

THE VISITOR

2019

FREE



The official guide to the
Yorkshire Dales National Park



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National Park

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Welcome to the Yorkshire Dales National Park



Visit our fabulous attractions, follow in the footsteps of film makers, writers and artists, challenge yourself on long distance trails, relish our tantalising local produce - or just sit back and drink in the spectacular views.

This year, the UK's National Parks celebrate the 70th anniversary of the Act that created them.

2019 also marks a very special local anniversary. It is forty years since the Dales Countryside Museum, Hawes, was founded by Dales author and historian Marie Hartley, with the gift of artefacts from a lifetime of collecting and recording.

With over 2,600km of rights of way in the National Park, there are many choices for getting out and about, from discovering ancient droving routes to exploring bridleways on foot, bike or horseback. Step out on your own (we've suggested a lovely family trail on pages 16 & 17) or join one of our 50 guided walks.

We're holding our third Yorkshire Dales Cheese Festival in September. Join us to raise a glass to the Dales' incredible food and drink, and to the people who make it and showcase it.

You can be assured of a warm welcome from the many brilliant 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 2019* shows just why we think the Yorkshire Dales is so special. With a huge 'what's on' calendar, all the information you need to plan the perfect trip, and a map to help you find your way around, explore it your way at your pace.

Above all enjoy your visit - and come back soon!

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 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 pages 6&7) where our knowledgeable information advisors will be pleased to help you make the most of your visit.

A special place

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 moorland tops.

Stone-built villages sit amongst traditional farming landscapes of field

barns, drystone 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.



Malhamdale

Famous for its stunning limestone scenery, Malhamdale has inspired poets, artists and authors - and it is not hard to see why.

It includes some of the best known natural wonders in the National Park. A short walk from the pretty village of Malham - with its busy National Park Centre, pubs and cafés - is the soaring limestone 'amphitheatre' of Malham Cove. For over 20 years, peregrine falcons have chosen to nest and raise their young here. Each summer, visitors have been able to enjoy

the free viewing point set up by the RSPB and study the birds through telescopes. You might also catch a glimpse of other wildlife, like little owls and woodpeckers, that also call it home.

The Cove top is reached by 400 stone steps - count them! - that climb up its left hand side. An incredible lunar landscape of limestone pavement awaits, consisting of clints (blocks) and grikes (fissures). No wonder scenes from *Harry Potter & the Deathly Hallows* were filmed here.

Above the Cove lies Malham Tarn, the highest natural lake in England. This - alongside the sooty marks on the Cove face - is said to have inspired Charles

Kingsley who wrote *The Water Babies* while staying nearby. The site features a boardwalk through the nature reserve and a bird hide. You may be lucky enough to see one of the water voles that have been released here.

Also on the fantastic Malham Landscape Trail - voted third in ITV's *Britain's Favourite Walks Top 100* with Julia Bradbury - is the towering gorge of Gordale Scar. Hemmed in by high cliffs, a waterfall emerges through a hole in the rock at its deepest point. You also pass Janet's Foss, a lovely woodland waterfall and gladed pool. Janet, the Queen of the Faeries, is said to live in the cave behind the falls.

TOWN END FARM SHOP



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townendfarmshop.co.uk

Tel: 01729-830902 TownEndFarmShop @TownEndAirton

Malham is home to the blacksmith Annabelle Bradley who designs and makes beautiful wrought ironwork. For those wanting to learn a new skill, Annabelle offers blacksmithing courses, and - further down the valley - you can learn about the art of butchery and charcuterie with Chris Wildman at Town End Farm Shop (as seen on BBC2's *Top of the Shop*), where there is also a café and shop, brimming with local produce.

Malham Safari in May and Malham Show in August both provide great days out for all the family.

Visit www.malhamdale.com for further information.



THE VICTORIA INN



A warm welcome awaits you at The Victoria Inn at Kirkby Malham, a genuine Dales hostelry. Open fires, traditional Yorkshire Ales and freshly prepared local fayre. Four en-suite double rooms. Tea, coffee and cake served daily.

Tel: 01729 830499

Email: hello@victoriakirkbymalham.co.uk

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A small charity doing big things to sustain the landscape, environment, economy and communities of the Yorkshire Dales.

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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



Grassington

Hebden Road, Grassington, Skipton
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01756 751690
grassington@yorkshiredales.org.uk



Remodelled for 2019, the Centre has colourful displays on haytime, lockable bike stores and racks, and a nearby meadow to picnic in.

Don't Leave here without...

- ☐ Strolling down Sedber Lane, looking at the lynchets (ancient field systems) and seventeenth century laithe (barn)
- ☐ Marvelling at the waters tumbling over Linton Falls and its restored hundred-year old hydroelectric plant
- ☐ Exploring the stone-built village's cobbled square and ginnels.

Our **National Park Centres** make the perfect starting point.



Drop in and meet our friendly staff for a one-stop shop of essential information on what to see and do - and where to find that cup of tea and piece of Yorkshire curd tart after.

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

Our Centres are in fantastic settings so you'll find plenty to do close by when you call in - 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 (limited opening January)

There are some variations, with additional opening during school holidays and for special events.

Please ring ahead or check
www.yorkshiredales.org.uk/nationalparkcentres for details.

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 house both the Centre and the Dales Countryside Museum, so there is plenty to pack into a day when you call in.

Don't Leave here without...

- ☐ Jumping on board the bus to the Snaizholme red squirrel trail to see these native creatures in their favourite habitat
- ☐ Tasting Wallace and Gromit's beloved cheese at the Wensleydale Creamery
- ☐ Calling in at Hawes auction mart for a real slice of farming life.

Aysgarth Falls

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



Learn how the magnificent three-stepped waterfalls were created, before treating yourself at the Coppice Café and enjoying the outdoor terrace.

Don't Leave here without...

- ☐ Witnessing the three thunderous cascades of Aysgarth Falls - especially after heavy rain
- ☐ Tiptoeing through magical Freeholders' Wood with its coppiced woodland and tapping woodpeckers
- ☐ Visiting one of the most unusual listed buildings in the National Park - an Aysgarth Edwardian Rock Garden, built in 1906 by a landowner with a colourful background.

Don't forget to also visit our partnership centres at **Kirkby Stephen**, **Kirkby Lonsdale** and **Sedbergh** Tourist Information Centres with their dedicated National Park displays.

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



Reeth (Hudson House)

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



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

Follow us



Don't Leave here without...

- ☐ Visiting Swaledale Museum to learn about the hard life former leadminers endured
- ☐ Driving through the famous water splash in Arkengarthdale from the opening credits of BBC TV series *All Creatures Great and Small*
- ☐ Meandering through wildflower meadows in full bloom and taking in the classic Swaledale barns and walls landscape.

Malham

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



Learn about the area's amazing limestone geology, buy local trail guides, and find out about the peregrines who have nested and raised chicks at the Cove for over 20 years.

Don't Leave here without...

- ☐ Climbing the 400 stone steps to see the lunar landscape of limestone pavement at the top of awe-inspiring Malham Cove
- ☐ Getting up close to the world's fastest bird, the peregrine falcon, using high-powered telescopes at the RSPB's viewpoint between May and July
- ☐ Admiring the dramatic surroundings at Gordale Scar, a hidden gorge that has wowed visitors, writers and artists for hundreds of years.



Kirkby Lonsdale & the Lune Valley



Picnicking at Devil's Bridge, Kirkby Lonsdale

The spectacular span of Devil's Bridge - with its riverside picnic area and famous snack wagon - is a great introduction to the historic market town of Kirkby Lonsdale.

With buildings often dating back hundreds of years, clustered around narrow cobbled streets and squares, there is now a great range of independent shops and eateries - plus a regular market.

A short walk away is Ruskin's View - a well-known viewpoint over the River Lune, which was painted by the renowned eighteenth century landscape artist J M W Turner.

If golf is your thing, there are two local courses to play on.

The high fells of Middleton, Barbon, Leck and Casterton rise up on the east side of the valley. This wild and exposed area hides a secret: the longest cave system in Britain. The Three Counties stretches 89km under Yorkshire, Lancashire and Cumbria.

Intersecting these fells is the wonderful tranquil valley of Barbondale. A must visit

is The Churchmouse in the beautiful village of Barbon. Many tempting delights and speciality cheeses await you in the deli, village store and café, offering a social hub for locals and visitors alike.

Travelling north, the Lune gorge forms a natural pass between the Howgills and the Lake District fells which has been used by travellers for thousands of years. The long distance Dales Way path still uses this route in its journey connecting the Yorkshire Dales and Lake Windermere.

The old railway line which once linked Clapham to Tebay runs through the valley, and you can still see evidence of this superb piece of engineering in a number of dramatic viaducts which span it.

Once a bustling railway junction town, Tebay is a convenient stopping point with easy access, making it a good base for walkers and cyclists.

More information can be found at www.kirkbylonsdale.co.uk



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Located in the Market Square at the heart of the gorgeous old town of Kirkby Lonsdale, this elegant Georgian townhouse hotel provides luxury accommodation and dining within easy walking distance of the town's most popular attractions – including the famous Ruskin's View.

Open for breakfast, lunch, dinner and everything in between, the menu offers something for everyone: from artisan pizzas and tapas-style nibbles to a three-course Sunday roast.

www.royalhotelkirkbylonsdale.co.uk | 01524 271966

The Royal Hotel, Main Street, Kirkby Lonsdale, Cumbria LA6 2AE

Getting here and around

There's no better way to travel to or around the Yorkshire Dales National Park than by train or bus. Taking public transport means you can relax and enjoy the scenery - and see over the top of drystone walls!

The National Park is very accessible by road (see map on centre pages). 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 events have been scheduled to link in with timetables wherever possible.

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

Sleep tight



There is a fabulous wealth of accommodation available in the Yorkshire Dales to suit every taste and pocket, from B&Bs to bunk barns and youth hostels to yurts.

We can't begin to list them all here, but please browse our advertisers in this edition, as well as visiting the 'Where to Stay' section of our website at www.yorkshiredales.org.uk/visit-the-dales

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.

Plan your trip



Find out how to get here and the best way to travel around - plus advice on everything from bringing your dog to where to pick up WiFi - in the 'Essential Information' 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 and West Coast Mainline to the west, 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. Stops include Horton-in-Ribblesdale (perfect for the Yorkshire Three Peaks), Dent (the highest main-line station in England), and Garsdale (to connect to Hawes).

Timetables for the daily service can be found at www.settle-carlisle.co.uk - and, 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.

And when you're here, don't miss a ride on the vintage Wensleydale Railway or Embsay & Bolton Abbey Steam Railway, and events at Kirkby Stephen East station (pictured) operated by Stainmore Railway Company - all lovingly restored by rail enthusiasts.



Dairy Days

The Yorkshire Dales and dairying go together... well, like bread and butter, or fruit cake and Wensleydale cheese!

For centuries, the lush pastures of Wensleydale have provided fine feeding for dairy cattle, with their milk then turned into cheese, cream and butter for consumption at home, for sale, and for proudly displaying at local shows.

But the role of women in dairying in days gone by is largely unrecognised.

Research shows us that, in Wensleydale at least, there was a very clear division of labour. Men and boys managed the stock and milked the cows, while women and girls ran the dairy where they processed much of the farm's milk into products for sale. This formed a large part of the income of virtually every farm in the dale up to the start of the twentieth century.

Jane Thwaite's farm account book (pictured above right) from the late nineteenth century proudly records her first 'livering' or delivery of cheese from her farm way up in Walden to the market in Hawes.

A cutting from the York Herald in 1890 lists the winners of the fourth annual Cheese & Butter Show of the Leyburn Market Club. It is noticeable how few are female - male farmers were largely given credit for the expertise of their wives, daughters and dairymaids.

Such neglect of women's contribution to the dairy industry continued into the twentieth century. In 1917, Margaret Shanks complained robustly in the Journal of the British Dairy Farmers' Association: "Dairying is carried on by women and men working together in closest partnership."

"Men alone cannot carry on the dairying of the country, although to read through a whole Journal one would think there was not a woman ever looked at a cow or handled a pail of milk."

The fascinating history of dairying in Wensleydale - including the role of women - is being uncovered by a two-year Yorkshire Dales National Park Authority project, funded by the Heritage Lottery Fund.

'Dairy Days' aims to record and share the story through archaeological and archive research, and interviews with those involved, culminating in an exhibition at the Dales Countryside Museum in Hawes this autumn (see page 61).

You can follow the project as it develops and the fascinating stories it reveals at blog.yorkshiredales.org.uk/dairy-days

A building's former life

Visitors to Low Mill Guest House at Bainbridge may be surprised to learn that it was not only once a corn mill (some of the old machinery is still visible), but also a dairy.

Some years after the mill closed in 1875, it enjoyed a new life as Harper's Dairy, both making cheese and sending milk to Askrigg Station.

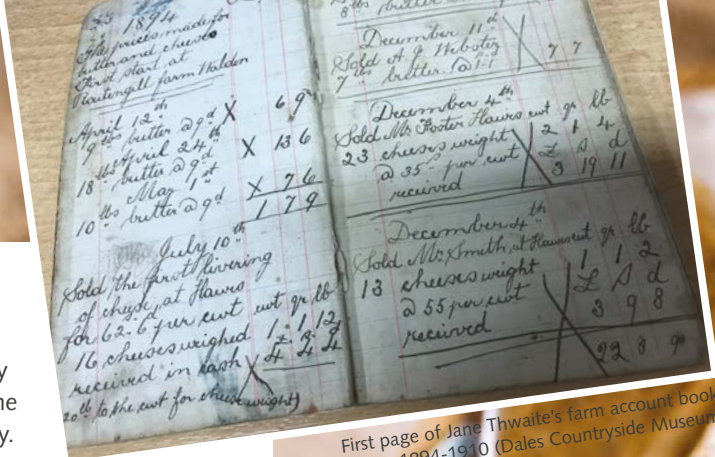
Before it closed in 1929, it employed three dairymaids, including Margaret Moncrieff who had been trained at Cheshire County Council's Dairy Institute at Worleston.

Cheese making was hard work and so was the training. Margaret was sent a letter from the institute's principal, Miss J. Foster, before she started, giving her fair warning that: "You must understand that everyone works very hard here. We keep no maids in the dairies and everyone has to do their share in the

cleaning including floors etc."

In a later letter she was told to bring "two milking overalls, strong boots and plenty of aprons, including rough ones for cleaning."

From the photograph (above), taken in 1924, it seems that, once qualified, Margaret - ever a practical woman - chose to wear jodhpurs rather than dresses.



First page of Jane Thwaite's farm account book 1894-1910 (Dales Countryside Museum)

Witch report

The project has uncovered some fascinating folklore, including a reference in Marie Hartley and Joan Ingilby's book *Life and Tradition in the Yorkshire Dales* to Margaret Little of Lowlands, Askrigg, who used to put a poker across the top of her butter churn to keep witches away.



Margaret Moncrieff at Harper's Dairy, Bainbridge, 1924 (Collection of Ann Holubecki)

Big cheese at Burtersett

The project has discovered an intriguing first-hand account of cheese making at Chapel Farm, Burtersett in the early twentieth century.

Annie Mason was interviewed by writer Bill Mitchell in 1988 and a transcript appears on the website www.wrmitchellarchive.org.uk. Annie told Bill that as a girl she used to help her mother making up to 100 gallons of milk into cheese.

"We always had a maid that lived in", she says, "and then we always had a woman who came in out of the village, and sometimes two because we had a lot of milk, and it all came into the house and we made cheese."

Annie remembers the finished cheeses, which had been matured in the farm's cheeseroom, going to Leylands, a grocer-cum-cheese factor in Bainbridge, which used to send them to Liverpool, Manchester and elsewhere:

"We used to take them down in a milk float and we put straw in the bottom and then usually a wool rug. Then they were all put on end and packed very, very carefully. Then you put on another lot of straw and carried on very, very carefully down.

"Some were 15lbs, some were 17lbs. We never made small cheeses."

John Leyland selling Wensleydale cheese at Yarm Cheese Fair, c.1934 (top), and his store in Bainbridge, early twentieth century (Courtesy of Janet Leyland)



Continued overleaf



Turn to page 14 for the perfect recipe to serve with a slice of Wensleydale.



If you have any memories of dairying in Wensleydale, our Dairy Days project officer would love to hear from you - please email karen.griffiths@yorkshiredales.org.uk or call 01756 751619

Women in the field

This photograph shows Annie Spensley off to milk her cows at Castle Bolton during the 1930s.

Annie, who had been in service in the 1890s, first at Fountains Farm in Arkengarthdale and then at Yorescott, near Bainbridge, settled at Castle Bolton after getting married.

She has a typical dales backcan or 'budget' made of tin on her back and is carrying two metal milking pails.

Annie also appears to be wearing clogs - the thick wooden soles were invaluable on ground that was muddy or covered in cow muck.



Annie Spensley off to milk her cows in Castle Bolton. c.1930 (Courtesy of Ian Spensley)

The last of her kind?

Seventy-two-year-old Doris Harker is a remarkable person, one of the last women to make and sell farmhouse cheese in the Northern Dales. She was brought up at Pry House Farm, near Keld in Swaledale, and learned her skills from her mother, who used to make cheese in the 1930s.

Doris started making cheese using milk from the farm's northern dairy shorthorns and selling it to guest houses in the 1960s. She carried on after she married and moved to Arkengarthdale in 1971. She used to make two or three cheeses a week in the summer, but eventually gave up selling it in the late 1980s because of food hygiene regulations.

She continues to make cheese and exhibits at local agricultural shows.



Milk churns at Askrigg Station, possibly 1920s (Collection of Ann Holubecki)

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 2019

Adult (16+) £7.00
Child (under 16) £3.00

Free Parking

P

Free Parking is available for Ticket Holders

Entry Times

March 1st - March 31st: 9am - 4pm
April 1st - August 31st: 9am - 7pm
September 1st - October 31st: 9am - 4pm
November 1st - February 28th: 9am - 2.30pm

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Ingleton Waterfalls Trail



Visit www.ingletonwaterfallstrail.co.uk for further information

Settle, Ingleton & the Three Peaks

The picturesque market town of Settle, amid the dramatic limestone landscape of Ribblesdale, is the starting point for the famous Settle-Carlisle Railway.

Wending its way through the western dales, this historic line crosses a series of stunning viaducts, including the much photographed Ribblehead (completed in 1874) as well as passing through the 1½ mile long Blea Moor tunnel - both stunning feats of Victorian engineering.

Near Settle on the A65 is The Courtyard with its artisan shops and café-brasserie, and a few miles away The Courtyard Dairy with its fascinating cheese museum.

Ingleton is dominated by the imposing 11 arched viaduct which overlooks the village. The lovely Ingleton Waterfalls Walk starts here.

This area is known for its extensive network of caves, including Ingleborough Cave at Clapham - which is linked to the famous pothole of Gaping Gill - and White Scar Cave - Britain's longest show cave - which sits at the foot of Ingleborough on the road between Ingleton and Hawes. Both offer excellent guided tours.

Yorkshire's stunning Three Peaks - Wharfedale, Ingleborough and Pen-y-ghent - dominate the landscape. A popular walk is to complete all three - that's 24 miles - in under 12 hours.

The waterfalls of Stainforth Force and Catrigger 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 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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From the Dales farmhouse kitchen

Elizabeth Fawcett and Betty Guy, owners of popular delicatessen Humble Pie in Askrigg, share their personal recipe for Local Ale Fruit Loaf. Delicious served with a piece of Wensleydale cheese!



450g (1lb) small currants
140g (5oz) raisins
140g (5oz) peel
1 x 500ml bottle of strong beer
170g (6oz) soft dark brown sugar
170g (6oz) white self-raising flour
170g (6oz) wholemeal self-raising flour
3 teaspoons of mixed spice
3 eggs

Put the dried fruit and sugar into a large pan and cover with the bottled beer. Gently heat the fruit until the beer is hot. Remove from the heat, cover and leave overnight.

Preheat the oven to 140°C. Add the flours, mixed spice and eggs to the fruit mixture. Stir well until all the ingredients are combined. Divide the mixture between two greased loaf tins, lined with parchment paper.

Bake in the oven for 1½ hours until risen, pale brown and firm to the touch.

Cover with a tea towel and leave in the tins to cool. Wrap tightly in cling film and store in a cool, dry place.

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You can also chat to North Yorkshire Police's Rural Task Force and National Park Authority rangers about how to enjoy the National Park with your dog in a safe and responsible way.

There will be a doggy competition and a selfie photoframe for you and your pet pal to capture the moment.



Find out more about our Dog Days events, as well as advice about the countryside, your dog and you, at

www.yorkshiredales.org.uk/dogs-and-the-dales. Or call in at National Park Centres (dogs welcome!).

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What's in a name? Kettlewell to Starbottan Circular



Distance: 4.5 miles (7km)

Terrain: mainly level - one climb from Starbottan

Time: allow 2-3 hours - depending on how much investigating you do on the way!

This circular trail has been tested by Hannah, aged 11, George, 13, and sisters Rebecca (14) and Emma (8, pictured right).

"I loved finding out the history of some of the strange names!" said Hannah, who tried it out with family and friends. "And we spotted a heron".

George hit the trail as a Sunday walk with his parents and said it was the perfect length to keep him interested. His favourite bit was crossing the footbridge at Starbottan.

Why not lead your family round this discovery walk with some very curious names?

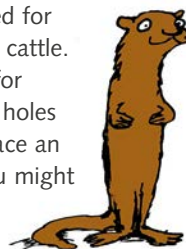


- **Gate Cote Side** - a 'cote' is a shed or enclosure for small animals, like pigeons. 'Side' comes from the old Norse (Viking) for summer pasture - cows were grazed here and the farmer's children were often sent up to look after them during the day.
- **Springs Wood** - not bed springs, but freshwater springs! These start on the hillside and travel underground before being forced back out by gravity.



Striding out: our testers and friends on their way to Starbottan

- **Hall Ings** - 'ings' is another Viking word meaning water meadows - they were regularly flooded to keep them fertile. Perfect for herons. Can you spot one?
- **Falcon Beard Sike** - 'sike' is Norse for stream. But does a falcon really have a beard..?
- **Holts** - this marks a barn on the map, probably used for hay and to overwinter cattle. 'Holt' is an old name for somewhere an animal holes up. We still call the place an otter sleeps a holt. You might see one at dusk.



- **Cam Pasture** - 'cam' is an old Norse word for bank, slope or ridge.
- **Sheep creep** - a hole in the wall to allow sheep (but not cows) to move from field to field
- **Walled lanes** - can you herd your family down the walled lanes like a flock of sheep or herd of cows?



Mining for history



Evidence of the Dales' former lead mining industry is all around. The moors are scattered with old mine shafts and spoil heaps, many of which date back over three hundred years. Even the Romans dug up lead from the Dales, using it for things like water pipes.

The area's mining past can also be seen in its names. Can you see Hush Gutter on the map? A 'hush' was where water was used to extract minerals from the soil. Miners would dam up a stream above where they thought a vein of lead ore was buried. When they broke the dam, the rush of water down the hillside would wash all the soil off the vein - much easier than digging it out by hand.



- 1 Turn right out of the National Park car park and cross the road bridge.
- 2 Immediately after the road bridge turn right and go through a gate signposted 'Dales Way FP Starbotton 2ml, Buckden 4ml'.
- 3 Bear right at the signpost 'Dales Way footpath' and follow the riverbank path.
- 4 Continue on the path through a walled lane and a series of fields until you reach the big wooden footbridge.
- 5 Cross the river and follow the walled lane into Starbotton.
- 6 Cross the road and walk up the small lane opposite, then almost immediately go through a metal field gate on the right signposted 'FP Kettlewell 2ml'.
- 7 Follow the track into the second field and turn left uphill at the 'Footpath' sign.
- 8 At the top of the field, climb over the stone stile and turn right. From this point, follow the unsurfaced, but well-trodden, route over stiles and through gates back to Kettlewell, staying roughly parallel to the road below you.
- 9 Follow the walled lane on your right that drops down into the village.
- 10 When you reach the road, turn left.
- 11 Turn right after the Kings Head Pub and follow the road back to the car park, keeping right at the village maypole.



Take care!

- Unsurfaced roads can be very muddy after wet weather

The first half of the walk from Kettlewell to Starbotton takes you along the Dales Way, which is celebrating its 50th anniversary in 2019.

This spectacular well signposted 80 mile route runs from Ilkley to the shores of Lake Windermere and takes walkers right through the Yorkshire Dales National Park. It can easily be sectioned off to be enjoyed in a half or full day walk. Find out more at www.dalesway.org.

Hungry?

There are cafés, pubs and a village store (and public toilets) in Kettlewell. The Fox & Hounds in Starbotton is dog-friendly, open daily and has a children's menu.

Skipton & Bolton Abbey



In bloom: Skipton Castle

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

These days, visitors can enjoy re-enactments and other historic events in the castle grounds, and visit the town's still regular farmers market held in the canal basin.

Continued on page 20

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Secrets of Skipton Castle Woods Guided Walk

Wednesday 29 May

Nature Detectives Live

Sunday 7 July

Woodland Trust at Skipton Sheep Day

Yorkshire Day, Thursday 1 August

Nature Detectives Storytelling

Saturday 10 August

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Sunday 22 September

The Myths of Trees Guided Walk

Saturday 28 September

Willow Lantern Making Workshops

Saturday 5 October

Autumn Fungi Hunt Guided Walk

Saturday 12 October

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The 130-mile-long Leeds-Liverpool Canal, one of the early achievements of the Industrial Revolution, runs through the heart of Skipton. It offers visitors narrowboat day trips and canalside walks, including following the towpath to Aireville Park to take advantage of its 20 acres of parkland, 18 hole Pitch and Putt course and skateboard park.

Craven Swimming Pool & Fitness Centre, also in the park, has two swimming pools, a fitness centre, café, sauna and steam room.

Skipton is home to an unusual art venue which sees the livestock auction mart, on the edge of the town, transformed for annual events such as Art in the Pen and Yarnale, as well as plays, comedians and bands.

The perfect gateway to the Yorkshire Dales, the town boasts many pubs, cafés, shops, and hotels - plus a cinema - and is easily accessed by train from Leeds and Bradford.

Not far from Skipton, the Bolton Abbey estate, owned for centuries by the Dukes of Devonshire, lies on the banks of the River Wharfe. Explore the romantic ruins of the twelfth century priory, and enjoy woodland

nature trails and riverside walks - suitable for wheelchair users - before indulging in a tasty treat at the Cavendish Pavilion.

Hesketh Farm Park is a great family day out with animals and fun tractor rides - a unique hands-on experience of farm life - while for steam buffs there is Embsay & Bolton Abbey Steam Railway.

Now restored and run by enthusiasts, a trip on a steam train is a superb way to enjoy the area as the track winds between the village and the abbey.

Visit www.welcometoskipton.com for more information.



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From farm gate to plate

If you are a foody, your taste buds won't be disappointed on a trip to the Yorkshire Dales.

There is a huge array of delicious local quality produce to experience in our wonderful, restaurants, pubs, tearooms, cafés and delicatessens - from the finest local rare breed meats to artisan cheeses, complemented by locally-brewed ales and gins.

Many eateries turn this magnificent local produce into top quality dishes on their menus - or why not visit one of our farm shops and create a magical dish yourself?

Meet the business... The Courtyard Dairy

This specialist cheese-shop near Settle now includes a museum telling the history and story of farmhouse cheese.

The ethos of owners Andy and Kathy Swinscoe is to champion independent farmhouse cheese-makers who still make by hand with unpasteurised milk from their own herds in order to get the best depth of flavour. Each cheese is then aged to perfection in the Dairy's maturing cheese room.

Artisan gins are all the rage at the moment, and if you are a fan you are in for a treat with Masons Gin, Yorkshire Dales Distillery, and Whitakers Gin to name but a few.

If beer is more your thing, there is a huge variety of local ales to try - including those from Wensleydale Brewery in Leyburn, Kirkby Lonsdale Brewery and Yorkshire Dales Brewery in Askrigg.

Did you know?

Traditionally, Yorkshire puddings were served as a starter to fill you up before the main course as meat was expensive.

How to make the perfect pud? Get the fat and the pudding tray hot, hot, hot, so when you add the batter it bubbles nicely. Cook on a high temperature - 220°C for at least 20 minutes.

Grass-fed livestock provides a unique and distinctive flavour on any local menu. Neil Heseltine farms traditional breeds at Hill Top Farm, Malham, where he was born and brought up.

"Our cattle are entirely grass fed; they receive nothing out of a packet or bucket. In bad weather we will bring



them silage or hay, so everything they get is natural. That's what makes all the difference and it's what beef connoisseurs have come to realise.

"What we have learnt has also been applied to our sheep. We are now keeping them longer, grazing them on grass with little in the way of anything extra, and we're finding that the lamb is benefitting in the same way as the cattle on taste and succulence."

Meet the maker... Raydale Preserves

Grown out of farm diversification, this family business was established by Lesley and Derek Kettlewell in 1978. The preserves were originally produced for the family shop, Elijah Allens in Hawes.

The owners pride themselves on using traditional methods of production to ensure the preserves are of the highest quality. Visitors can view the process - and sample products - at their purpose-built site in Hawes.



The arrival of grouse on menus signals the traditional start of the shooting season - 12 August. Locally sourced game - including pheasant and partridge - is well worth experiencing for its rich, complex flavours, thanks to the birds' wild diet of berries, acorns and buds in the valleys and on the moorlands of the National Park.



Head to the Eat Drink Shop section of our website for loads more on where to eat, source and enjoy quality local produce in the National Park

www.yorkshiredales.org.uk/eat-drink-shop

