley Spout is reached from the Cross Keys, a 400-year-old temperance inn now owned by the National Trust.



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The area is central to the history of the Quaker movement. You can visit Fox's Pulpit, the hillside spot where George Fox preached in 1652 - thought of as the start of the society - and the peaceful meeting house at Brigflatts.

You can find a real sense of tranquillity in the limestone valley of Dentdale. High on the valley side is Dent Station, the highest mainline station in England at 1,100 feet and on the historic Settle-Carlisle railway line.

The cobbled streets of Dent village (pictured) are home to the award-winning George & Dragon pub with its own micro-

brewery, and the town's centrepiece: a memorial fountain to its most famous son, Adam Sedgwick, considered the founding father of modern geology.

The Dent Heritage Centre is packed with artefacts explaining the history of the dale and its people, including the mining of the black Dent marble and the story of the 'terrible knitters of Dent'.

Visit www.dentdale.com and www.sedbergh.org.uk for more information.



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We hope you enjoy your free copy of *The Visitor*. If you have any comments or suggestions, please contact the editor Sarah Nicholson on 01756 751618 or email sarah.nicholson@yorkshiredales.org.uk

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YOUR VISIT STARTS HERE



Where better to start your visit to the Yorkshire Dales than our five **National Park Centres**.



Pop in for local know-how on everything from where to go for an afternoon stroll to places nearby to find a perfect cup of tea or pint after! Our knowledgeable, friendly staff offer a one stop shop of essential information.

Browse our leaflets and range of official and exclusive National Park merchandise, as well as locally-sourced products, books, maps and clothing.

Download our Bluetooth trails to your phone for fun and easy local walks.

Our Centres are in fantastic settings and you'll find plenty to do close by when you call in, so why not make a day of it?

Opening Times

1 April to 31 October - open daily from 10am

1 November to 31 March - Saturday and Sunday only (closed January)

Individual Centres vary their opening times throughout the year, with additional opening during school holidays and for special events.

Ring ahead or check www.yorkshiredales.org.uk/nationalparkcentres for full details.

Follow us



Grassington

Hebden Road, Grassington, Skipton
BD23 5LB (grid ref. SE003637)
01756 751690
grassington@yorkshiredales.org.uk



With colourful displays on haytime in the Dales, lockable bike stores and racks, a tap for washing muddy boots, and a meadow to picnic in.

Don't Leave here without...

Exploring the stone-built village's cobbled square and ginnels (narrow passageways between buildings), before relaxing with tea and cake.

Hawes

Dales Countryside Museum,
Station Yard, Burtsett Road, Hawes
DL8 3NT (grid ref. SD875899)
01969 666210
hawes@yorkshiredales.org.uk



The nineteenth century railway buildings now house both a National Park Centre and the fascinating Dales Countryside Museum, so there is plenty to pack into a day when you call in. Take a break or hire a bike at the Firebox Café (pictured opposite), run by Stage 1 Cycles.

Don't Leave here without...

Jumping on board the Little White Bus to Snaizelholme's red squirrel trail to see these native creatures in their favourite habitat.

Aysgarth Falls

Aysgarth, Leyburn DL8 3TH
(grid ref. SE012888)
01969 662910
aysgarth@yorkshiredales.org.uk



Newly refurbished for 2018, the Centre tells the story of the woodland as a natural larder and how the waterfalls were created. Treat yourself at the Coppice Café and enjoy the outdoor terrace.

Don't leave here without...

Witnessing the three thunderous cascades of Aysgarth's magnificent stepped waterfalls - especially after heavy rain.

Reeth (Hudson House)

Hudson House, Reeth, Richmond, North Yorkshire DL11 6SZ
(grid ref: SE038992)
01748 884059
reeth@yorkshiredales.org.uk



The former bank building now offers a range of services to visitors and the local community alike. Have a coffee while enjoying internet access or visit the lovely walled orchard next door.

Don't leave here without...

Visiting Swaledale Museum to learn about the harsh life former leadminers endured.



Malham

Malham, BD23 4DA
(grid ref. SD900627)
01729 833200
malham@yorkshiredales.org.uk



Learn about the area's amazing limestone geology and nesting peregrines, then picnic in the sensory garden, creating a tune on our handmade wooden 'xylophone'.

Don't leave here without...

Climbing the 400 stone steps to see the incredible landscape of limestone pavement at the top of awe-inspiring natural amphitheatre, Malham Cove.

Remember that every time you make a purchase from one of the National Park Centres, or our online shop at **retail.yorkshiredales.org.uk**, you make a valuable contribution to the conservation of the National Park. Treat yourself - treat the National Park!



An exciting new partnership with **Kirkby Stephen, Kirkby Lonsdale and Sedbergh Tourist Information Centres** means dedicated, branded displays, and a formal presence for the Yorkshire Dales National Park Authority in the stunning newest area of the National Park. This follows our boundary extension in 2016, when the Park grew by nearly a quarter. See the centre pages for a map and contact details. Discover it today!



Kirkby Stephen & the Westmorland Dales

This great walking and cycling country is crossed by the famous Coast to Coast walk and marks the end of the Pennine Bridleway. There are lovely riverside paths and easily accessible routes across the moors, with amazing prehistoric sites and the North Pennines and Howgills as a stunning backdrop.

The thriving market town of Kirkby Stephen is a great base from which to explore. There are pretty individual shops, galleries, a delicatessen and a Monday market.



The accessible Northern Viaducts Trail takes in part of the old Stainmore Railway, while another restored section of former line has created the dramatic Smardale Gill walk across the spectacular 14 arch viaduct over Scandal Beck.

Rail enthusiasts operate Kirkby Stephen East station on another restored section, putting on footplate classes and events.

The River Eden starts its journey to the sea high in the Mallerstang valley where it crashes down through Hell Gill - a narrow, steep-sided limestone gorge - into the main valley at Aisgill. This has a wild and remote feel, hemmed in by Mallerstang (pictured) on one side and the distinctive Wild Boar Fell on the other.

You will find the ruins of twelfth century Pendragon Castle, which legend associates with Uther Pendragon, the father of King Arthur, near Outhgill, and a pele tower - a defensive building against Scottish raiders - at nearby Lammerside.

Take a trip on the famous Settle-Carlisle railway which runs the length of Mallerstang and follows the Eden Valley all the way to Carlisle. If you want to be more energetic, Stone Trail Holidays offers bike hire and horse riding from its base right on the Pennine Bridleway National Trail.

The Westmorland Dales is an exposed area of moorland with stunning limestone pavement surrounded by farmland. It has

picturesque villages such as Crosby Ravensworth, with its community run Butcher's Arms pub, and Orton, a popular spot with a pub, café and Kennedy's Chocolate Factory.

Ravenstonedale - with its two pubs - and Newbiggin-on-Lune are also great bases for discovering the area. Enjoy a round of golf at the quirky Riverside Golf Club which has 18 short holes and only 9 greens. Or go fly fishing at Bessy Beck Trout Fishery which offers opportunities for beginners and experienced anglers alike. You could also develop your artistic side on a course at Scar Art Gallery.

There are many other delightful villages here to explore, including the charmingly named Maulds Meaburn, Great Asby and Crosby Garrett.

More information can be found on www.visiteden.co.uk and www.ravenstonedale.org



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Plan your trip

Yorkshire Dales National Park is very accessible by road (see map on centre pages). The M6 skirts the west, the A66 is to the north, the A1 to the east, and the A65 and A59 south.

But car travel can have an impact on this special environment, so why not give your car a holiday, too? Many of the most scenic and popular parts of the National Park can be explored by train, bus, bike, foot or horseback, and National Park events have been scheduled to link in with timetables wherever possible.

Taking public transport means you can relax and enjoy the scenery - and see over the top of drystone walls! Your accommodation provider will have a wealth of local knowledge to help you really explore from your door.

By leaving your car behind for just a few days during your holiday you will be making a valuable contribution to the Dales' future well-being.

Get your head down



There is a truly fabulous wealth of accommodation available in the Yorkshire Dales for every taste and pocket, from B&Bs to bunk barns, luxury hotels to youth hostels. We can't begin to list them all here, but please browse our fantastic advertisers, as well as visiting the 'Where to Stay' section of our website at www.yorkshiredales.org.uk/visit-the-dales

Full steam ahead



With the East Coast Mainline to the east, the Leeds-Lancaster Line to the south, and the Settle-Carlisle Line travelling through, the train is a great way of getting to and around the Yorkshire Dales.

Whatever you do, don't miss a trip on the historic Settle-Carlisle Line. This gives fantastic access to the heart of the National Park on one of the most spectacular train journeys in England as it rumbles over Ribbleshead Viaduct and through Blea Moor Tunnel, both astonishing feats of Victorian engineering. Stops include Horton-in-Ribblesdale (perfect for the Yorkshire Three Peaks), Dent (the highest main-line station in England), and Garsdale (to connect by bus to Hawes).

Timetables for the daily service can be found at www.settle-carlisle.co.uk. For special steam services, visit www.uksteam.info

The trains to Skipton and Ilkley and on the Settle-Carlisle Line all carry bikes. No booking is required, but space can be limited, so rush hour services are best avoided. Our dedicated cycling website www.cyclethedailes.org.uk can tell you more, including the great trails you can enjoy when you get here.

The world-famous Flying Scotsman crosses Ribbleshead Viaduct under full steam

Jump on board



Taking the bus is an excellent way of enjoying the views without having to worry about keeping your eyes on the road. It also helps reduce congestion and parking problems, and opens up the possibility of some fantastic linear walks back to your car.

For a relaxed ride and truly local experience jump on one of the services that provide links between the main towns and villages and surrounding area. These are supplemented by extra services during the summer, mainly Sundays and Bank Holidays - visit www.dalesbus.org or contact Traveline on 0871 200 22 33 or www.traveline.info for more information.



Find out how to get here, where to stay, and what to do - as well as advice on bringing your dog to the countryside and where to pick up WiFi - in the 'Essential Information' section of our website at www.yorkshiredales.org.uk/visit-the-dales

Hit the Trail

"Saddle up!" said Michael Briggs, Area Ranger for Swaledale & Arkengarthdale in the north of the National Park (pictured right). It was a January day and he was about to ride the brand new Swale Trail for the first time.

"I might have managed the building of this trail, but I'm no mountain biker," he admitted. Yet who could tell when minutes later he was whipping along the tree-lined track by the swirling River Swale.

That's the attraction of the newest cycling route in the National Park: it is both an easy-going, mostly traffic-free, mountain bike trail - and it is stunningly beautiful.

Along with Arkengarthdale, Swaledale has perhaps the wildest, most unspoilt scenery in the National Park.

But it is not just the views; it also has the fascinating scattered remains of its former leadmining industry to discover, as well as a history that goes back even further to the Viking settlers who left their mark on its place names a thousand years ago.

And a bike is a great way to explore it all.

Stretching from Reeth to Keld, the Swale Trail takes you on a low level 12 mile (20km) journey. Along the way are a few climbs, lots of lovely stone tracks, and very

quiet roads.

At either end and in the middle - at Reeth, Gunnerside and Keld - are the all-important café and toilet stops.

Michael's starting point was the Dales Bike Centre in Fremington, a village next to Reeth at the eastern end. As manager Stuart Price made ready hire bikes, he sang the praises of the new trail. "A tidy job," he called it, which - as you may know - is the local lingo for "absolutely fabulous".

Swaledale was already a mecca for mountain biking. The vast leadmining industry had left a rich legacy of exciting fellside tracks. But there was little for children.



The Swale Trail leaflet and Viking Challenge can be picked up from National Park Centres from Easter, when the trail will be officially open and all signage in place. Visit our cycling website www.cyclethedailes.org.uk for more trails and tips to get you under pedal power



Did you know..?

At one time there were over a thousand lead miners in Reeth alone

"The Swale Trail has changed that", said Michael. "It is the first trail of its kind in the National Park, and has been designed specifically for young mountain bikers and families who want to ride together."

From the Bike Centre, Michael turns right and passes over Grinton Bridge, before turning right again at St Andrew's Church. The first section of the trail is part of the Corpse Way, a bridleway steeped in history. Once upon a time, families would have travelled this route to bring their loved ones to be buried here. You can still see large stone slabs along the way where the coffins would have rested a while.

Over many generations the bridleway had become rutted and overgrown. Now it has been transformed into a levelled, gently winding path, suitable not just for cyclists but also walkers and horse riders. In this first section alone, 600 tonnes of limestone aggregate from nearby Leyburn quarry were laid to create the trail. Gaps in the walls have been made good, vegetation cut back, and the riverbank carefully re-profiled.

At Reeth bottoms it was time to take a breather. Great alder, ash, larch and sycamore trees flourish by the side of the trail. In one of the two Sites of Special Scientific Interest that we pass through, you can gulp down the sweet scent of wild juniper.

Onwards now into the second section, which runs along Low Lane across the river from the village of Low Row. The third section takes you along Dubbing Garth Lane and into the village of Gunnerside ('Gunnar's saetr' in Old Norse, meaning summer grazing settlement) - a good place for a break with its cafés, pub and shops.

Continues overleaf with route map

Hannah, aged 9 $\frac{3}{4}$, and her parents tried out the trail on a beautiful day last autumn.

"It was one of the hardest routes I have ever done - with lots of up and down bits - but it was fun and I enjoyed the challenge", said Hannah. "The promise of cake and ice-cream at the end kept me going!"

And mum Kathryn's verdict? "A great day out and a good off-road route for those with older kids looking for more of a test."



A stunning waterfall near Keld



Tracey and sons Matthew, 15, and Ben, 13, rode the section from Keld to Gunnerside.

"We passed a spectacular waterfall and were soon on a well-made track - the boys enjoyed jumping the drainage channels on their bikes!" said Tracey. "It was easy riding and not too challenging, except for a steep descent and a climb at the start - we just got off and pushed. It's great to have something all the family can do together".

The final, hillier section to Keld showcases the wilder side of Swaledale as it climbs a more remote valley of stunning wildflower meadows and long-abandoned settlements.

Younger cyclists can pick up a 'Viking Challenge' leaflet from Reeth National Park Centre to complete as they ride along.

"It's great to see it all come together," said Michael as he finished the ride.

"Every five years a group of organisations - all those working in the National Park - get together to establish a collective programme of work. The result is our Management Plan. We asked residents and visitors what they wanted to

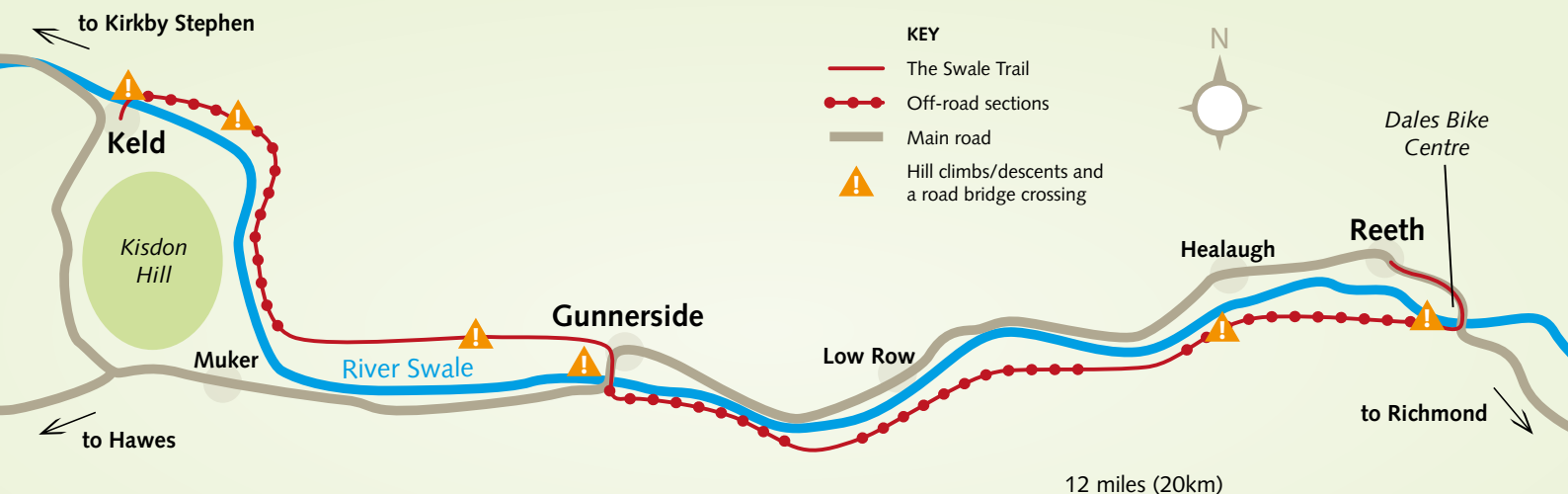
Did you know..?

The stone buildings in the middle of fields once housed hay and cattle in winter - known locally as cow'uses (cow houses)

see in future and our younger visitors said there should be a place to try out mountain biking. Funding from Yorkshire Dales National Park Authority, Richmondshire District Council, North Yorkshire County Council, Pennine Trails Partnership and the Yorkshire Dales LEADER Programme has helped make that happen.

"So here it is and we're excited to see what people think - come and give it a go!

Lunch stop in Gunnerside



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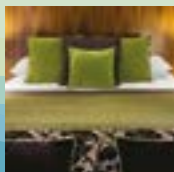
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Skipton & Bolton Abbey

Originally a trading centre for sheep and wool - its name Sceph Tun meant 'sheep town' - Skipton grew up around its magnificent 900-year-old castle and market place.

The perfect gateway to the Yorkshire Dales, Skipton boasts many pubs, cafés and shops, along with a still thriving regular market.

The 130-mile long Leeds-Liverpool Canal, one of the early achievements of the Industrial Revolution, runs through its heart and offers visitors narrowboat day trips.

Craven Museum and Gallery is the home of Shakespeare's First Folio, one of only four on permanent display in the world. Skipton's Auction Mart transforms to host annual events such as Art in the Pen and Yarnale, as well as plays, comedians and bands.

At the nearby Bolton Abbey estate, owned for centuries by the Dukes of Devonshire, enjoy the romantic ruins of the twelfth century priory, nature trails, and a tasty treat at the Cavendish Pavilion.

Hesketh Farm Park is a fun family day out, a unique hands-on experience of farm life. While for steam buffs there is Embsay and Bolton Abbey Steam Railway, now restored and run by enthusiasts.

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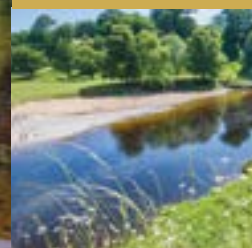


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Going underground

One of the unique features of the Yorkshire Dales is its limestone landscape - and caves and potholes form a major part of this special scenery.

This landscape is known as karst and the National Park is the finest and most extensive example in Britain. There are over 2,500 known caves in the Dales, including the longest system in Britain - The Three Counties - and the famous enormous chamber of Gaping Gill. Popular beginners' trips include Long Churn with its famous squeeze called the 'Cheesepress'.

Caving is not all about crawling. There are stream way passages with high ceilings and big chambers - Gaping Gill is large enough to accommodate St Paul's Cathedral. With their magnificent calcite formations such as stalactites, stalagmites, curtains and flowstone, caves can be places of great beauty and peace.

The magnificent **Three Counties** is the longest and most complicated cave system in Britain, thought to be around 89km long with over 40 different entrances. It is possible to go underground in Yorkshire, pass under Lancashire, and emerge in Cumbria.

The different parts of the system have different names which tell a story in themselves: Wretched Rabbit Passage, Bull Pot of the Witches and Pippikin Pot, to name a few. The main Ease Gill stream way (pictured below) is regarded as one of the finest in the UK.

The Three Counties continues to grow as new links are made. If a connection is made to the Kingsdale system then it will become the first cave system in the UK to be more than 100km long.

How do caves form?

The caves of the Yorkshire Dales have formed in limestone rock over a period of many thousands of years. Limestone is strong, but has many joints and cracks. It is also soluble in rainwater, although extremely slowly. Abrasion by sand and cobbles and spray erosion near underground waterfalls occurs, too. In larger chambers, wall and roof collapse can speed up these processes.



Find out more about the amazing caves in the Dales and how to see them at yorkshiredales.org.uk/caving

Beautiful calcite formations in Lancaster Hole (top) and The Palace, Ease Gill (above), part of the Three Counties cave system. Descent into Alum Pot (main image, right). Photographs: Mark Burkey

There are three show caves in the area for a first trip underground. **White Scar Cave** near Ingleton, **Ingleborough Cave** near Clapham, and **Stump Cross Caverns** (below) near Greenhow all offer floodlit guided tours, interpreting the many cave features along the way.

Each year, on May and August bank holidays, there is a unique opportunity for members of the public to be lowered by bosun's chair into the vast main chamber of **Gaping Gill** - one of the largest underground caverns in the country (right).

Settle man John Birbeck attempted the first descent in 1842 - he was lowered on a rope by farm labourers. He didn't quite reach the bottom, but you can!

The winch meets are organised by Craven and Bradford Pothole Clubs and are a thrilling experience not to be missed. Check our events pages for details.



Did you know..?

Victoria Cave was discovered in 1837, the year of Queen Victoria's coronation, and both elephant bones and a Stone Age harpoon point have been found there.

Many of the cave systems in the National Park are nationally important for swarming and hibernating bats. They congregate to mate late summer before going deeper inside to hibernate.

Two species of moth have been found in unusually high numbers in winter. Like bats, herald moths hibernate, whereas tissue moths stay active. Heralds are so-called because they are often the first people see in spring - heralding the new growing season.

In the UK there are also a number of crustaceans that live in cave streams and pools. Some species occur underground and nowhere else and have specially adapted to cave life, such as having reduced or no eyes. In the Dales, we know of only one shrimp in our caves. They are flushed in (and sometimes out again), but after a long time below they lose their natural greeny-brown colouration and turn white.

How can I do that?

Exploring caves takes knowledge, the right equipment and experience. It is best to gain these either through a course or taster day run by a qualified guide or by joining a local club. You can also hire an instructor to tailor make your own trip.

Find out more in the '**Call in the Experts**' section of our website yorkshiredales.org.uk/caving or visit newtocaving.com

Did you know..?

The giant hole of Hull Pot on Pen-y-ghent is actually a collapsed cavern and there is little to explore underground. However, it is an impressive sight for walkers, especially after wet weather when its spectacular waterfall gushes over the rim.



Settle, Ingleton & the Three Peaks

Amid a dramatic limestone landscape, the market town of Settle is the starting point of the famous Settle-Carlisle railway. This historic line wends its way through the western dales, crossing a series of stunning viaducts, including the much photographed Ribbleshead, completed in 1874.

With its museum and eclectic mix of galleries, cafés and outdoor suppliers, Settle is a popular spot. Out on the A65 you will find The Courtyard - a collection of artisan shops and a café-brasserie, and a few miles away The Courtyard Dairy with its Cheese Museum and huge array of farmhouse cheeses.

Ingleton has some great independent shops, including Inglesport for all things caving and outdoors, and the lovely Ingleton Waterfalls Walk starts here. Just outside is White Scar Cave, Britain's longest show cave, and there is a fine selection of food and gifts at Country Harvest.

Clapham is the start of many walks and cycle rides. Reached along a nature trail from the village, Ingleborough Cave is another fascinating show cave and linked to the famous pothole of Gaping Gill.

The area is most famous for being home to Yorkshire's stunning Three Peaks - Whernside, Ingleborough and Pen-y-ghent (below left). A popular challenge is to complete all three - that's 24 miles - in under 12 hours. The starting point is traditionally the Pen-y-ghent Café in Horton-in-Ribblesdale where you can clock in and out.

Popular waterfalls Stainforth Force and

Catrigg Force make lovely walks and Attermire Scar is a good climb. If you want to explore the Dales underground then why not hire a local guide such as Yorkshire Dales Guides for a real subterranean adventure.

For cyclists, there are some great rides to tackle, including the 10 mile Settle Loop which forms part of the Pennine Bridleway.

Visit www.thisisingleton.co.uk and www.visitsettle.co.uk for more information.



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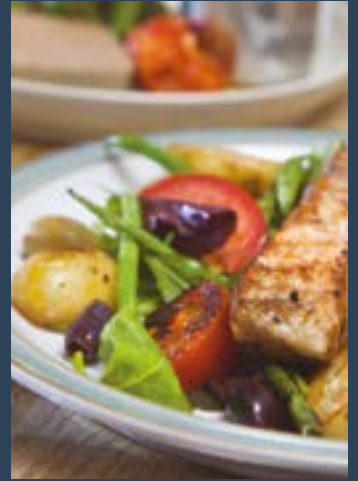
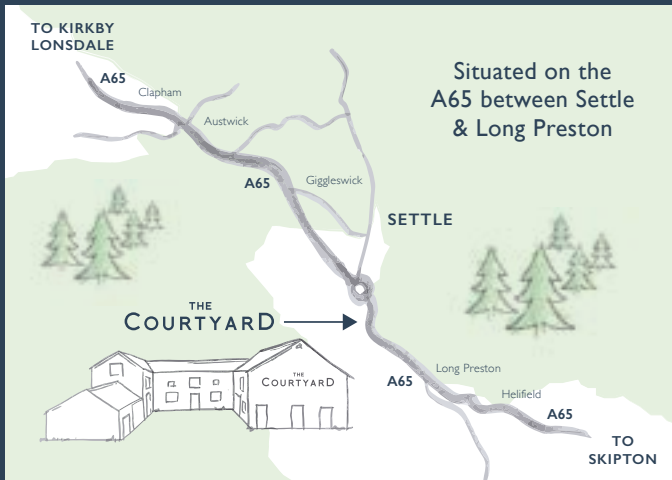
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Food, glorious food

A day out in the Dales wouldn't be complete without a delicious bite to eat and drink - and there's no better way to relax than with a local pint, or mug of tea and a slice of Yorkshire curd tart.

The Dales is justifiably famous for its local produce. Sink your teeth into delicious artisan cheeses, breads, smoked fish, preserves, biscuits, and locally-reared, rare breed meat. Many accommodation providers offer great local fare as part of their menus.

Drop into a farm shop to buy fresh, often from the very people who have grown it. Farming is still a key part of Dales life. The countryside would not look as it does without the care and management that landowners put in.

The Yorkshire Dales has a long tradition of producing fine real ales, and has great pubs to sample them in and feel a part of village life. You could try beers from Wensleydale Brewery in Leyburn, Kirkby Lonsdale Brewery, or Yorkshire Dales

Brewery at Askrigg, to name but a few. You can also enjoy brewery tours, including Theakstons and Black Sheep in Masham.

Check out our website at www.yorkshiredales.org.uk/eat-drink-shop for where to eat, drink and buy the great local produce of the Dales.



Visit a **farmers market** for some of the best quality, locally sourced produce.

Brough (Village Hall)	3rd Sat of the month
Grassington (The Square)	2nd Sun of the month
Masham (Market Place)	1st Sun of the month (April to Oct)
Orton (Market Hall)	2nd Sat of the month
Richmond (Market Place)	3rd Sat of the month
Sedbergh (Main Street)	4th Sat of the month (April to Aug) and 15 Sept
Skipton (Canal Basin)	1st Sun of the month (March to Dec)

About the Walk
 Located within the Yorkshire Dales National Park the Ingleton Waterfalls Trail is a family friendly walk of around 4.5 miles with spectacular views whatever the weather. The trail climbs along side the River Twiss and its numerous waterfalls climaxing with the mighty Thornton Force. The trail then crosses to the River Doe, offering views of Ingleborough on route, before dropping back into the village of Ingleton through ancient woodland and beside yet more stunning waterfalls.

Ticket Prices 2018/19
 Adult (16+) £6.00
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 Family Ticket (2 adults and up to 3 Children) £15.00

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Entry Times
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Visit www.ingletonwaterfallstrail.co.uk for further information

Wharfedale

With its steep hills, great views and rocky crags it's no surprise that the valley of Wharfedale is popular with walkers and well-known for the fell races at the annual Kilnsey Show and Burnsall Feast.

Running north from Bolton Abbey, there are many attractive stone-built villages on the way to Buckden. A five-arched bridge spans the Wharfe at Burnsall, a popular picnic spot, and pretty Kettlewell has a collection of cafes and pubs for refreshment.

At 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.

Find out the story of the land-letting candle at The George in Hubberholme or visit the cruck barn at the Craven Arms in Appletreewick.

Grassington is the main town and a lively centre with plenty of atmosphere, regular farmers markets and many small independent shops, including one that sells an amazing range of Yorkshire beers. Each summer, Grassington Festival brings internationally renowned artists, musicians, comedians and speakers to the town, while December sees the famous Dickensian festivities.

There are many popular walks that follow the Wharfe as part of The Dales Way with great little rapids to discover, such as those at Linton Falls and Gaistrills Strid. Grass Woods with its wild flowers and the imposing remains of the lead mines at Yarnbury are alternative trails.

There are some hidden gems to discover as well. The peaceful gardens of Parcevall Hall are well worth a visit, as are the well-made accessible paths around Grimwith Reservoir and the underground world of Stump Cross Caverns.

And don't miss the tranquil valley of Littondale with its famous pubs - the Falcon at Arncliffe and the Queens Arms at Litton.

Visit www.buckden.org, kettlewellvillage.co.uk or www.grassington.uk.com for more information.



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