



This guide was originally researched and written by **HENRY STEDMAN** (above). He's been writing guidebooks for more than 25 years and is the author or co-author of over a dozen Trailblazer titles including *Kilimanjaro*, *Inca Trail*, *Coast to Coast Path*, *Hadrian's Wall Path*, *London LOOP* and all three books in the *South-West Coast Path* series. On most walks he's accompanied by Daisy: two parts trouble to one part Parson's Jack Russell. When not travelling, Henry lives in Battle, East Sussex, editing and arranging climbs on Africa's highest mountain through his company, Kilimanjaro Experts.

Hardened hiker and prolific traveller, **DANIEL MCCROHAN** (left), researched and updated this second edition. A guidebook writer for almost 15 years, he specialises in China, where he lived for more than a decade but he relishes any chance he gets to explore his British homeland, particularly if it means another excuse to go camping!

Daniel has now worked as a writer on eight books in Trailblazer's British Walking Guides series, and as an editor on numerous other titles. He's also the co-author of the most recent edition of Trailblazer's *Trans-Siberian Handbook*. For Lonely Planet he has written or co-written more than 40 guidebooks and was a co-host on their television series, *Best in China*. He is now training to become a Mandarin-Chinese teacher.

When he's not travelling or memorising Chinese characters, Daniel can usually be found running or cycling in the Surrey Hills with his two equally energetic children, or slowly sipping his way through his prized collection of loose-leaf teas. To follow his adventures around the globe visit [danielmccrohan.com](http://danielmccrohan.com), or track him down on Twitter (@danielmccrohan).

## **Dales Way**

First edition: 2016; this second edition 2022

**Publisher** Trailblazer Publications

The Old Manse, Tower Rd, Hindhead, Surrey, GU26 6SU, UK

✉ [trailblazer-guides.com](mailto:trailblazer-guides.com)

### **British Library Cataloguing in Publication Data**

A catalogue record for this book is available from the British Library

**ISBN 978-1-912716-30-2**

© **Trailblazer** 2016, 2022: Text and maps

**Editor and layout:** Anna Jacomb-Hood

**Cartography:** Nick Hill **Proof-reading:** Henry Stedman

**Illustrations:** © Nick Hill (p66-7) **Index:** Anna Jacomb-Hood

**Photographs (flora):** C1 top right © Henry Stedman; all other flora © Bryn Thomas

**All other photographs:** © Daniel McCrohan unless otherwise indicated

All rights reserved. Other than brief extracts for the purposes of review no part of this publication may be reproduced in any form without the written consent of the publisher and copyright owner.

The maps in this guide were prepared from out-of-Crown-copyright Ordnance Survey maps amended and updated by Trailblazer.

### **Acknowledgements**

**FROM DANIEL MCCROHAN:** Apologies this time to Taotao, Simon and Yoyo for not being able to bring you with me on this latest hiking adventure. You can console yourselves with the fact that you stayed warm and dry at home while Dad was struggling up hills with a sodden tent! A heartfelt thank you, meanwhile, to the kind people along the route who found places for me to stay when it was simply too wet to camp, particularly the staff at The George and Dragon in Dent, and the lovely Hazel who let me stay in her holiday home in Grassington when all the B&Bs were full. It's that kind of hospitality that makes walking the Dales Way such a joy. I'd also like to thank the readers who wrote in or whom I met on the trail, in particular Iain Combe, Nicola Copeman and Tara at Mickledore Travel. At Trailblazer, big thanks to Anna Jacomb-Hood for editing, to Nick Hill for maps, to Henry Stedman for proofreading, and of course to Bryn Thomas for trusting me with yet another of Trailblazer's unrivalled guidebooks.

### **A request**

The author and publisher have tried to ensure that this guide is as accurate and up to date as possible. Nevertheless, things change. If you notice any changes or omissions, please write to Trailblazer (address above) or email us at ✉ [info@trailblazer-guides.com](mailto:info@trailblazer-guides.com). A free copy of the next edition will be sent to persons making a significant contribution.

### **Warning: hill walking can be dangerous**

Please read the notes on when to go (pp13-15) and safety (pp54-7). Every effort has been made by the author and publisher to ensure that the information contained herein is as accurate and up to date as possible. However, they are unable to accept responsibility for any inconvenience, loss or injury sustained by anyone as a result of the advice and information given in this guide.

**PHOTOS – Front cover and this page:** The 17th-century Lincoln's Inn Bridge across the River Lune (Map 27). **Previous page:** The bench (**top**) that acts as the finishing line at Bowness and (**bottom**) Lune Viaduct. **Overleaf:** Coming down from Cam Fell to Ribblesdale and its impressive viaduct in the distance.

**Updated information** will be available on: ✉ [www.trailblazer-guides.com](http://www.trailblazer-guides.com)

Printed in China; print production by D'Print (☎ +65-6581 3832), Singapore





# Dales Way

**38 large-scale maps (1:20,000) & guides to  
23 towns and villages**

**PLANNING – PLACES TO STAY – PLACES TO EAT  
ILKLEY TO BOWNESS-ON-WINDERMERE**

**HENRY STEDMAN &  
DANIEL McCROHAN**

**TRAILBLAZER PUBLICATIONS**

## INTRODUCTION

### Dales Way

How difficult is the Dales Way? 12

How long do you need? 12 – When to go 13

## PART 1: PLANNING YOUR WALK

### Practical information for the walker

Route finding 17 – GPS 17 – Accommodation 18 – Food and drink 22 – Information for foreign visitors 24 – Money 26 – Internet access 26 – Other services 26 – Walking companies 27 – Walking with a dog 28 – Disabled access 28

### Budgeting 29

### Itineraries

Which direction? 30 – Suggested itineraries 31 – Town and village facilities 32 – The best day and weekend walks 33

### What to take

Travelling light 35 – How to carry your luggage 35 – Footwear 36  
Clothes 37 – Toiletries 38 – First-aid kit 38 – General items 38  
Money 39 – Maps 39 – Recommended reading, listening and viewing 40 – Sources of further information 42

### Getting to and from the Dales Way

National transport 43 – Getting to Britain 44 – Rail services table 45 – Public transport map 47 – Bus services table 48 – Local public transport services 50

## PART 2: MINIMUM IMPACT & OUTDOOR SAFETY

### Minimum-impact walking

Environmental impact 51 – Access 53

### Outdoor safety

Avoidance of hazards 54 – Weather forecasts 56 – Blisters 56  
Hypothermia, hyperthermia & sunburn 56 – Collapse of morale 57

## PART 3: THE ENVIRONMENT & NATURE

### Conserving the Dales Way

Government agencies and schemes 58

Campaigning and conservation organisations 60

### Flora and fauna

Trees 61 – Mammals 62 – Plants and flowers 63 – Butterflies 65

Insects 65 – Birds 66

## PART 4: THE LINK ROUTES

Introduction 69 – Link routes map – 70 – Harrogate link 72 – Bradford link 74 – Leeds link 74

## PART 5: ROUTE GUIDE AND MAPS

### Using this guide

Trail maps 75 – Accommodation 76

### The route guide

Ilkley 77

**Stage 1: Ilkley to Burnsall** 81 (Addingham 82, Bolton Abbey 87, Barden Bridge 90, Appletreewick 92, Burnsall 95)

**Stage 2: Burnsall to Buckden via Grassington** 96 (Hebden 97, Grassington 100, Conistone & Kilnsey 106, Kettlewell 106, Starbotton 110, Buckden 112)

**Stage 3: Buckden to Cowgill** 114 (Hubberholme 116, Alternative High Level Route 125, Far Gearstones & Ribbleshead 130, Lea Yeat 130, Cowgill 132)

**Stage 4: Cowgill to Millthorpe (for Sedburgh)** 132 (Dent 136, Sedburgh 140)

**Stage 5: Millthorpe (for Sedburgh) to Burneside (for Kendal)** 144 (Burneside 152, Kendal 154)

**Stage 6: Burneside to Bowness-on-Windermere** 159 (Staveley 159, Bowness-on-Windermere 162)

## APPENDICES

Map key 168 – GPS waypoints 169 – Walking with a dog 170

## INDEX 172

## OVERVIEW MAPS & PROFILES 179





**Above:** The Dales Way passes through the arches of the 19th century Lune Viaduct (Map 27).

## ABOUT THIS BOOK

This guidebook contains all the information you need. The hard work has been done for you so you can plan your trip without having to consult numerous websites and other books and maps. When you're packed and ready to go, there's comprehensive public transport information to get you to and from the trail and detailed maps (1:20,000) to help you find your way along it. It includes:

- All standards of accommodation with reviews of campsites, bunk-houses, hostels, B&Bs, guesthouses and hotels
- Walking companies if you want an organised or self-guided tour and baggage-transfer services if you just want your luggage carried
- Itineraries for all levels of walkers
- Answers to all your questions: when to go, degree of difficulty, what to pack, and the approximate cost of the whole walking holiday
- Walking times in both directions and GPS waypoints
- Cafés, pubs, tearooms, takeaways, restaurants and food shops
- Rail, bus & taxi information for all villages and towns on the path
- Street plans of the main towns and villages both on and off the path
- Historical, cultural and geographical background information

### THIS GUIDE AND COVID

This edition was researched when England was emerging from some pretty tight restrictions. As a result, many of the hotels, cafes, pubs, restaurants, offices and tourist attractions were operating at reduced hours and were uncertain if and when they would get back to a pre-Covid level. As restrictions continue to ease, it's reasonable to assume that places will open on additional days and hours and, what's more, other businesses will reopen though sadly it is possible some will have closed.

In this book we have noted the opening times as they were at the time of research, or as the owners of the various establishments predicted they would be by the time this was published. It will be more essential than usual for walkers to check opening days and hours. For this reason we have noted businesses that have a Facebook page as, other than calling, that and Google are the best places to check up-to-date operating days/hours.

# INTRODUCTION

The Dales Way stretches for approximately 81 miles (130km) between the towns of Ilkley, at the southern end of Yorkshire Dales National Park, and Bowness-on-Windermere, the most popular tourist destination in the Lake District National Park.

The walk is often described as one of the easiest of the long-distance paths in Britain and it's true

**The Dales Way is often described as one of the easiest of the long-distance paths in Britain ... but it's not entirely without gradients**

that most of the first half of the trail is largely level as it follows the meandering River Wharfe. The Dales Way is not entirely without gradients, of course, and there are steep sections, particularly as the path approaches the source of the Wharfe and the watershed, and again on the approach to the Lakes. It's likely that you'll also have to complete a couple of long days on the trail, too, as the path passes through countryside where facilities and accommodation are scarce. Nevertheless, the fact remains that the Dales Way is one of the UK's shortest and most straightforward long-distance trails. Finding and sticking to the trail is also particularly easy, thanks to the wealth of signposts along the way and the superb maintenance of the trail itself.



**Above:** Sweeping views beyond Conistone Pie (Map 10).



© HENRY STEDMAN

The old bridge at Ilkley marks the beginning of the Dales Way.

them, before moving on to tackle some of the more challenging long-distance trails such as the Coast to Coast Path, or the Pennine Way.

But the delights of this trail aren't confined to novices. For though it may be only just over 80 miles in length, the Dales Way manages to pack an awful lot of interest into its relatively short span.

**Though it's only just over 80 miles in length, the Dales Way manages to pack an awful lot of interest into its relatively short span**

The charming, lively Victorian spa town of Ilkley; the old cotton mill centre of Addingham and the mining town of Kettlewell; the majestic ruins of Bolton Abbey and the busy tourist hub at Grassington; and the picture-perfect settlements at Appletreewick, Burnsall, Kettlewell, Starbottan, Hebden and Buckden – all are encountered on or just off the trail, and all before you've even completed the first half of the walk!

The Wharfe itself is splendid too. Where it is placid and becalmed, anglers wade in to fish for trout and weary hikers sit, paddle in the shallows and cool their overheated feet, while kingfishers and dippers flit across the surface.

But in certain places the Wharfe is frothing and furious, most famously at the raging Strid, the final resting place of more than one foolhardy traveller down the centuries.

Nor does the scenery lose any of its grandeur as you wave farewell to the Wharfe in favour of neighbouring Dentdale. Here the delights of the natural landscape are supplemented by several magnificent viaducts and bridges, built during the railway



© HENRY STEDMAN

There are **link routes** to Ilkley so you can join the Dales Way from Harrogate, Bradford or Leeds – see pp69-74. The Harrogate link route takes you past Swinsty Reservoir (above).



Though Tom is sadly no longer with us, Colin Speakman continues to play an active part in the life of the trail and is the chair of the **Dales Way Association** ([dalesway.org](http://dalesway.org), see p42) which was founded in 1991 to help support, maintain and promote the Dales Way.

## How difficult is the Dales Way?

In all honesty, it's not. Sure, there are a few steepish ascents that will have you blowing hard, and your knees might complain during some of the longer

**Overall the Dales Way is short, fairly level and well signposted**

descents too. But overall the Dales Way is short, fairly level, well signposted, and with plenty of towns and villages en route should you need to buy provisions or seek help. With civilisation never far away your chances of losing your way, or suffering from hypothermia or heatstroke are slender; indeed, the biggest danger along the whole path is being squashed by a car on the busy road before Bolton Abbey. Nevertheless, it would be foolish to take the Dales Way too lightly. Like any long-distance trail, it deserves respect. Most importantly, perhaps, you should read up about each stage of the trail beforehand and pre-



© HENRY STEEDMAN

Time for tea at Burnsall, a perfect stop on a sunny day. There's no shortage of pubs and tea rooms along the Way.

pare properly for it, for there are a couple of stages where shops, cafés and accommodation are pretty much non-existent, so you need to plan your day sensibly, maybe by preparing a packed lunch before you set off and taking plenty of water. (You should also read the section on trail safety, pp54-7).

## How long do you need?

Most people take about a week to complete the Dales Way. It can be done much more quickly and if you feel the need, by all means do it in four days or fewer. If, on the other hand, you prefer to take 6-8 days or more on the trail, taking the

**Most people take about a week to complete the Dales Way**

time to drink in the magnificent scenery, while pausing here and there to smell the flowers or gaze

at otters frolicking in a stream, then you are probably walking the Dales Way as it is meant to be walked.

## When to go

### SEASONS

Britain is a notoriously wet country and the Yorkshire Dales and Lake District are two of the wettest parts of it. With the Dales Way taking less than a week, it is possible to walk the entire route without experiencing even a drop of rain. But you'd be lucky. That said, with 150 wet days per annum in the Yorkshire Dales, you'd be even unluckier to have wet weather every day of your trek.

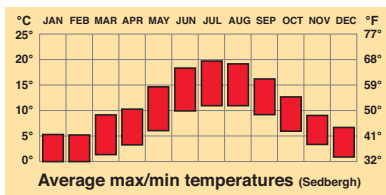
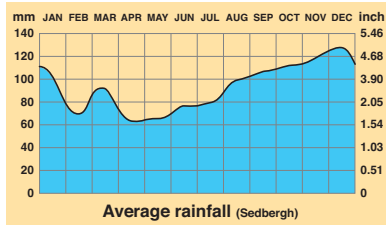
The main walking season in the Dales runs from Easter to when the clocks change at the end of October. You can walk outside this season, of course, but the shorter days, the lack of fellow walkers and inclement weather mean that it's a trickier undertaking – and if there's snow about it's also considerably more dangerous. Furthermore, you may also find that many of the B&Bs and other amenities are closed for the season, particularly in rural areas.

### Spring

A beautiful spring day is one of the true, unfettered joys of living in Britain. With birds singing, flowers budding and lambs gambolling, it's just wonderful. However, spring also happens to be one of the wettest times of year, so be prepared for the worst and bring your rain gear; this will improve your chances of not being rained upon no end. Aside from Easter, you should find the trail to be very quiet – allowing you to enjoy the delights of the season undisturbed.



Grand views across Outershaw Beck from the camping field at Swarthghyll Farm (Map 17).





**Above:** The path winds past the ruins of Bolton Abbey (see p87) and the Priory Church (© Henry Stedman). **Below:** Walkers pass a farm near Appletreewick (Map 6).

**Left top:** Crook of the Lune Bridge (Map 28) dates back to the 16th century.

**Bottom left:** Hubberholme Church (Map 14), described by JB Priestley as 'one of the smallest and most pleasant places in the world'. **Bottom centre:** The cobbled village of Dent (Map 23).







**Above:** The Way passes under lofty Lowgill Viaduct (Map 29), built in 1859. **Left:** An idyllic camping spot at friendly Grayrigg Foot Farm (see p150). **Below:** Rowing boats bask in a glorious sunset over Bowness Bay on Lake Windermere (Map 36).

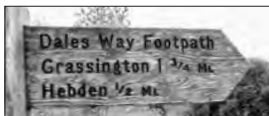


# PLANNING YOUR WALK

# 1

## Practical information for the walker

### ROUTE FINDING



The presence of signposts and way-marking is good along the Dales Way and finding the correct trail shouldn't be a problem. Even in the remotest sections, such as the crossing from

Cam Houses into Dentdale (see pp120-30), where landmarks are few and the mist often rolls in, there seems to be little problem in staying on the correct trail, with the path fairly clearly scored into the ground and signposts frequent. Sure, there may be occasions on the trail when you have to pause, scratch your head and study the maps in this book closely – you may even initially choose the wrong path – but it usually becomes obvious pretty quickly that you've made a mistake and need to head back to rejoin the correct trail.

As well as looking out for signposts, do try to keep at least one eye on the maps in the Route guide section of this book to make sure you're not unwittingly straying too far off course – though don't spend all your time with your head buried in this book, or you'll be losing sight of why you came here in the first place.

### GPS

GPS technology is an inexpensive, well-established if non-essential, navigational aid. Within a minute of being turned on and with a clear view of the sky, **GPS receivers** will establish your position and elevation anywhere on earth to an accuracy of within a few metres. Most **smartphones** also have a GPS receiver built in and mapping software available to run on it (see box p39).

Don't treat a GPS as a replacement for maps, a compass and common sense. Every electronic device is susceptible to battery failure or some electronic malfunction that might leave you in the dark. GPS should be used merely as a backup to more traditional route-finding techniques and is best used in conjunction with a paper map.

---

**(Opposite):** Great views (and good grazing) on the gentle slopes leading down to Bowness-on-Windermere (Map 35).

too, that there are a couple of big sections, from Buckden to Dent and Sedbergh to Burneside, where there are no shops, so if you're planning on cooking your own food while camping you'll need to plan accordingly and carry your food with you.

**Wild camping** (ie camping not in a regular campsite; see p53) is also possible along the route but please don't put up your tent without first getting permission from the landowner since – unlike in Scotland – it is illegal to do so.

Remember that camping, be it wild or 'tame', is not an easy option, especially for a solo walker. Walked continuously, the route is wearying enough without carrying the means to sleep and cook with you. Should you decide to camp at campsites, you could consider employing one of the baggage-transfer companies mentioned on p27, though this does mean the loss of spontaneity which is the whole point of camping – and, of course, they can't deliver to any wild camping locations!



### Bunkhouses/bunk barns

Bunkhouses/bunk barns are agreeable places with fluffed-up bedding, bathrooms you'd be happy to show to your parents and even kitchen and lounge areas. The description 'bunkhouse' is often used in place of 'small hostel' or 'independent hostel' to distinguish a private enterprise from lodgings under the YHA banner (see below) which can sometimes be huge properties with scores of beds, hyperactive school groups and, depending on your age, unhappy memories of a long-gone institutional past.

Along the Dales Way those who want to stay in bunkhouses/bunk barns are poorly served. It's not that there aren't many, it's just that most of them accept group bookings only and individuals aren't allowed to stay unless they book the entire place for themselves (which costs several hundred pounds a night). If they're not busy they may allow individual walkers to stay, but it does mean that you can't book your spot more than a day or two in advance and many bunkhouses wouldn't even contemplate this arrangement, wanting group bookings only.

### Hostels

There are three hostels on (or just off) the Dales Way. Two are independent but the one at Kettlewell is affiliated with the **Youth Hostels Association of England and Wales** (YHA). Despite the name, anyone of any age can join the YHA. You don't have to be a member to stay at one of their hostels, but it is cheaper if you are: at Kettlewell Hostel there is a discount of up to 15% for current members. However, it wouldn't be worth joining just for this walk. For details about membership contact the YHA (☎ 01629 592700 or Live chat through the website, [yha.org.uk](http://yha.org.uk)).

The hostels along the Dales Way come equipped with a whole range of facilities including a laundry service and drying rooms, lounges with television,



free wi-fi, and fully equipped kitchens. Breakfast and/or dinner (of varying quality) are offered, as is a packed lunch. They are also great places to meet fellow walkers, swap stories and compare blisters. Weighed against these advantages is the fact that you may have to share your night with a heavy snorer sleeping in the same dorm. Some rooms now have en suite facilities but in others you have to share a shower room, though there are usually enough showers so that the waiting time is minimal.


If you're travelling out of the main season (particularly between November and February) you may find some hostels are shut to walkers during the week, or completely. Even in high season some are not staffed during the day and walkers may have to wait until 5pm before checking in, though you may be able to access the kitchen and leave luggage in a secure room before 5pm. And finally, the cost of staying in a hostel, once breakfast has been added on, is in some instances not that much cheaper than staying in a B&B, especially if you're walking with someone with whom you could share the cost of a B&B room.

### Bed and breakfasts

Bed and breakfasts (B&Bs) are a great British institution and many of those along the Dales Way are absolutely charming, with buildings often three or four hundred years old. Older owners often treat you as surrogates for their long-departed offspring and enjoy nothing more than looking after you.

As the name suggests, they provide you with a bed in a private room and breakfast – a hearty, British-style cooked one unless you specify otherwise beforehand – though they range in style enormously. Most B&Bs on the route have **en suite rooms** – which means a room with bath or shower facilities is attached to the bedroom. Where a room is advertised as having **private facilities**, it means that the bathroom is not directly connected to the room though

#### AIRBNB

The rise and rise of Airbnb ( [airbnb.co.uk](https://www.airbnb.co.uk)) has seen private homes opened up to overnight travellers on an informal basis. While accommodation is primarily based in cities, the concept is spreading to more rural areas, but do check thoroughly what you are getting and the precise location. At its best, this is a great way to meet local people in a relatively unstructured environment, but be aware that these places are not registered B&Bs, so standards may vary, yet prices may not necessarily be any lower than for a normal B&B.

As for the Dales Way, a quick look at the site will show you some places advertised in Ilkley, although when you look more closely you'll see that only two or three are centrally located; still, given the paucity of 'regular' B&B accommodation in some towns along the route, this could prove a lifesaver. There are further options all the way along the path. Note, however, that in this book we haven't listed specific properties that can be found on the Airbnb website as they tend to change quite frequently. Don't forget that you'll still need to sort out where you're going to eat, so while that cottage in the middle of nowhere may look perfect, you'll need to have somewhere nearby that serves food or else bring some supplies along (and make sure the place you're staying has cooking facilities!).

## B&Bs, PUBS, GUESTHOUSES AND HOTELS

B&B prices start at around £30pp per night based on two sharing a room, though £40pp is more common. For more luxurious places in a popular tourist haunt such as Grassington expect to pay as much as £75pp. Add on the cost of food for lunch and dinner – a packed lunch from a B&B may be around £6 and an evening meal £15-20 – and you should reckon on about £70pp minimum per day. Staying in a guesthouse or hotel will cost more.

If walking on your own remember that there is almost always a supplement for single occupancy and you may even have to pay the full price of the room.

## Itineraries

Part 5 of this book has been written from east to west (or, more accurately, from south-east to north-west), but there is of course nothing to stop you from tackling it in the opposite direction (see below).

To help plan your walk look at the **planning maps** (see opposite inside back cover) and the **table of town & village facilities** (on p32), which gives a run-down on the essential information you'll need regarding accommodation possibilities and services as at the time of writing.

You could follow one of the **suggested itineraries** (see box opposite) which are based on preferred type of accommodation and walking speed. There's also a list of **day and weekend walks** on pp33-5 which cover the best of the path; most of these are well served by public transport; in addition, see box p34 for an itinerary for doing the walk in day trips. The bus services table is on pp48-9 (see box p45/46 for rail/coach services) and **public transport map** on p47.

Once you have an idea of your approach turn to Part 5 for detailed information on accommodation, places to eat and other services in each village and town on the route. Also in Part 5 you will find summaries of the route to accompany the detailed trail maps.

## WHICH DIRECTION?

To be honest, it doesn't really matter. Most people trek from south-east to north-west. So, if you are walking alone but wouldn't mind some company now and again you'll find that most of the other Dales Way walkers are heading in your direction. There is also something to be said for finishing your walk in the Lake District, from where you can continue your adventure by scaling a few of England's highest peaks.

It could be argued that by heading in the other direction the prevailing (west) winds will, more often than not, be behind you. Having said that, wind is rarely a big issue on this trail, and, if you do walk north-west to south-east you could end up squinting more as the sun will be in your face for much of the day (assuming you see it, of course).

**Sedbergh to Lincoln's Inn Bridge circular 6<sup>5</sup>/<sub>8</sub> miles/10.7km (pp140-7)**

A simple stroll that takes you around the Howgills. Follow the Dales Way to Lune viaduct, where you should divert off to Howgill Lane then take a right on a public footpath to climb and traverse the lower slopes of Winder's southern face, the hill overlooking Sedbergh. Drop down to Howgill Lane to re-enter Sedbergh.

**Burneside to Bowness 9<sup>1</sup>/<sub>2</sub> miles/15.4km (pp152-68)**

The last stretch of the trail is simple enough, though interesting too as you enter Lake District National Park. Staveley provides a convenient place to stop for elevenses or lunch. There's no real chance to loop back on foot so you'll either have to retrace your steps or, more sensibly, take the (555, 599 or 755) bus from Bowness to Windermere railway station then the train back to Burneside.

## What to take

**Taking too much** is a mistake made by first-time travellers of all types, an understandable response to not knowing what to expect and not wanting to be caught short. But unless you want to end up feeling like an overloaded mule with a migraine you need to pack carefully. Experienced independent hill walkers trim their gear down to the essentials because they've learned that an unnecessarily heavy pack can exacerbate injuries and put excess strain on their already hard-pressed feet.

Note that if you need to buy all the gear listed, keep an eye out for the ever-more frequent online **sales** at outdoor gear shops; time it right and you could get it all half price.

### TRAVELLING LIGHT

Organised tours apart, baggage-transfer services tempt walkers partially to miss the point of long-distance walking: the satisfaction of striding away from one place knowing that you're carrying everything you need to get to another. But if you've chosen to carry it all you must be ruthless in your packing choices.

### HOW TO CARRY YOUR LUGGAGE

Today's rucksacks are hi-tech affairs that make load-carrying as tolerable as can be expected. Don't get hung up on anti-sweat features; unless you use a wheelbarrow, your back will always sweat a bit. It's better to ensure there is thick padding and a **good range of adjustment**. In addition to hip belts (allied with some sort of stiff back frame), use an unelasticated **cross-chest strap** to keep the pack snug; it makes a real difference.

If camping you'll need a pack of at least 60 or 70 litres' capacity. Staying in hostels 40 litres should be ample, and for those eating out and staying in B&Bs a 20- to 30-litre pack should suffice; you could even get away with a daypack.



Finally, there are a couple of **DVDs** about walking in the Dales – and one specifically about the trail itself. *The Dales Way with Mark Richards* (Quantum Leap Group, 2010) is one of a series of Great Northern walks; this one presented by a man who used to be a companion of Alfred Wainwright on some of his Lakeland wanderings. It's on YouTube, too, and linked to on the blogs section of the Dales Way website ([dalesway.org](http://dalesway.org)). The same studio also produced the short but spellbinding 52-minute *Yorkshire Dales – A Landscape Of Longing* (Quantum Leap Group, 2005).

The second DVD for those interested in hiking in the Dales is *Great Walks – Yorkshire Dales* (Striding Edge, 2006; 85 mins), part of a three-DVD series that concentrates on popular walking destinations. Included is an 11-mile circular walk in Wharfedale centred around Grassington. Another in the series looks at the *Great Walks – The Howgills* (Striding Edge, 2006; 52 mins).

## Getting to and from the Dales Way

You shouldn't have any trouble getting to the start of the Dales Way, no matter where you're coming from, with Leeds – and, to a lesser extent, Bradford and Harrogate – well served by trains and buses and equally well connected by road. From any of these three places, Ilkley is an easy bus or train journey away – or a day's walk on one of the three link routes (see pp69-74).

Getting away from the Way at Bowness-on-Windermere is only slightly trickier. Windermere railway station is a two-mile walk or bus journey from Bowness. From the station you can catch the branch line to Oxenholme Lake District, which is on the main London to Glasgow West Coast line. Or you can catch a bus from the centre of Windermere to most of the main destinations in the lakes or even a ferry across to the western side of the 'mere', for those who want to continue with their lakeland explorations.

## NATIONAL TRANSPORT

All train **timetable and fare information** can be found at National Rail Enquiries ([☎ 08457 484950](tel:08457484950), 24hrs; [nationalrail.co.uk](http://nationalrail.co.uk)); from the website you can be redirected to the websites of the train providers in question in order to make a booking. Alternatively, you can contact the train companies direct (for details see box p45); most operators also now have apps. Timetables and tickets are also available on [thetrainline.com](http://thetrainline.com) and [qjump.co.uk](http://qjump.co.uk). You are advised to book in advance – it may well save you a small fortune.

If your journey involves changes, it's worth checking which train company operates each leg of the journey. You may find you can save substantial amounts of money by buying separate tickets for each leg of your journey.

**Avanti West Coast** provides services between London Euston and Glasgow/Edinburgh via Oxenholme Lake District and the lakes (the so-called

## BUS SERVICES & OPERATORS – DALES WAY

### Notes

- Service details were as accurate as possible at the time of writing but it is essential to check before travel
- Services on Bank Holiday Mondays are usually the same as Sunday services, not the Monday to Saturday services
- Services generally operate at the same frequency in both directions
- Be aware that where routes are serviced by more than one operator (usually during the peak season), the different operators may not accept each other's tickets
- In rural areas where there are no fixed bus stops it is usually possible to 'hail and ride' a passing bus though it is important to stand where visibility is good and also somewhere where it would be safe for the driver to stop
- Some buses are specifically for schoolchildren with a permit and can't be used by fare-paying passengers; however, these are not listed here

See p47 for map

### Bus Route

		Frequency	Operator
<b>X52</b>	<b>Harrogate</b> to <b>Otley &amp; Ilkley</b>	Mon-Sat 9/day	CB
<b>X84</b>	<b>Leeds</b> to <b>Ilkley</b> via <b>Bramhope &amp; Otley</b>	daily 1-2/hr	First Leeds
<b>62</b>	<b>Keighley</b> to <b>Addingham &amp; Ilkley</b>	Mon-Sat 2/hr, Sun approx 1/hr	Keighley
<b>830</b>	<b>Ingelton</b> to <b>Ribblehead</b> , <b>Far Gearstones</b> , <b>Hawes &amp; Richmond</b>	summer Sun & bank hols 1/day	DBus
<b>873</b>	<b>Ilkley</b> to <b>Addingham</b> , <b>Bolton Abbey</b> , <b>Strid Wood &amp; Skipton</b>	Sun & bank hols 3/day	Keighley/DBus
<b>874</b>	<b>Acomb</b> to <b>Buckden</b> via <b>Leeds</b> , <b>Otley</b> , <b>Ilkley</b> , <b>Addingham</b> , <b>Bolton Abbey</b> , <b>Strid Wood</b> , <b>Burnsall</b> , <b>Grassington</b> , <b>Threshfield</b> , <b>Kilnsey &amp; Kettlewell</b>	summer Sun & bank hols 2/day, winter 1/day plus 1/day Ilkley to Buckden	YP/DBus
<b>875</b>	<b>Leeds</b> to <b>Ilkley</b> , <b>Grassington</b> , <b>Kilnsey</b> , <b>Kettlewell &amp; Buckden</b>	summer Sun & bank hols 1/day	First Leeds/DBus
<b>884</b>	<b>Bradford</b> to <b>Malham</b> via <b>Ilkley</b> , <b>Addingham &amp; Skipton</b>	Sun & bank hols 1/day	DBus
<b>962</b>	<b>Ilkley</b> to <b>Skipton</b> via <b>Addingham &amp; Draughton</b>	winter Sun 2/day	Keighley
<b>72</b>	<b>Otley</b> circular route via <b>Burley</b> , <b>Ben Rhydding</b> station & <b>Ilkley</b>	Mon-Sat 1/hr	Keighley
<b>72A</b>	<b>Skipton</b> to <b>Grassington</b> via <b>Threshfield</b>	daily 7-9/day	Keighley
	<b>Skipton</b> to <b>Buckden</b> via <b>Starbottan</b> , <b>Grassington</b> , <b>Threshfield</b> , <b>Kilnsey &amp; Kettlewell</b>	Mon-Fri 1/day term-time only	NYCC
<b>72B</b>	<b>Grassington</b> to <b>Buckden</b> via <b>Starbottan</b> , <b>Kilnsey &amp; Kettlewell</b>	Sat 3-5/day	UWV
<b>74</b>	<b>Ilkley</b> to <b>Addingham</b> , <b>Bolton Abbey</b> , <b>Strid Wood</b> , <b>Barden</b> , <b>Burnsall &amp; Grassington</b>	summer Sat 4/day	First Leeds

# MINIMUM IMPACT & OUTDOOR SAFETY

2

## Minimum impact walking

In this world in which people live their lives at an increasingly frenetic pace, many of us living in overcrowded cities and working in jobs that offer little free time, the great outdoors is becoming an essential means of escape. Walking in the countryside is a wonderful means of relaxation and gives people the time to think. However, as the popularity of the countryside increases so do the problems that this pressure brings. It is important for visitors to remember that the countryside is the home and workplace of many others.

By following a few simple guidelines while walking the Dales Way you can have a positive impact, not just on your own well-being but also on local communities and the environment, thereby becoming part of the solution.

### ENVIRONMENTAL IMPACT

A walking holiday in itself is an environmentally friendly approach to tourism. The following are some ideas on how you can go a few steps further in helping to minimise your impact on the environment while walking the Dales Way.

#### Use public transport whenever possible

Public transport along the Dales Way is limited in parts and requires planning. However, it is always preferable to using private cars as it benefits everyone: visitors, locals and the environment.

#### Never leave litter

‘Pack it in, pack it out’. Leaving litter is antisocial so carry a degradable plastic bag for all your rubbish, organic or otherwise, and even other people’s too, and pop it in a bin in the next village. Or better still, reduce the amount of litter you take with you by getting rid of packaging in advance.

● **Is it OK if it’s biodegradable?** Not really. Apple cores, banana skins, orange peel and the like are unsightly, encourage flies, ants and wasps, and ruin a picnic spot for others; they can also take months to decompose.



# 3 THE ENVIRONMENT & NATURE

## Conserving the Dales Way

That the Dales Way is such a beautiful walk is not entirely down to luck. Over the past 50 years, while the predations of the modern world continue to gobble up significant swathes of this sceptered isle, various enlightened agencies and organisations have been established to ensure parts of this country, at least, remain as green and pleasant as William Blake promised.

### GOVERNMENT AGENCIES AND SCHEMES

#### Natural England


The main government body charged with preserving the beauty, diversity, flora and fauna of this country is Natural England. It is this body that decides if a location is worthy of protection and what that level of protection should be. For example, it is Natural England who decides whether a long-distance path is worthy of being afforded the status of National Trail (and thus presumably is the body that, surprisingly, considers that the Dales Way *isn't* worthy of National Trail status!). It is also the agency that determines whether an area is worth being considered a National Park, an Area of Outstanding Natural Beauty, a National Nature Reserve, or a Site of Special Scientific Interest.



Which is all well and good – but what exactly do these designations mean? Well, the highest level of landscape protection is the designation of land as a **national park** which recognises the national importance of an area in terms of landscape, biodiversity and as a recreational resource. At the time of writing there were ten national parks in England. Two of these are visited by the Dales Way: the Yorkshire Dales and Lake District national parks. Indeed, most of your time on the Dales Way is spent within these two national parks. This designation does not signify national ownership and these are not uninhabited wildernesses, making conservation a knife-edged balance between protecting the environment and the rights and livelihoods of those living in the parks.








everyone to enjoy. On the Dales Way, the NT's only property is quite an important one: the Upper Wharfe valley, which you'll march through for much of the second and third stages.

Often seeming to overlap the work of the National Trust, **English Heritage** ( [english-heritage.org.uk](http://english-heritage.org.uk)) actually looks after, champions and advises the government on historic buildings and places, whereas the National Trust focuses more on country houses. However, in April 2015 English Heritage was divided into two parts: a new charitable trust that retains the name English Heritage and a non-departmental public body, Historic England (see box p59).

**CPRE The Countryside Charity** ( [cpre.org.uk](http://cpre.org.uk); formerly Campaign for the Protection of Rural England) exists to promote the beauty and diversity of rural England by encouraging the sustainable use of land and other natural resources in both town and country. Their valuable work is supplemented by the **Woodland Trust** ( [woodlandtrust.org.uk](http://woodlandtrust.org.uk)), which restores woodland throughout Britain for its 'amenity, wildlife and landscape value'.

As for the fauna, the umbrella organisation for the 47 wildlife trusts in the UK is **The Wildlife Trusts** ( [wildlifetrusts.org](http://wildlifetrusts.org)); two relevant to the Dales Way are **Yorkshire Wildlife Trust** ( [ywt.org.uk](http://ywt.org.uk)) and **Cumbria Wildlife Trust** ( [cumbriawildlifetrust.org.uk](http://cumbriawildlifetrust.org.uk)).

## Flora and fauna

From woodland and grassland to heathland and bog, the variety of habitats one encounters on the Dales Way is surpassed only by the number of species of flower, tree and animal that each supports.

The following is not in any way a comprehensive guide; if it were, this book would be so big you would not have room for anything else in your rucksack. Instead, it's merely a brief guide to the more commonly seen flora and fauna of the trail, together with some of the rarer and more spectacular species.

### TREES

There's some terrific woodland in Wharfedale. The most memorable that's actually along the path is, of course, Strid Wood, a large area of acidic oak woodland. Elsewhere, the limestone woodlands of Wharfedale, which are characterised by trees such as ash (*Fraxinus excelsior*), downy birch, hazel, hawthorn (*Crataegus monogyna*) and rowan (*Sorbus aucuparia*) – several of which have been planted at Little Towne (see p134) – tend to dominate.

The tree most associated with the River Wharfe is the **willow** (*Salix*) and a number of varieties survive along the river's banks including the **weeping willow** (*Salix sepulcralis*), **white willow** (*Salix alba*), which can be easily identified by its long and narrow leaves which taper to curled tips and are hairy underneath, and the **crack willow** (*Salix fragilis*), with its bright green leaves.



Common Knapweed  
*Centaurea nigra*



Yarrow  
*Achillea millefolium*



Hogweed  
*Heracleum sphondylium*



Rowan (tree)  
*Sorbus aucuparia*



Dog Rose  
*Rosa canina*



Forget-me-not  
*Myosotis arvensis*



Water Avens  
*Geum rivale*



Herb-Robert  
*Geranium robertianum*



Common Centaury  
*Centaurium erythraea*



Ramsons (Wild Garlic)  
*Allium ursinum*



Bluebell  
*Hyacinthoides non-scripta*



Ox-eye Daisy  
*Leucanthemum vulgare*

# THE LINK ROUTES

4

## From Harrogate, Bradford or Leeds

The Dales Way runs for approximately 81 miles (130km) from Ilkley, just outside the southern border of the Yorkshire Dales National Park, to Bowness, just inside the eastern boundary of the Lake District National Park. Walk between those two points on the designated path and nobody can argue that you haven't completed the entire trail – and with a clear conscience you can get an 'I've done the Dales Way' certificate and, if you're feeling so inclined, can even wear a T-shirt emblazoned with a similar sentiment.

However, the Dales Way has also sprouted 'link' routes that head to Ilkley from the three main towns and cities nearest to it, namely Harrogate, Bradford and Leeds.

It's understandable to feel a bit suspicious of 'link routes' on national trails. You don't ask a marathon runner to run an extra couple of miles before they even get to the starting line so why ask someone on a long-distance path to cover even more mileage before hitting the trail proper? And you could argue that these link routes add nothing extra (other than mileage) to the 'proper' path. Scenery-wise, they bear little in common with the dramatic scenery of the trail itself, so on these link routes you could be forgiven for feeling like you're reading the prologue of one book, before putting that tome down and reading a completely separate novel. Furthermore, with Ilkley well supplied with pretty much every facility a trekker could want, and with a perfectly adequate train and bus service running between there and the three towns listed above, it's not as if these feeder routes provide the only link between the trail and 'civilisation'.

Anyway, it matters not, of course, whether anyone likes feeder routes or not; they are part of the Dales Way furniture and, as such, they need to be written about in a guidebook such as this one. And besides, according to the main founder of the Dales Way, Colin Speakman, they have existed for almost as long as the Way itself. In truth these three paths are not without their charms. So, having just spelled out why these routes may not appeal to everyone, in the interest of balance, the following goes some way to telling you what advantages these routes may bestow on those who do attempt them. For one thing, they will push you nearer to the magic 100-mile mark for the entire walk once you've completed the actual Dales Way – and in the case of the Leeds link, 21 miles (34km) long, over it.

*(cont'd on p72)*



## Using this guide

The route guide has been divided into stages but these should not be taken as rigid daily stages since people walk at different speeds and have different interests. The route summaries below describe the trail between significant places and are written as if walking the path from south to north, from Ilkley to Bowness.

To enable you to plan your own itinerary, practical information is presented clearly on each of the trail maps. This includes walking times in each direction, places to stay and eat, as well as shops where you can buy supplies. Further service details are given in the text; note that the hours stated for pubs relate, for the most part, to when food is served; most venues serve drinks outside these hours. For **trail profiles** of the various stages see the **colour overview maps** at the end of the book.

For an overview of this information see the suggested itineraries (p31) and the town and village facilities table (p32).

### TRAIL MAPS [see key map inside cover; symbols key p168]

#### Scale and walking times

The trail maps are to a scale of 1:20,000 (1cm = 200m; 3<sup>1</sup>/<sub>8</sub> inches = one mile). Each full-size map covers about two miles but that's a very rough estimate owing to the variety of terrain.

Walking times are given along the side of each map; the arrow shows the direction to which the time refers. Black triangles indicate the points between which the times have been taken. These times are merely a tool to help you plan and are not there to judge your walking ability. After a couple of days you'll know how fast you walk compared with the time bars and can plan your days more accurately as a result. **See note on walking times in the box below.**

#### IMPORTANT NOTE – WALKING TIMES

Unless otherwise specified, **all times in this book refer only to the time spent walking.** You should add 20-30% to allow for rests, photos, checking the map, drinking water etc, not to mention time simply to stop and stare. When planning the day's hike count on 5-7 hours' actual walking.





## Up or down?

The trail is shown as a **dashed red line**. An arrow across the trail indicates the gradient; two arrows show that it's steep. Note that the arrow points towards the higher part of the trail. If, for example, you are walking from A (at 80m) to B (at 200m) and the trail between the two is short and steep it would be shown thus: A — — — >> — — — B. Reversed arrow heads indicate a downward gradient. Note that the *arrow points uphill*, the opposite of what OS maps use on steep roads.

## GPS waypoints

The numbered GPS waypoints refer to the list on p169.

## Other features

Features are marked on the map when they are pertinent to navigation. To avoid clutter, not all features have been marked each time they occur.

## ACCOMMODATION

Accommodation included in the guide is either on or within easy reach of the path. Many B&B proprietors based a mile or two off the trail will offer to collect walkers from the nearest point on the trail and take them back the next morning.

Details of each place are given in the accompanying text. The number of **rooms** of each type is given at the beginning of each entry, ie: **S** = single, **T** = twin room, **D** = double room, **Tr** = triple room and **Qd** = quad. Note that many of the triple/quad rooms have a double bed and either one/two single beds, or bunk beds, thus in a group of three or four, two people would have to share the double bed but it also means the room can be used as a double or twin.

**Rates** quoted for B&B-style accommodation are **per person (pp)** based on two people sharing a room for a one-night stay; rates are usually discounted for longer stays. Where a single room (**sgl**) is available the rate for that is quoted if different from the rate per person. The rate for single occupancy (**sgl occ**) of a double/twin may be higher, and the per person rate for three/four sharing a triple/quad may be lower. At some places the only option is a **room rate**; this will be the same whether one or two people (or more if permissible) use the room. See pp29-30 for more information on rates.

Your room will either have **en suite** (bath or shower) facilities, or a **private** or **shared** bathroom, or shower room, just outside the bedroom.

The text also indicates whether the premises have: **wi-fi** (WI-FI); if a **bath** (♫) is available either as part of en suite facilities, or in a separate bathroom – for those who prefer a relaxed soak at the end of the day; if a **packed lunch** (🍱) can be prepared, subject to prior arrangement; and if **dogs** (🐕 – see also pp170-1) are welcome, again subject to prior arrangement, either in at least one room (many places have only one room suitable for dogs), or at campsites. The policy on charging for dogs varies; some charge an extra £5-20 – a fee that usually covers their entire stay whether it's for just one night or much longer, while others may require a refundable deposit against any potential damage or mess.

## STAGE 1: ILKLEY TO BURNSALL

[MAPS 1-7]



Traditionally, the destination for walkers at the end of their first day on the Dales Way is Grassington, and with its superior choice of B&Bs, eateries and other facilities, it does at first sight seem a sensible choice. But there is no getting away from the fact that walking over 16 miles on the first day is, as sports commentators are wont to say, ‘a big ask’. Furthermore, by attempting to hike all that way in one day you’re leaving yourself little time to savour the sights and settlements – Addingham church

and its ancient stone cross, magnificent Bolton Abbey, the pubs at Appletreewick and pretty Burnsall – that you’ll encounter along on the way.

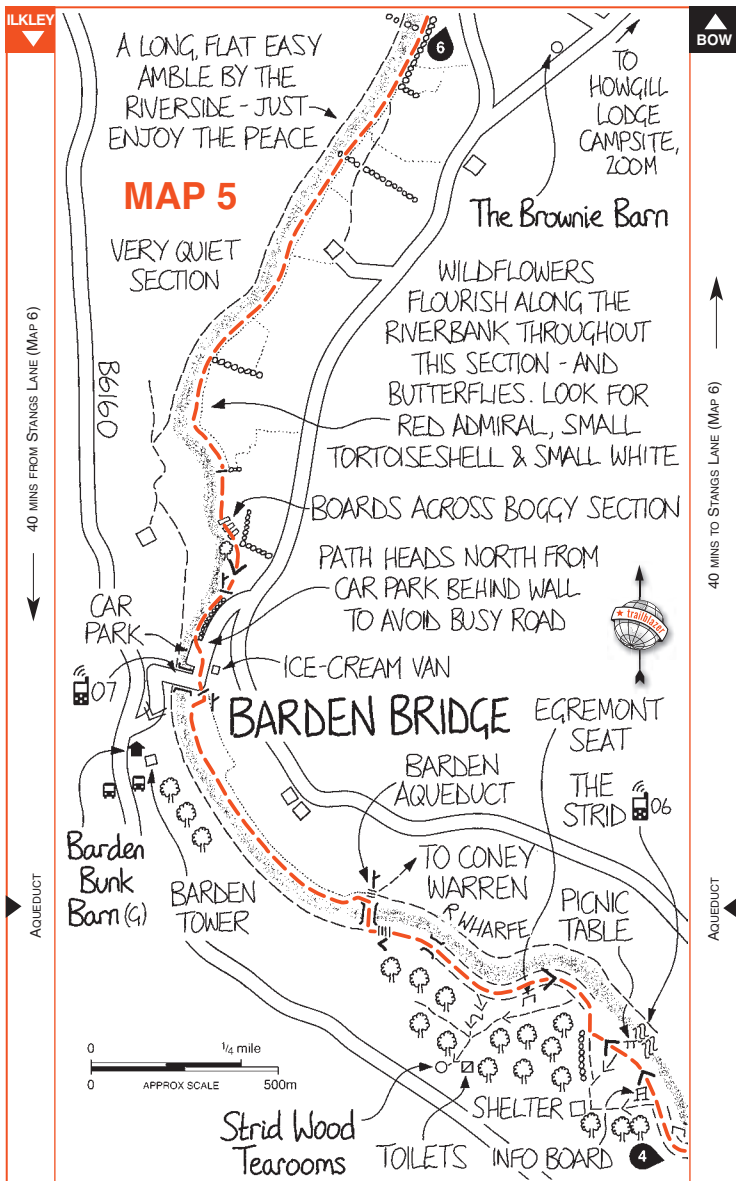
So for this reason, this guidebook is breaking with tradition and recommending that you actually reduce your ambitions on this first stage. If you’re camping, this means stopping at Appletreewick, which at 12 miles (19.6km) from the trail’s start is a sensible distance for the first day (and you get the chance to enjoy the best pub of the whole trail, the characterful Craven Arms, too). While those relying on B&Bs and pubs for their accommodation can choose to end their first day either in Appletreewick, or a mile further on in Burnsall (13¼ miles/21.5km; 5¾hrs), another lovely spot and one with everything a walker would want. In both cases, Grassington, around 3½ miles (5.7km) further on from Burnsall, can then be treated as an early lunch stop the next day.

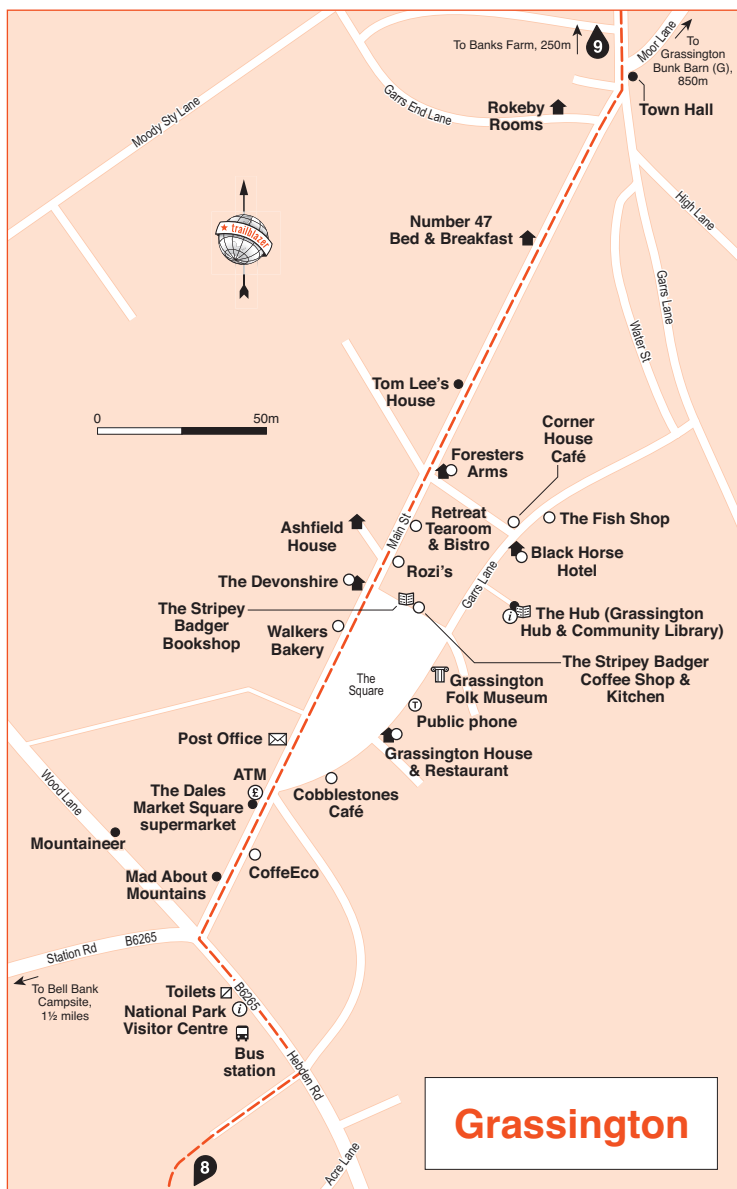
As for the highlights on this first stage, well the magic really starts once you cross the boundary into the Yorkshire Dales National Park and are confronted by the fabulously photogenic **Bolton Abbey**, an enigmatic ruin set against a backdrop of mighty mature woodland. Thereafter the Way takes you on a stroll through **Strid Wood**, the longest unbroken stretch of woodland on the entire trail (and boy, is it lovely!) before embarking on an unchallenging amble along the banks of the Wharfe, past aqueduct, angler, wildflowers and white waters, to **Appletreewick**, whose main pub, Craven Arms, is just a few minutes from the path. **Burnsall**, with a wider choice of B&B-style accommodation, is a mere mile of pleasingly unproblematic promenading further along the trail.

### The route

The first half of this stage can best be summed up as ‘pleasant’. Not ‘jaw-dropping’ or ‘spellbinding’ – those adjectives are best saved for later in the walk, when the sights and scenery truly justify them. Instead, this initial section is an attractive but unremarkable hike, necessary to convey you from the hubbub of Ilkley to the delights of the Dales.


The trail is not without interest – and this begins right at the start with the lovely 17th-century humpbacked **Old Bridge** (Map 1) at Ilkley. A hostage to both kismet and climate, its exterior ravaged by time, it nevertheless stands stoically and silently, bent but unbowed. Which is, coincidentally, how you’ll be looking once the Dales Way has finished with you.







**supermarket**, The Dales Market Square (daily 8am-9pm), with a free-to-use **ATM** outside it.

Reflecting the popularity of Grassington amongst walkers, there is not one but two **outdoor stores**: Mad About Mountains (Mon-Sat 9am-5.30pm), by the supermarket; and, round the corner on Wood Lane, Mountaineer ( mountaineer shop.co.uk; daily 10am-4pm), which sells camping stove gas.

The **bookshop** (daily 10am-4.30pm) adjacent to The Stripey Badger (see Where to eat) is run by the same business; their stock includes local guidebooks and maps.


There's plenty of accommodation but during **Grassington Festival** and **Dickens Festival** (see box on p14) rooms may be a little harder to come by.

## Transport

[See pp47-9 for details] Grassington is a stop on several **bus** routes: the 72/72A/72B, 74/74A and 874/875.

## Where to stay



There are **no campsites** in Grassington: the nearest one (**Bell Bank**; ☎ 01756 752321; ⚡ £10/14 for one/two people and a tent but no children; showers and toilets; nice people; Apr-end Oct) is almost two miles away across the river on Skirethorns Lane in **Threshfield** (the 72/72A/874 bus services call here; see pp47-9).



There are **no hostels** in Grassington either and what's more, the local **Grassington Bunk Barn** (☎ 01756 753882,  grassingtonbunkbarn.co.uk; 1 x 2-bunk bed en suite, 3 x 6-, 2 x 12- bunk bedrooms; shared facilities; wi-fi; ⚡), about 800m above the town on Moor Lane (opposite the junction with Edge Lane), usually only accept **group bookings** (from £410 per night) but individuals may stay during the week for £26 per night if there is a gap. Cooking facilities are available.



As such, a **B&B** is pretty much your only option in Grassington, and they fill up fast. At the top of town, friendly **Banks Farm** (off Map 9; ☎ 07766 257555,  banksfarmgrassington.co.uk; 1D en suite, 1D private bathroom; ☎; ⚡; wi-fi; );

rates from £45pp, sgl occ £65; 10% discount for walkers and cyclists), is pretty much the last house on Chapel St before Bank Lane so is right on the Dales Way.

Further downhill is **Rokeby Rooms** (☎ 01756 753839 or ☎ 07855 925048,  grassington.wixsite.com/rokeybyrooms; 2D, both en suite; ☎; wi-fi; ), a pretty former 17th-century farmhouse off the northern end of Main St on Garrs End Lane. It has elegantly decorated rooms and a delightful flower-filled garden which guests are free to use. Breakfast is not offered, though there's no shortage of options in town, so you needn't go hungry. Room-only rates are from £55pp (sgl occ £75, room rate at weekends).

Moving down the hill, on the same side of Main St and also dating from the 17th century is **Number 47 Bed & Breakfast** (☎ 01756 752069, ☎ 07734 110521,  www.number47.co.uk; 1D or T private bathroom; ☎; wi-fi; ); they charge from £45pp (sgl rates on request). They also have a very small single which they are happy to let for a group of three people and cycle storage is available.

Tucked away down its own private cul-de-sac off Main St is the 17th-century, Grade II listed **Ashfield House** (☎ 01756 752584,  ashfieldhouse.co.uk; 4D/3D or T, garden suite; all en suite; ☎; wi-fi; ), a supremely smart place that was once just a row of humble lead-miners' cottages. B&B rates are from £60pp (sgl occ rates on request), but rise to over £100pp (based on two sharing) for the garden suite.

Ashfield House's position as the smartest address in Grassington has two real challengers. Firstly, no review of the town's accommodation can be complete without **Grassington House** (☎ 01756 752406,  grassingtonhouse.co.uk) 8D/1D or T, all en suite; ☎; wi-fi; ); after all, it was their decision back in the late 19th century to change their home from a private residence to a boarding house which kicked off the tourist industry here. The place itself is very salubrious and comfy – as you'd expect from a hotel that's had over a hundred years to get it right. The rooms are all individually furnished and the rates are also varied,

with B&B ranging from £72.50 to £97.50pp (sgl occ £127.50-137.50).

Finally, in addition to the B&Bs, there are the **pubs**. **The Devonshire** (☎ 01756 752525, 📧 thedevonshiregrassington.co.uk; **fb**; 4D or T/4Qd, all en suite; ☹; WI-FI; 🐾; 📞; B&B costs from £55pp, sgl occ rates on request) is large and centrally located. Also on Main St, the noisy **Foresters Arms** (☎ 01756 752349, 📧 forestersarmsgrassington.co.uk; **fb**; 3D/1T/1D or T/2Tr, all en suite; ☹; 🐾; WI-FI; 📞) currently gets the lion's share of guests. This 18th-century former coaching inn is down-to-earth and remains the most popular place to eat at night (see Where to eat) so there's not far to crawl back to bed afterwards. B&B costs from £45pp (sgl occ £65). **Black Horse Hotel** (☎ 01756 752770, 📧 blackhorsehotelgrassington.co.uk; 4T/8D/2Tr/1Qd, all en suite; ☹; 🐾; WI-FI) has smart rooms for a pub and provides a decent, albeit more expensive alternative (B&B from £51.25pp, sgl occ £72.50). There is a minimum 2-night stay here at weekends.

On Hebden Rd (B6265) south of the town centre is **Kirkfield Guest House** (Map 8; ☎ 01756 752385, 📧 kirkfieldguesthouse.co.uk; 1Qd/1Tr both en suite, 1T/1Tr shared facilities; ☹; WI-FI; 📞). Guests have access to a private TV lounge and they also have a drying room. B&B costs from £40pp (sgl occ from £50).

## Where to eat and drink

While Grassington can't quite feed you round the clock, it certainly does its best. Those in need of an early morning fix of caffeine and cholesterol should find that **Walkers Bakery** (📧 www.walkers-bakery.co.uk; Mon-Sat 8am-3pm) is often open much earlier than advertised and seems happy to serve you. There's no seating inside but for those wanting to set off on the trail early, they do a good selection of pastries, filled rolls and the like.

If caffeine is your drug of choice, you certainly won't be suffering withdrawal symptoms in Grassington. At the southern end of The Square, **CoffeEco** ☎ 01756 751835; 🐾; **fb**; Thur-Tue 9am-5pm),

where both dogs and muddy boots are welcome, serves coffee carrying the Fairtrade mark and the food is locally sourced where possible.

On the northern side of The Square, and also very welcoming, **The Stripey Badger Coffee Shop & Kitchen** (☎ 01756 753583, 📧 thestripeybadger.co.uk; WI-FI; 🐾; **fb**; Wed-Sun 10am-4.30pm) does great coffee, tasty breakfasts (try the bacon croissant melt, £5.25) and hearty soups (£4.95). Their cakes are also well worth sampling.

Also on The Square, **Cobblestone Café** (☎ 01756 752303; **fb**; WI-FI; 🐾; Mon-Wed 10am-3pm, Sat to 4pm) is another dog-friendly option with paninis, scones, hot chocolate and the like, plus a decent full English breakfast.

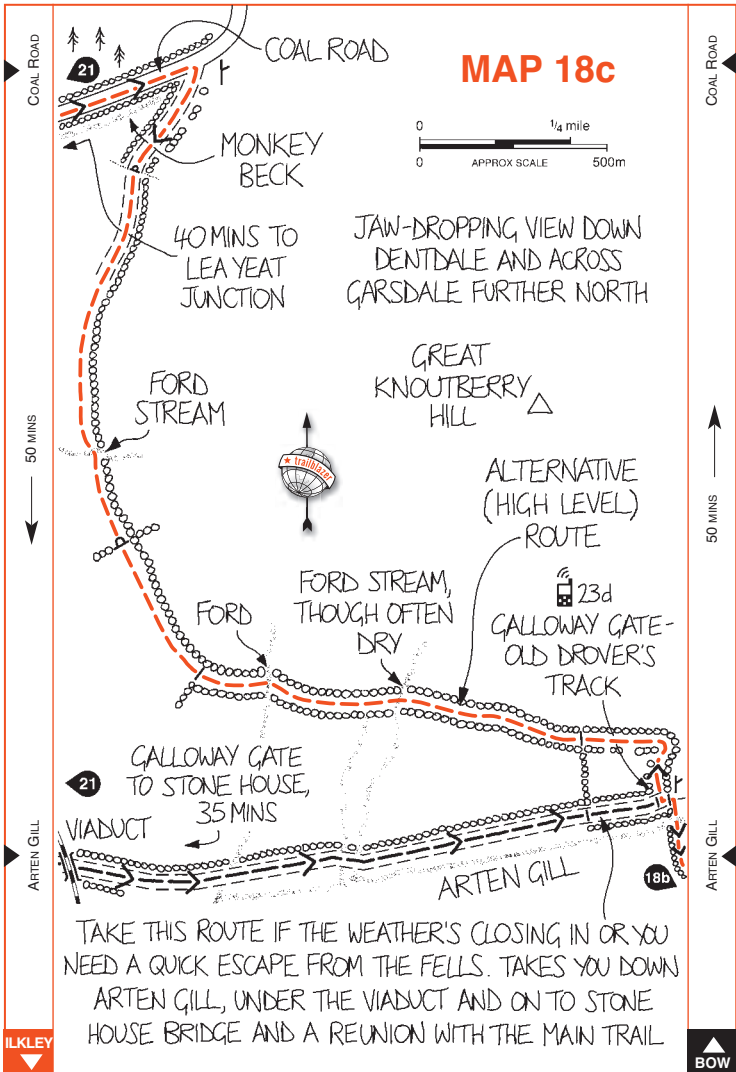
Continuing up the hill the family-run **Corner House Café** (☎ 01756 752414, 📧 cornerhousegrassington.co.uk; **fb**; WI-FI; 🐾; daily 10am-4pm) does cakes, bakes, omelettes and toast, plus grilled paninis and burgers.

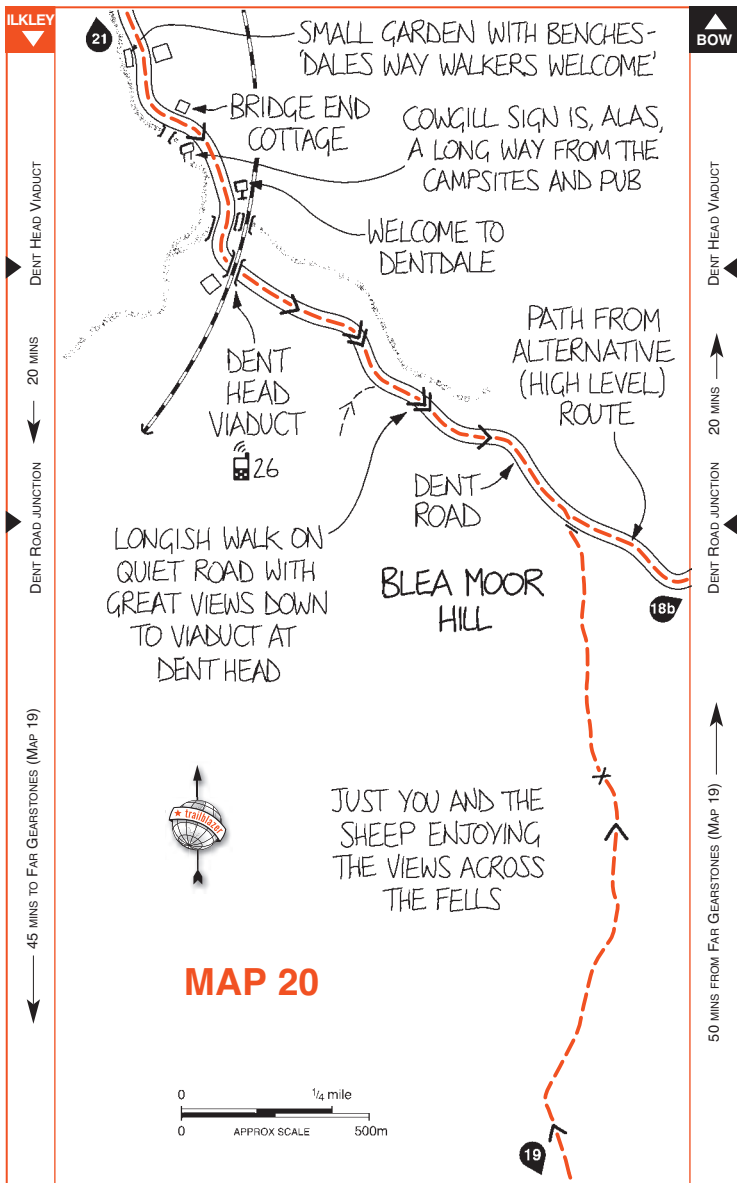
Also in the café mould, the **Retreat Tearoom & Bistro** (☎ 01756 751887, 📧 retreatgrassington.co.uk; 🐾; **fb**; daily 10am-4pm, winter hours may vary) is very popular. Again, they welcome muddy boots. They don't have wi-fi, but do have great coffee and a sizeable menu of healthy breakfasts (£2.80-7.95), sandwiches (from £5.80) and lunchtime options (£5-11). Their weekend **bistro** (Mar-Nov Fri & Sat 6.15-8.15pm) offers more grown-up mains (from £13.95) plus a wine menu.

Other than the bistro, evening options are restricted to takeaways and pubs. For takeaway there's **Rozi's** (☎ 01756 753342, 📧 rozisgrassington.co.uk; daily 5-11.30pm), an Indian restaurant where you can eat in or takeaway, or **The Fish Shop** (☎ 01756 751863; **fb**; summer Tue-Thur noon-1.30pm & 4-7pm, Fri & Sat same but to 8pm, winter Tue & Wed 4-7pm, Thur-Sat noon-1.30pm & 4-7pm) at 6 Gars Lane.

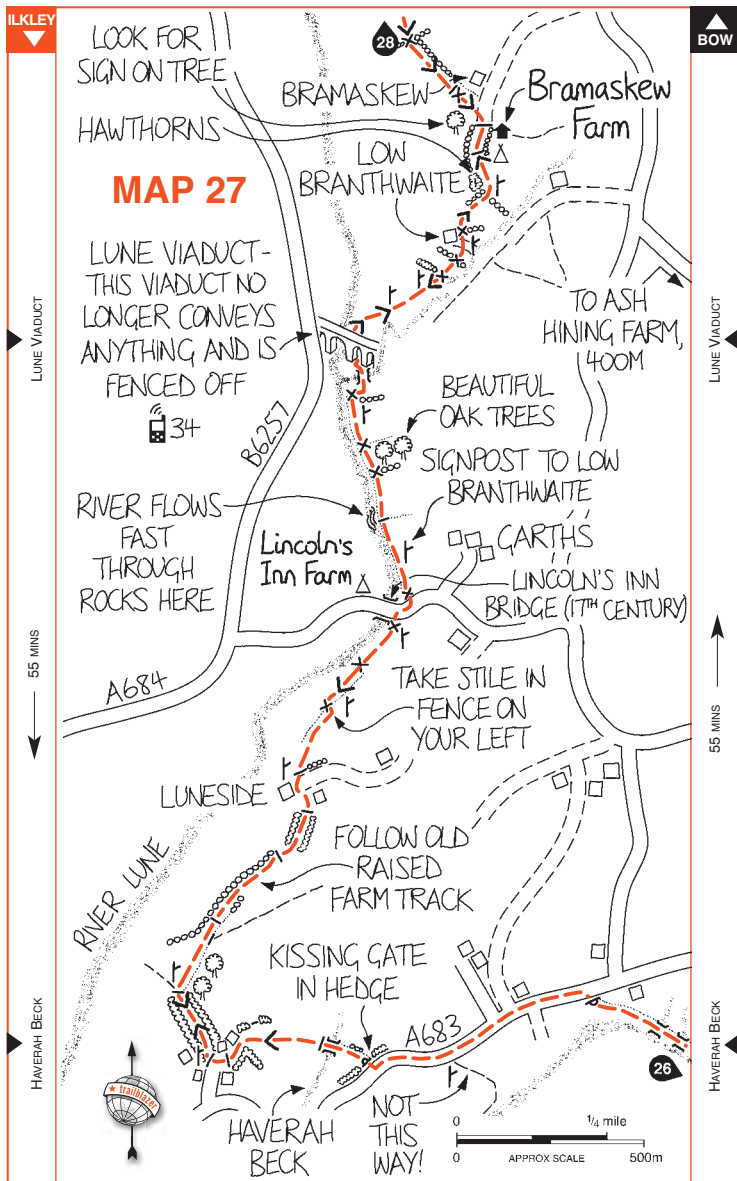
For pubs, **Foresters Arms** (see Where to stay; food Mon-Sat noon-2.30pm & 5.30-8pm, Sun noon-7pm) is very popular with walkers and locals alike, which is always a good sign. Their reputation for serving huge portions of grub is justifiable,

always a thrill, but if time and weather are on your side, stay on the trail, which now follows an old drover's track known as **Galloway Gate**. This contours round **Great Knoutberry Hill** (aka **Widdale Fell**), with the fantastic prospect of Dentdale stretching below you and views north into neighbouring









Other takeaways include: *Teayempo*; Thai restaurant *Jintana* (see opposite for both); the pizzeria *Geno's Pizzeria* (☎ genospizzeria.co.uk; daily 5pm-midnight), on Allhallows Lane; the kebab house

*Marmaris* (☎ 01539-734443; daily 4pm-midnight), on Kent St; and *Silver Mountain* (☎ 01539 729911; Tue-Thur & Sun 5-11.30pm, Fri & Sat to midnight) for Chinese food.

## STAGE 6: BURNESIDE TO BOWNESS-ON-WINDERMERE

### MAPS 32-36

And so you come to the final stage on the walk, an undaunting **9½-miler (15.4km; 3½hrs)** with glorious views back to the rolling Howgills and ahead to the sharper crags of the Lake District. This can, of course, be done in a busy morning but it seems a shame to hurry through to the end, so it's worth taking a short diversion for lunch into Staveley, where there's a good choice of eateries for such a small place.

The perceptive walker will notice how this ultimate stage seems somehow out of character with much of what's gone before. The landscape is now craggier and more 'pointed', particularly when juxtaposed with the smooth-topped Howgills. When one compares the landscape and buildings now with the beginning of the walk, when you were atop the Askrigg Block (see box p138), the change is startling: even the grass is different here, the soil more acid meaning the rougher, browner lakeland pasture thrives. It's a sign that the end is near and your time on the Dales Way is almost over. So don't be in too much of a hurry to get this last leg completed; wherever you may be heading to afterwards, it's unlikely to be more dramatic, or more beautiful!

### The route

For some people, the day will begin with a train back from Kendal to Burneside and a walk through the village back to the Dales Way. Once on the trail the going is easy as you stroll through fields of livestock by the River Kent, a waterway you follow via **Bowston** and the residential development at **Cowan Head**, across the boundary of the **Lake District National Park** and on to **Staveley** (Map 33).

### STAVELEY [see map p160]

Staveley is another one of those places – like Buckden, Dent, Sedbergh et al – that the Dales Way doesn't quite visit (it merely brushes against it as much as anything) but which is nevertheless very much part of the trail. It's a shame to miss the place, if only because it has several good eateries and as such is an ideal spot for lunch before the final amble to Bowness.

There are a few amenities here that you may want to take advantage of too. You can pick up **provisions** in The Beehive (☎ 01539 821253; Mon-Fri 10am-2pm), which also houses the village **post office**, or opposite in

the Spar (Mon-Sat 8am-7pm, Sun from 9.30am) which has much longer opening hours. Just up the street is a **pharmacy** (Mon-Fri 9am-6pm, Sat to 12.30pm).

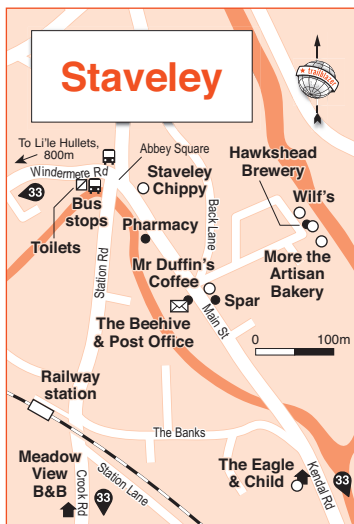
Northern's (Manchester Airport to Windermere) **train** services (see box p45) call at the railway station. For **buses**, the 555 (Keswick to Lancaster) stops on Abbey Square; for details see pp47-9.

For **accommodation**, the most central place is *Meadow View B&B* (☎ 07799 860113, ✉ sarah@classicadventure.co.uk; 2T/1Tr, all en suite, WI-FI; ♿; ♻), which is run by outdoor enthusiasts so they welcome

walkers and cyclists. The rooms are smallish but comfortable with invigorating showers. They offer a healthy breakfast of porridge, fruit and home-made bread, jams and yoghurt. Minimum stay two nights; from £45pp (sgl occ £40pp) per night. Their 'tool shed' (shared family shower room and toilet) sleeps up to four; sleeping bag needed but camp bed and pillow provided. The room costs £20 per night plus £5pp.

Half a mile out of the village, the 400-year-old farmhouse known as *Li'le Hullels* (off Map 33; ☎ 01539 821148, ✉ anne.gardner173@btinternet.com; 1D/1T both en suite, 1D in attic with private bathroom; ☷; Wi-Fi; Ⓛ) is a great choice. The restoration of the property has been sympathetic, so that many of the original features that make this place so charming are still present, including the oak-beamed lounge, oak staircases and even a bread oven. The name, incidentally, means 'little owl' in the old Westmoreland dialect. The rates are exceptional given the charm of this place, with the tariff including breakfast from £40pp (£60 sgl occ), or £35pp (£50 sgl occ) in the smaller double room in the attic. However, they don't accept bookings for less than two nights now. To reach it, walk west on Windermere Rd, which in turn becomes Danes Rd. Seed Howe is on your right, with Li'le Hullels at No 3.

Much nearer to the path, and with a reputation for good pub grub, is the curiously named *Eagle and Child* (☎ 01539 821320, ✉ eaglechildinn.co.uk; 3D/1T/ 1Tr, all en suite; ☷; Wi-Fi; Ⓛ; B&B from £47.50-55pp, sgl occ room rate) with smart, tastefully decorated rooms and lovely countryside views. The name, incidentally, comes from an old tale about a local aristocrat, Sir Thomas Latham, who fathered a longed-for son by a servant girl (his wife having given him only daughters). To introduce the boy into the family, Sir Thomas deposited the child beneath a tree where an eagle was nesting. His wife, strolling past the tree, discovered the boy and, assuming the eagle had dropped the child, took him back home and adopted him as her own, much as Sir Thomas had planned. To this day the Latham family crest has an eagle and a child on it.



### Where to eat and drink

While your feet may not thank you for forcing them to walk the extra few minutes into Staveley, your stomach certainly will as there is a surprising range of good places to eat and drink.

Coffee lovers will find it almost impossible to resist following their noses to *Mr Duffin's Coffee* (☎ 01539 822192; ☷; Mon-Sat 10am-5pm), a local roasters who do what is arguably the best coffee on the whole trail. They also serve speciality teas, plus freshly filled rolls (from £4.25), artisan chocolate, luxury ice cream and home-made flapjacks. It's tiny, with only two or three bar stools to sit at, so most people take away.

The other options lie on a small commercial estate off Main St. The main draw is *Hawkshead Brewery & Beer Hall* (☎ 01539 825260, ✉ hawksheadbrewery.co.uk; ☷; food Mon-Thur noon-8pm, Fri & Sat to 11pm, Sun 11am-8pm), a modern glass affair with a large menu (gourmet burgers, BBQ ribs etc), much of it designed to accompany their excellent range of beers. Off to one side of the brewery is *Wilf's Café* (☎ 01539 822329, ✉

---

## APPENDIX B: WALKING WITH A DOG

---

### THE DALES WAY WITH A DOG

Many are the rewards that await those prepared to make the extra effort required to bring their best friend along the trail. You shouldn't underestimate the amount of work involved, though. Indeed, just about every decision you make will be influenced by the fact that you've got a dog: how you plan to travel to the start of the trail, where you're going to stay, how far you're going to walk each day, where you're going to rest and where you're going to eat in the evening etc.

If you're sure your dog can cope with (and will enjoy) walking 12 miles or more a day for several days in a row, you need to start preparing accordingly. Extra thought also needs to go into your itinerary. The best starting point is to study the town and village facilities table on p32 (and the advice below), and plan where to stop and where to buy food.

#### Looking after your dog

To begin with, you need to make sure that your own dog is fully **inoculated** against the usual doggy illnesses, and also up to date with regard to **worm pills** (eg Drontal) and **flea preventatives** such as Frontline – they are, after all, following in the pawprints of many a dog before them, some of whom may well have left fleas or other parasites on the trail that now lie in wait for their next meal to arrive.

**Pet insurance** is also a very good idea; if you've already got insurance, do check that it will cover a trip such as this.

On the subject of looking after your dog's health, perhaps the most important implement you can take with you is the **plastic tick remover**, available from vets for a couple of quid. These removers, while fiddly, help you to remove the tick safely (ie without leaving its head behind buried under the dog's skin).

Being in unfamiliar territory also makes it more likely that you and your dog could become separated. For this reason, make sure your dog has a **tag with your contact details on it** (a mobile phone number would be best if you are carrying one with you); the fact that now all dogs in the UK have to be **microchipped** provides further security.

#### When to keep your dog on a lead

- **When crossing farmland**, particularly in the **lambing season** (around May) when your dog can scare the sheep, causing them to lose their young. Farmers are allowed by law to shoot at and kill any dogs that they consider are worrying their sheep. During lambing, most farmers would prefer it if you didn't bring your dog at all.

The exception to the dogs on leads rule is if your dog is being attacked by cows. Some years ago there were three deaths in the UK caused by walkers being trampled as they tried to rescue their dogs from the attentions of cattle. The advice in this instance is to let go of the lead, head speedily to a position of safety (usually the other side of the field gate or stile) and call your dog to you.

- **Around ground-nesting birds** It's important to keep your dog under control when crossing an area where certain species of birds nest on the ground. Most dogs love foraging around in the woods but make sure you have permission to do so; some woods are used as 'nurseries' for game birds and dogs are only allowed through them if they are on a lead.

- **On mountain tops** It's a sad fact that, every year, a few dogs lose their lives falling over the edge of steep slopes.

#### What to pack

You've probably already got a good idea of what to bring to keep your dog alive and happy, but the following is a checklist:

# INDEX

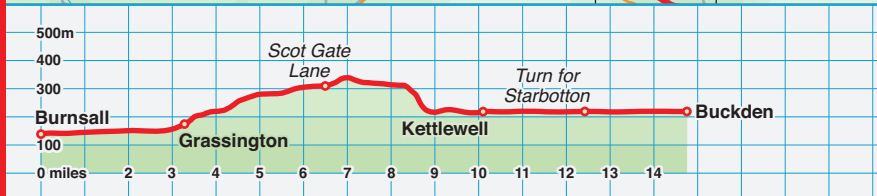
Page references in **red** type refer to maps

- access rights 53-4
- accidents 55
- accommodation 18-22, 76
  - booking service 27
  - see also place name*
- Addingham 82, **84**
- Airbnb 20
- alternative (high level)
  - route 114, **124**, **125**, 125-6, **127**, **128**, 130, **131**, **133**
- Appletreewick 81, 92, **93**, 94
- apps
  - birds 40
  - location locator 55
  - rail companies 43
- aqueducts 90
- Areas of Outstanding Natural Beauty (AONBs) 59
  - see also Nidderdale*
- Arten Gill 126, **128**
- Arten Gill Viaduct 123, 126
- Askrigg Block 10, 138
- ATMs 24, 26, 39
- Backpackers' Club 42
- backpacks 35-6
- baggage transfer 27, 35
- bank holidays 24
- banks & banking 24, 26
- Barden Aqueduct 90, **91**
- Barden Bridge 90, **91**, 92
- Barden Tower **91**, 92
- Batty Green 122
- Batty Moss Viaduct 123
- Beck Foot **149**
- Beck Houses **151**
- Beckermonds 114, 118, **119**
- bed and breakfasts (B&Bs) 20-2, 30
- beers 23
- birds 66-8
- Birks 123, **141**, 146
- Black Moss Tarn 152, **153**
- Blea Moor **129**, 130
- Blea Moor Hill **131**
- Blea Moor Tunnel 123
- blisters 56
- Bolton Abbey 81, **85**, 87-8, 90
  - Priory 87
- Bolton Bridge **85**, 87
- bookings, accommodation 21, 21-2, 27
- boots 36
- Bowness-on-Windermere 162, 164, **165**, 166-8
- Bowston **155**, 159
- Brackensgill Bridge **139**, 140
- Bradford link route **70-1**, 74
- Breadpiece Barn 120, **124**
- breweries 23
- Brigflatts 86, **141**, 146
- British Summer Time (BST) 25
- Buckden 112, **113**
- budgeting 29-30
- bunkhouses/bunk barns 19
- Burneside 152, 154, **155**
- Burnsall 81, 95-6, **95**
- bus services 46, **47**, 48-9, 50
  - see also coach services*
- business hours 24
- butterflies 65
- cafés 22
  - see also place name*
- Calendar Girls*, film 41, 110
- Cam End 122, **129**
- Cam High Road 120, **125**, 126, **129**
- Cam Houses 120, **124**
- Cam Woodland 120, **124**
- camp fires 53
- campaigning organisations 60-1
- camping & campsites 18-19, 29
- camping gear 38
- cash machines *see* ATMs
- cashback 26
- Cautley Spout 145
- cell phones *see* mobile phones
- cheque books 26
- clothing 37, 54
- coach services
  - to Britain 44
  - within Britain 44, 46
- Coal Road **128**, 130
- Cold Keld Gate **125**, 126
- Conistone 106, **107**
- Conistone Pie **107**
- conservation areas 60
- conservation of the Dales Way 58-61
- conservation organisations 60-1
- Countryside & Rights of Way Act 54
- Countryside Code 54
- Covid 7
- Cowan Head 159, **161**
- Cowgill 132, **134**
- CPRE The Countryside Charity 61
- Cray Gill **115**, 116
- credit cards 26, 39
- Crook of Lune Bridge 146, **148**
- Cross Fell 162
- currency 24
- dales 10
- Dales National Park *see* Yorkshire Dales NP
- Dales Way Association 11, 42
- day walks 33-5
- daylight hours 15
- debit cards 26, 39
- Dee, River **133**, **134**, **135**, 136, **138**, **139**, **141**, **147**
- Deepdale **117**, 118
- Deepdale Beck **135**, 136
- Dent **135**, 136-7, 139
  - railway station 132, **133**
- Dent Fault system 10, 138, **138**, 139
- Dent Head viaduct 123, 130, **131**

- Dent knitters 136  
 Dentdale 114, 130, **131**, 140  
 Dib Scar **107**  
 difficulty of walk 11  
 digital mapping 39  
 direction of walk 30  
 disabled access 28  
 dogs 28, 54, 62, 76, 170-1  
 driving from Europe 44  
   within Britain 46  
 dry-stone walls 10  
 duration of walk 12, 30-5  
 DVDs, walking 42-3
- emergencies & emergency services 25, 55  
 emergency signals 54  
 English Heritage 61  
 environmental impact of walkers 51-3  
 equipment 35-40  
   shops 27  
 erosion 52  
 European Health Insurance Cards (EHIC) 24-5  
 events 14  
 exchange rates 24
- Far Gearstones **129**, 130  
 Farfield Friends Meeting House **85**, 86  
 ferry services  
   to Britain 44  
   within Britain 46, 50  
 festivals 14  
 field guides 40  
 films 41  
 fires 53  
 first-aid kit 38  
 flights to Britain 44  
 flora and fauna 52, 61-8  
   field guides 40  
 flowers 63-5  
 Flying Shavings 88, **89**  
 food 22-5  
 food stores 24-5  
 footcare 56  
 footwear 36-7  
 Forestry England 59
- Galloway Gate 128, **128**
- Gap Wood **139**, 140  
 Garth Row 154  
 Gavel Gap **125**, 126  
 Gayle Beck 123-4, **129**  
 geology 10, 138, 139  
 glamping 18  
 GPS 17-18, 39  
   waypoints 18, 169  
 Grandsire 162, **164**  
 Grassington **99**, 100, **101**, 102-4, **105**  
 Grayrigg 150, **151**  
 Great Knoutberry (Hill) 128, **128**  
 Green Field Beck 114, 118, **119**  
 Greenwich Mean Time (GMT) 25  
 guesthouses 22, 30  
 group/guided holidays 28
- Harrogate Link route **70-1**, 72-3  
 health 56-7  
 health insurance 24-5  
 heat exhaustion/stroke 57  
 Hebden 97, **99**  
 Herriot, James 41  
 highest point  
   of trail 114, **125**  
   of Way 120, **124**  
 highlights of walk 33-5  
 Historic England 59, 60  
 history of path 11  
 hostels 19-20, 29  
 hotels 22, 30  
 Howgills, The 138, 145  
 Hubberholme **115**, 116, 118  
 hyperthermia 57  
 hypothermia 56-7
- Ilkley 77-8, **79**, 80, **83**  
 inns *see* pubs  
 insects 65-6  
 insurance 24-5  
 internet access 26  
 itineraries 30-5
- Jam Sike **125**, 126, **127**
- Kendal 154, 156, **157**, 158-9
- Kent, River **155**, **157** **161**  
 Kettlewell 106-10, **108**, **109**  
 Kilnsey 106  
 knitters, Dent 136
- Lake District NP 58, 159  
   Authority 59  
 lambing 62  
 Langstrothdale 114, **115**, 116  
 Lea Yeat 130, 132, **133**  
 Lee, Tom 97, 98, 100  
 Leeds link route **70-1**, 74  
 length of path 9  
 lime kilns 104, **105**, **117**, 118  
 Lincoln's Inn Bridge 146, **147**  
 link routes 69, **70-1**, 72-4  
 Linton 97, **99**  
 litter 51, 54  
 Little Towne 61, 132, **134**  
 local businesses 52  
 local food 23  
 Long Distance Walkers' Association, The 42  
 Long Gill 126, **127**  
 Loup Scar **95**, 97, 98, 138  
 Low Branthwaite 146, **147**  
 Lowgill Viaduct 123, **149**, 150  
 luggage transfer 27, 35  
 Lunedale 10  
 Lune, River 123, 145, 146, **147**, **148**  
 Lune Viaduct 123, 146, **147**
- mammals 62-3  
 map keys 168  
 map scale 75  
 maps 39-40  
 medical insurance 24-5  
 Millthorp 140, **141**  
 minimum impact walking 51-4  
 mobile phones 17, 25, 38  
 money 26, 39  
 Monkey Beck **128**, 130  
 morale 57  
 Mountain Weather Information Service 56



- national holidays 24  
 national parks (NP) 58  
   NP authorities 59  
 National Trust 60-1, 112, 130  
 Natural England 58-9  
 nature reserves 59  
 Nethergill 114, **119**, 120  
 Newby Head/Newby Head Moss 126, **127**  
 Nidderdale AONB 10, 59, 72, 73
- Old Bridge, Ilkley 81, **83**  
 online information 42  
 opening hours 24  
 Oughtershaw **119**, 119  
 Oughtershaw Beck 114, 118, **121**  
 Oughtershaw Moss **121**
- Patton Bridge **151**, 152  
 Pennine Bridleway **125**, 126, 130  
 Pennine Way 120, 122, **124**, **129**  
 phones 17, 25, 26, 38  
 podcasts 40-1  
 post offices 24, 26  
 public holidays 24  
 public transport 43-6, **47**, 48-50, 51  
 pubs 22, 23, 24, 30
- Quakers 86, 146
- rail services  
   in Britain 43-4, 45, 46, **47**  
   to Britain 44  
 rainfall chart 13  
 Ramblers 40, 42  
   Harrogate Ramblers 72  
 Rawthey River 123, **141**, 145, 146  
 Ribble Way **125**, 126  
 Ribbleshead 130  
 Ribbleshead Viaduct 123  
 right to roam 54  
 ring cairn 118  
 route finding 17  
 Royal Society for the Protection of Birds 60
- rucksacks 35-6  
 safety 54-7  
 school holidays 24  
 seasons 13, 52  
 Sedbergh 140, **141**, 142, **143**, 144  
 Sedbergh School 140, **143**  
 Sedgwick, Adam 136  
   monument **135**  
 self-catering 38  
   supplies 24-5  
 self-guided walking  
   holidays 27-8  
 Settle to Carlisle Railway 122-3  
 shops 24-5, 27, 52  
 signposts 17  
 Sites of Special Scientific Interest (SSSIs) 59-60  
 smartphones 17, 39  
 smoking 25  
 Special Areas of Conservation (SACs) 60  
 Speakman, Colin 11, 40, 69, 164  
 Stangs Lane 92, **93**  
 Starbotton 110, **111**  
 Staveley 159, 160, **160**, **161**, 162  
 stone circles **117**, 118  
 Stone House 123, 126, **133**  
 Strid, The 89, 90, **91**  
 Strid Wood 61, 81, 88-9, **89**, **91**  
 sunburn 57  
 Swarthghyll 120, **121**
- tearooms 22  
 telephones 25, 26  
 temperature chart 13  
 tents 38  
 toilets 27, 52-3  
 torches, emergency signal 54  
 tourist information centres (TICs) 42  
 town facilities 32  
 trail information 42  
 trail maps 75-6  
 trains *see* rail services  
 travel insurance 24-5
- trees 61  
 TV series 41-3, 100
- Upper Wharfe Valley 61  
 Upper Wharfedale Fell Rescue Association 55
- viaducts 122-3, 126, 130, 146, 150  
 Victoria Caves 10  
 village facilities 32
- walkers' organisations 42  
 walking companies 27-8  
 walking poles 38  
 walking times 75  
 water bottles/pouches 38  
 water, drinking 25-6  
 watershed 120  
 Waterside Viaduct 123, 146  
 waymark posts 17  
 waypoints 18, 169  
 weather forecasts 56  
 websites 42  
 weekend walks 33-5  
 weights and measures 25  
 Wensleydale 114  
 Wharfe, River **79**, **83**, **84**, **85**, **89**, **91**, **93**, **95**, **99**, **108**, **109**, **111**, **113**, **114**, **115**, 116, **117**, 118, **119**  
 Wharfedale 61, 97, 114  
   Naturalists Society 42  
 whistles, emergency signal 54  
 wi-fi 26  
 Widdale Fell 128  
 wild camping 19, 38, 53  
 Wilcock, Tom 11  
 wildlife 62-3, 65-8  
 Wildlife Trusts 61  
 Wold Fell 126, **127**  
 Woodland Trust 61
- Yockenthwaite **117**, 118  
 Yorkshire Dales Nat Park 10, 58, 60, 72, 81, 145, 146, 150  
   Authority 59  
   visitor centre **99**, 100  
 Youth Hostels Association (YHA) 19



Bowness-on-Windermere

## Maps 7-13 Burnsall to Buckden

14¾ miles/23.4km – 6hrs

NOTE: Add 20-30% to these times to allow for stops

Buckden  
Burnsall  
Ilkley

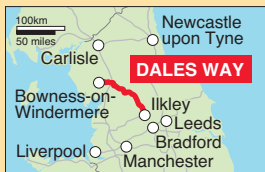


**2**  
EDN

*'...the Trailblazer series stands head, shoulders, waist and ankles above the rest. They are particularly strong on mapping...'*

**THE SUNDAY TIMES**

**includes accommodation, pubs and restaurants in detailed guides to 23 towns and villages from Ilkley to Bowness-on-Windermere**  
**PLUS HARROGATE, BRADFORD & LEEDS LINKS**



❑ **Includes 38 detailed walking maps: the largest-scale maps available** – At just under 1:20,000 (8cm or 3<sup>1</sup>/<sub>8</sub> inches to 1 mile) these are bigger than even the most detailed walking maps currently available in the shops

❑ **Unique mapping features** – walking times, directions, tricky junctions, places to stay, places to eat, points of interest. These are not general-purpose maps but fully edited maps drawn by walkers for walkers

❑ **Itineraries for all walkers** – whether hiking the entire route or sampling highlights on **day walks** or **short breaks**

❑ **Detailed public transport information** for all access points

❑ **Practical information for all budgets** What to see; where to eat (cafés, pubs and restaurants); where to stay (B&Bs, hotels, bunkhouses, hostels & campsites)

**trailblazer-guides.com**

DISTRIBUTED IN UK & IRELAND BY  
HEARTWOOD PUBLISHING  
heartwoodpublishing.co.uk

**Price in UK UK£12.99**

DISTRIBUTED IN USA BY NBN  
☎ 1-800-462-6420 nbnbooks.com

**Price in USA US\$19.95**

**ISBN 978-1-912716-30-2**

The **Dales Way** long-distance footpath begins in **Ilkley**, in the Yorkshire Dales National Park and runs for 81 miles (130km) to end in the Lake District, at **Bowness-on-Windermere**. It follows the beautiful River Wharf towards Ribbleshead, then meanders along the river valleys of Dentdale, eventually dropping down into the Lake District National Park to finish near Lake Windermere.

It's a relatively easy walk that takes about a week. Information about link routes from **Harrogate**, **Bradford** and **Leeds** is also given.

**INCLUDES DOWNLOADABLE  
GPS waypoints**



5 1995 >

