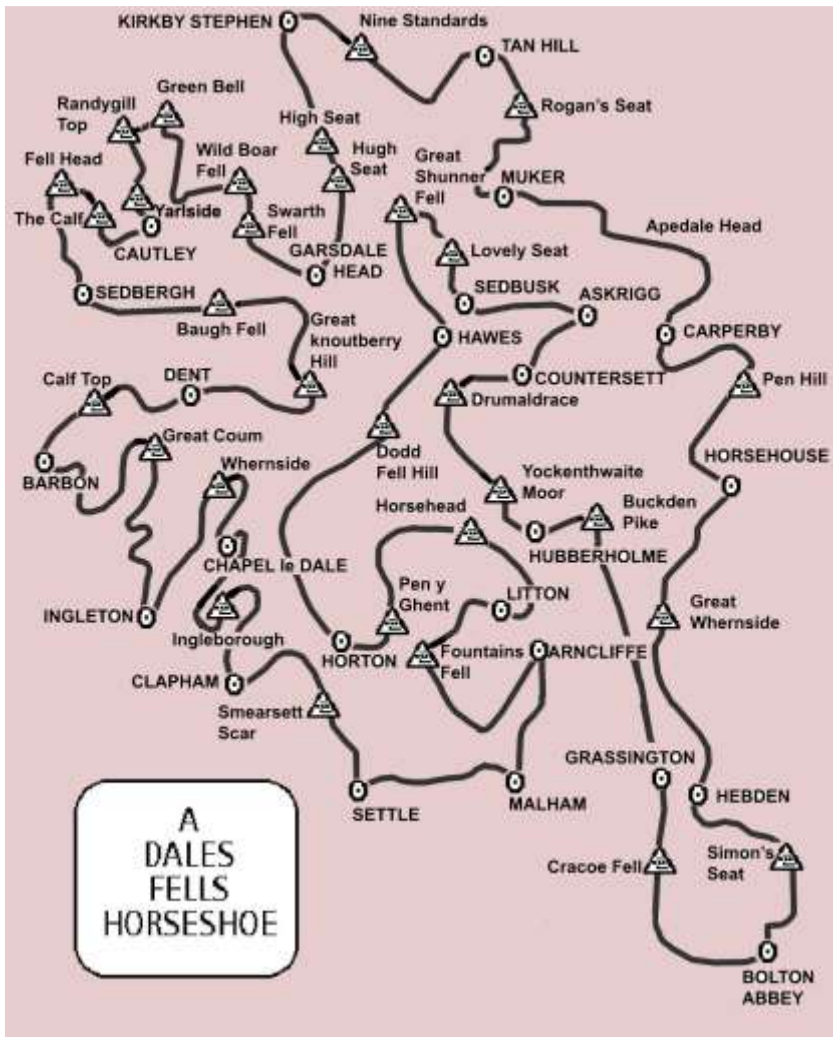


A Dales Fells Horseshoe

a long distance walk through the
Yorkshire Dales National Park

by
John Tew



INTRODUCTION

A DALES FELLS HORSESHOE

The Dales Fells Horseshoe is a long distance walk covering 345 miles throughout the Yorkshire Dales National Park, including areas formerly in Westmorland, now part of Cumbria. You will visit the summit of all the 38 Yorkshire Dales fells over 600 metres and see the finest valley and river scenery. Every step of the way is worthwhile and there is very little road walking. You will have enough time to appreciate the many features of interest en route. The average day is just over 14 miles with 700 metres of climbing.

The full circular walk takes 24 days. Alternatively the walk may be divided into The Three Circular Routes using a couple of short links, each circular route taking 8 or 9 days. The Northern (100 miles), Eastern (123 miles) and Western (134 miles) Circular Routes are described in the final chapter, and require two short links. The links, each used in both directions, are shown on separate maps on the LDWA site.

1day	The Dales Fells Horseshoe	page	miles in day	miles from Settle in day	metres
	INTRODUCTION	2			
1	SETTLE to CLAPHAM	13	14 7/8	14 7/8	790
2	CLAPHAM to CHAPEL LE DALE	19	10 7/8	25 3/4	640
3	CHAPEL LE DALE to INGLETON	23	13	38 3/4	596
4	INGLETON to BARBON	27	17 1/2	56 1/4	841
5	BARBON to COWDUB	34	13 1/2	69 3/4	819
6	COW DUB to SEDBERGH	41	15 3/4	85 1/2	922
7	SEDBERGH to CAUTLEY	46	11 7/8	97 3/8	1171
8	CAUTLEY to GARS DALE HEAD	51	15 1/2	112 7/8	1291
9	GARS DALE HEAD to KIRKBY STEPHEN	56	14 3/4	127 5/8	610
10	KIRKBY STEPHEN to TAN HILL	61	13 1/4	140 7/8	818
11	TAN HILL to MUKER	65	13 1/8	154	392
12	MUKER to CARPERBY	71	15	169	475
13	CARPERBY to HORSEHOUSE	77	12 5/8	181 5/8	538
14	HORSEHOUSE to HEBDEN	83	16 1/2	198 1/8	612
15	HEBDEN to BOLTON ABBEY	89	13 3/4	211 7/8	560
16	BOLTON ABBEY to GRASSINGTON	94	14 5/8	226 1/2	755
17	GRASSINGTON to HUBBERHOLME	99	17 1/2	244	797
18	HUBBERHOLME to COUNTERSETT	105	14 1/4	258 1/4	607
19	COUNTERSETT to SEDBUSK	111	8 3/4	267	270
20	SEDBUSK to HAWES	115	13 1/2	280 1/2	598
21	HAWES to HORTON	118	16 3/4	297 1/4	588
22	HORTON to LITTON	126	16 1/4	313 1/2	819
23	LITTON to ARNCLIFFE	131	14 1/4	327 3/4	603
24	ARNCLIFFE to SETTLE	138	17 3/8	345 1/8	793
	THE THREE CIRCULAR ROUTES	145			

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The route was not easy to work out, but as with most ideas seemed obvious as the final plan emerged. The solution was to follow the boundary around in a clockwise arc, followed by an internal loop. The walk in effect follows the perimeter of a horseshoe, hence the title. The walk is 'circular', beginning and ending in Settle, where there are good communications by both road and rail.

Few walkers will have 24 consecutive days of freedom in which to indulge themselves. How often do we experience 24 consecutive days of good visibility? There is no need to despair. Why not wait for fine weather? You could use public transport, two cars or a "transport manager" to complete the walk in smaller sections. The Settle-Carlisle railway may be useful. Tackle the walk in order and your sense of achievement will remain undiminished.

The route crosses motor roads in several places, (marked R on the day tables) enabling shorter or longer day lengths to suit the individual. Stronger walkers could certainly complete days 18, 19 and 20 in two long days, staying overnight in Bainbridge or Askrigg. Given two cars or a taxi service, the less robust could walk the route in 40 days averaging 8 1/2 miles per day.

With 345 map miles of ground to cover and over 10 miles (over 55000 feet) of vertical height to gain (and lose), the Horseshoe is certainly a physical challenge. However it is well within the competence of the regular walker. The terrain varies greatly. Many sections are pathless. There are some sections of rough wet ground. On occasions a compass is essential even in clear visibility. A companion is not a bad idea, although I walked most of it alone, albeit in good weather conditions.

For the most part, however, the going is very reasonable. Unlike the Pennine Way, the Horseshoe is unlikely to suffer the humiliation of miles of paving slabs. Remarkably the Horseshoe only occasionally coincides with the Coast to Coast, Pennine Way or Dales Way, and only when it is absolutely necessary to meet the Horseshoe's aims.

Given fine weather, each day provides magnificently varied walking and sustained interest. It is hard to choose the best of the 24 days. That is certainly not the case with the Pennine Way and even the Coast to Coast has its less attractive sections. Clear visibility will certainly add to your enjoyment of the walk. Although there is much of interest close to hand, those distant wide landscapes provide the best memories.

Try walking at different times of the year. The landscape varies enormously from season to season. Probably the best time to go is May, when the moorland birds and wayside wild flowers are at their best. Lambs fill the pastures and the grouse shooting has not begun. Yet the heather moorland is wonderful in early September and the hay making a delight in summer. Some sections will be memorable on a fine winter day with full waterfalls and snow on the fell tops. However, the days are short and the moorland arduous. Full winter equipment, fitness and experience are then essential.

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An adequate description of the local and natural history of the Dales is beyond the scope of this guide. However, the underlying geology has produced a diverse landscape of heather moorland and rugged escarpments of limestone and gritstone, such as those forming Ingleborough. These look down onto fascinating areas of limestone pavement, potholes, caves and gorges.

The route passes at least 20 caves and potholes, many with streams flowing in or out. The river scenery is the finest in Britain. See forty magnificent waterfalls tumbling over limestone blocks, such as those near Aysgarth and Keld. The route passes through over forty settlements, many of them architectural gems in their unspoilt pastoral dales, characterised by small enclosures, countless gap stiles and scattered barns.

There is no doubt that knowledge of local and natural history will add immense interest to the walk. However, if you are just a humble walker, then simply enjoy the exercise, the peace and the ever-changing views. This guide is for you. It tells you where and how far there is to go. It describes the views.

You will find accurate sketch maps, all pointing North up the page, drawn to a scale of just over one inch to the mile. Roads are shown in grey, rivers in black. There is a detailed but clear and concise description of the route, including compass bearings at each change of direction. Routine use of the compass gives confidence that you are on route. Going astray on a long distance walk is irritating to say the least! However details of the route will inevitably change over time.

MAPS

The sketch maps are not a substitute for the real thing! Three 1:25000 Ordnance Survey maps are essential.

- Outdoor Leisure no. 2 Yorkshire Dales Southern & Western
- Outdoor Leisure no. 30 Yorkshire Dales Northern & Central
- Outdoor Leisure no. 19 Howgill Fells & Upper Eden Valley

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GENERAL DESCRIPTION OF THE ROUTE

From Settle, the walk meanders through the limestone country of Ribblesdale and Crummackdale towards Clapham. There is a constant stream of fascinating features, including Langcliffe village, Catrigg Force, the stepping-stones at Stainforth, Stainforth Force, the Celtic Wall, and the view of Ribblesdale from Smearsett Scar. Moughton, with a dry waterfall, a forest of juniper growing from the pavement near the summit and a fine view towards Pen y Ghent, is quite unique.

The limestone escarpments around the head of Crummackdale are magnificent. The dale has much of geological interest. The pride of place must go to the erratic boulder field of Norber. Here the older slate boulders, transported from a lower level by moving ice, stand on plinths of younger limestone.

The second day allows time for a visit to Ingleborough Cave. The route passes Gaping Ghyll on the way to Simon Fell and Ingleborough. This is deservedly the most popular fell in the Dales and a place of pilgrimage for Yorkshire men. The descent via White Scar reveals Ingleborough's best features and several interesting potholes on the way to Chapel le Dale. The third day will please railway enthusiasts passing Ribbleshead Viaduct on the way to the summit of Whernside, the highest point on the journey. Meet more magnificent limestone scenery before the waterfalls walk leads into Ingleton.

Day four explores Kingsdale and Yorda's Cave before traversing Gragareth, Great Coum and Crag Hill. Thereafter the route strays briefly into Lancashire to explore the interesting limestone scenery of Ease Gill and Bull Pot of the Witches. You will spend the night on Cumbrian ground in the village of Barbon in the Lune valley.

Day five starts by climbing the ridge above Barbondale to Calf Top and Comb Scar, a fine viewpoint. The cobbled streets of Dent and its pastoral dale follow. Walk alongside the fine limestone bed of the Dee to reach Cowdub at the head of the dale. The sixth day takes in Great Knoutberry Hill, renowned as the most extensive viewpoint in Yorkshire. Thereafter, from Garsdale Head, tackle the splendid desolation of Baugh Fell and the attractive riverside paths to Sedbergh.

The Howgills provide a marked contrast, during days seven and eight, because they are geologically different, being composed of Silurian slates. Part of Cumbria since 1974, the Yorkshire Dales National Park now rightfully shares the entire Howgill Fells. With more climbing than average, these are the hardest two days of the walk. Initially the route tackles Arant Haw, and then loses height before the ascent of Fell Head and a fine traverse over to The Calf and Calders. Finally, Cautley Crag and the Spout bring a superb seventh day of far reaching views to a fitting conclusion.

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Day eight covers the high ground of the northern Howgills, including Yarlside and Green Bell (the source of the Lune is just below the summit), before reaching the delightful limestone environs of Fell End Clouds. Next comes the ascent of Wild Boar Fell, this entailing another short detour into an area of Cumbria, now thankfully part of the Dales National Park. The views of the Rawthey valley and Mallerstang are too good to miss. The route returns to Yorkshire via the ridge of Swarth Fell to reach Garsdale Head not far from the Moorcock Inn, in the wild country of upper Wensleydale.

More interesting limestone features in Scars Gill introduce day nine during the climb onto the High Way before reaching the source of the River Ure, high on Lunds Fell. Sails, Little Fell, Hugh Seat Gregory Chapel and High Seat follow on the way to Kirkby Stephen. The view into Mallerstang from the gritstone scarp of Hangingstone Scar is one of the highlights of an excellent but somewhat remote moorland tramp.

Apart from the odd glimpse of Wensleydale, the best views during the first ten days have been those of the Ribble, Lune and Eden valleys. These dales are usually regarded as within the provinces of Lancashire and Cumbria, but provide a fine picture frame for the western aspect of the Yorkshire Dales.

Leaving Kirkby Stephen on day ten, the way leads back into and remains wholly within Yorkshire. The route, over the fine viewpoint of Tailbridge Hill to Nine Standards, compares favourably with that of the Coast-to-Coast path. From White Mossy Hill, Swaledale stretches into the distance. Use the Coast-to-Coast path as far as Ravenseat, thereafter aiming for the isolated inn at Tan Hill the highest pub in England.

Day eleven varies almost unbelievably. It begins with an uncompromising battle over tough wet ground to Water Crag and Rogan's Seat. Thereafter Swinner Gill, the Swale, Kisdon Force (arguably the finest of the waterfalls), Keld and Kisdon Hill follow in rapid succession. The descent of Kisdon towards Thwaite provides some grand moments.

From Muker, day twelve introduces more riverside scenery before the surprisingly attractive climb from Isles Bridge to Apedale Head. Apedale provides a grand tramp through a landscape recovering well from the ravages of the former lead mining industry. The walk beyond the dale over to Castle Bolton introduces the first of many fine views within mid Wensleydale.

Day thirteen provides another day of contrasts. From the model village of Carperby, walk downhill to the falls at Aysgarth. The following stretch of the River Ure to West Witton is, in my opinion, superior to any in Yorkshire, including even the Wharfe. The steep ascent to the extensive viewpoint of Penhill Beacon leads on over the remote and characteristic heather moorland of Harland Hill to reach Coverdale.

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Next morning, leave the peaceful haven of Horsehouse to tackle the peat hags of Little Wherside. The going improves on the fine march over Nidd Head to the summit of Great Wherside, another highlight. On a clear day you will now be able to identify many of your summits. Wharfedale extends into the distance. Visit the relics of the lead mines, including a well-restored chimney and flue, near Yarnbury on your way down to Hebden.

Day fifteen takes you alongside a fine stretch of the Wharfe, near Burnsall, before exploring the delightful limestone gorge of Trollers Gill. From Skyreholme tackle the steep heather grouse moor to the distinctive gritstone outcrop and viewpoint of Simon's Seat. Choose a quiet day for the detour through Strid Wood Nature Reserve, (On a fine weekend this area rivals the promenade at Blackpool), thereafter following the Wharfe down to Bolton Abbey.

From Bolton Abbey there is a stroll along the edges of the heather clad Barden Moor, with more wide views of Wharfedale. The new replacement of Rylstone Cross cannot fail to impress. The limestone resumes as you descend to the fine villages of Thorpe and Linton to cross the Wharfe alongside the impressive Linton Falls to reach Grassington.

Beyond Grassington, day seventeen follows the Wharfe into Grass Wood. Join the Dales Way, noting the fine prospect of Wharfedale from the limestone knoll of Conistone Pie. Thereafter a high level route along limestone scarps provides more fine views down to Kettlewell. Continue over Buckden Pike followed by a scenic route to Hubberholme, where it is mandatory to visit the church with its rare rood loft and mice carvings on the pews.

Day eighteen begins with a wander through the pastoral charms of Langstrothdale before the steady climb to Yockenthwaite Moor. The trig point is not always easy to find amongst a sea of deep peat hags. A compass is essential to locate a fence that will guide you safely but at times arduously onward to the Oughtershaw Road. From here the Cam High Road gives access to the summit of Drumaldrace and the way down to Countersett.

You deserve an easy day! Less than nine miles and only a little climbing will bring you to Sedbusk on day nineteen. However there is much to see on this stroll through Wensleydale. Semer Water, the village green at Bainbridge, Askrigg, Mill Gill Force and Whitfield Gill Force all take their turn. The settlement of Skell Gill typifies the rural nature of the area.

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From Sedbusk the walk traverses the fine scarp of High Clint, with splendid views of upper Wensleydale. Attain the summit of Lovely Seat, drop down to Buttertubs Pass and tackle the slopes of Great Shunner. En route, admire the phenomenal number of stone men on Stony Edge. From Great Shunner, join the Pennine Way, making sure to visit Hardraw Force on the way to Hawes to end another satisfying day.

On day twenty-one from Hawes, the Horseshoe continues along the Pennine Way but detours to the summit of Dodd Fell and the fine viewpoint of Cam West End. Thereafter, the route visits several fascinating limestone features, namely Thorns Gill, God's Bridge, Browgill Cave, the pothole of Dry Lathe, Birkwith Cave and Sell Gill Holes, on the way down to Horton in Ribblesdale.

Day twenty-two will be a hard but stimulating day. Taking in Pen y Ghent and Plover Hill before climbing to High Greenfield Knott, the route continues around the Horsehead ridge to Birks Fell and Old Cote Moor. The moorland scenes and distant views change constantly before reaching the attractive descent to Litton.

The penultimate day provides more variation, starting with an ascent of the sombre Darnbrook Fell. Over the twin summits of Fountains Fell and down to Knowe Fell, our route re-joins the Pennine Way between Tennant Gill and Malham Tarn. Thereafter enjoy the fine limestone scenery of the Monk's Road to the attractive village of Arncliffe.

The final day, like the first, includes a succession of fine limestone features. The Horseshoe leaves Littondale at Hawswick to reach Lee Gate High Mark before scrambling down through the chasm of Gordale. Janet's Foss, the top of Malham Cove and the dry valley follow. From Langscar Gate attain the unmarked summit near Grizedales. However the view is extensive and includes many of the fells traversed in the last twenty-four days. Rye Loaf Hill and Attermire Scar maintain to the very end the high quality of this satisfying walk back to Settle.

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ACCESS

The route keeps to recognised rights of way through the valley pastures and intakes. On the high ground, relatively few specific rights of way existed when I did the walk. However walkers did not appear to be generally unwelcome, with the possible exception of the odd grouse moor. The ridges tend to have walls or fences along their length, these being very important for control of livestock. The provision of a few stiles would certainly reduce the potential for conflict. The freedom to roam legislation gave the green light to the route by 2005, given that you stick to the regulations!

In return for access we should appreciate that dogs significantly impair the breeding of both moorland birds and sheep. We should change our route over grouse moors on shooting days and walk in single file across hay meadows. We should always close gates and avoid climbing walls or gates whenever possible. We should not camp without permission nor disturb the peace. Wildlife needs our protection for future generations to enjoy.

Therefore please do not take your dog over moorland in contravention of access agreements. Always keep your dog under tight control near sheep. It is rare in my experience to receive a challenge over access. If so, apologise, seek direction and permission for further progress. Do not be provoked into argument. It will only spoil your day.

EQUIPMENT

Lightweight boots with a breathable waterproof lining are ideal. They dry out quickly. For distance walking, a good sole with some "give" is preferable to a rigid four- season sole. Make sure your boots are roomy enough for two good pairs of socks. A pair of gaiters will help keep your feet dry through the inevitable boggy sections.

You should expect blisters even if your boots are worn-in. Antiseptic cream and three layers of Micropore type tape should then restore comfortable progress. An adjustable Leki type stick will keep some weight off your feet and knee joints.

Lightweight, breathable, wind and waterproof anorak and over trousers are also essential items, along with a warm hat, breathable and waterproof gloves and a sun hat. Maps, compass and a roomy well-padded rucksack are vital. Your spare clothing, a small hand towel and soap bag will remain bone dry within plastic bags.

For safety, carry a bivvy bag, whistle, torch, spare bulb and batteries. Carry enough food and drink and eat every two hours. A camera, hand lens and a small pair of binoculars will add to your enjoyment. Campers will need additional relatively heavy equipment.

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ACKNOWLEDGEMENTS

The late A. Wainwright's classic books, *Walks in Limestone Country*, *Walks on the Howgill Fells*, *Pennine Way Companion* and *A Coast to Coast Walk*, provided the experience and inspiration to try one of my own. Bob Allen's *Escape to the Dales* has been an essential gem of a book. Mike Harding's *Walking the Dales*, Gladys Sellers' *The Yorkshire Dales- A Walkers Guide to the National Park* and Terry Marsh's *The Pennine Mountains* have provided useful ideas. The maps of the Ordnance Survey underpin all these texts and my own offering.

My father, Bert has been a wonderful help as a courier. He seemed to enjoy touring around by car on my behalf. Thus my load was light. I enjoyed the freedom of the solitary walker but always had a friendly greeting at the end of the day. He also spent many hours helping to draw the maps.

Grateful thanks must also go to my wife. Liz has cheerfully spent holidays in The Dales when she would have preferred to be somewhere more exotic. Neither has she grumbled too much about the extra-marital relationship with the word processor.

Thanks also to David Wolfendale, who surveyed the revised Cautley to Fell End Clouds section following the extension of the National Park into the northern Howgills.

Finally, thanks to the Yorkshire Dales, I have walked the best part of a thousand wonderful miles. I found many fine circular day length walks to survey the route and then walked the whole Horseshoe in sequence. I completed the walk within a period of twelve months, using three separate weeks of holiday. I hope you enjoy it as much as I did.

MAIN SUMMITS

The original primary aim of this walk was to cover all the Yorkshire Dales summits over 2000 feet in a continuous circular walk. The definition of a main summit is subject to a somewhat pedantic debate, but I have chosen the definition of the so called Hewitts. That is a summit of at least 2000 feet with 30 metres (100 feet) of reascent from all directions (relative height). There are 32 Hewitts in the Yorkshire Dales National Park.

My list also includes those summits over 600 metres with a relative height of 30 metres so called Sims, of which there are 38 including the 32 Hewitts. The Horseshoe includes some 50 more significant summits, with less than 30 metres (about 100 feet) of relative height, and or less than 600 metres above sea level.

2000 feet is equivalent to 609.6 metres. Calf Top is shown as 610 metres on OS maps. This is a rounded up figure from 609.58 metres or 1999.93 feet and poor Calf Top has therefore been officially excluded from the list of Hewitts because it is less than an inch lower than 2000 feet!

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32 SUMMITS over 2000 feet HEWITTS				
rank	38 SUMMITS over 600m SIMS	metres	feet	grid ref
1	Whernside	736	2415	739816
2	Ingleborough	723	2372	741746
3	Great Shunner Fell	716	2349	849973
4	High Seat	709	2326	802012
5	Wild Boar Fell	708	2323	760988
6	Great Whernside	704	2310	002739
7	Buckden Pike	702	2303	961788
8	Gregory Chapel	695	2280	802002
9	Pen y Ghent	694	2277	838734
10	Hugh Seat	689	2261	809991
11	Great Coum	687	2254	701836
12	Swarth Fell	681	2234	756967
13	Plover Hill	680	2231	849752
14	Tarn Rigg Hill	678	2225	741916
15	The Calf	676	2218	667971
16	Lovely Seat	675	2215	879951
17	Calders	674	2211	671960
18=	Great Knoutberry Hill	672	2205	789872
18=	Rogan's Seat	672	2205	919031
20=	Dodd Fell Hill	668	2192	841846
20=	Fountains Fell	668	2192	864716
22	Little Fell	667	2185	808972
23	Nine Standards Rigg	662	2172	825061
24	Simon Fell	650	2133	755752
25	Yockenthwaite Moor	643	2110	909811
26	Fell Head	640	2100	649982
27	Yarlside	639	2097	686985
28	Gragareth	627	2057	688793
29=	Randygill Top	624	2047	687000
29=	Darnbrook Fell	624	2047	884728
31	Drumaldrace	614	2015	874867
32	Birks Fell	610	2001	919764
33	Calf Top	610	1999	664856
34	Sugar Loaf	609	1998	894768
35=	Green Bell	605	1985	698011
35=	Arant Haw	605	1985	662946
37	Little Whernside	604	1982	028776
38	Cosh Knott	602	1975	845784

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SUMMITS (SIMS in bold)				SUMMITS (SIMS in bold)			
day	in order of appearance	metres	grid ref	day	In order of appearance	metres	grid ref
1	Smearsett Scar	363	802678	10	Nine Standards Rigg	662	825061
1	Pot Scar	340	795680	10	Robert's Seat	549	871044
1	Moughton	427	787712	11	Water Crag	668	928046
1	Norber	402	762709	11	Rogan's Seat	672	919031
2	Lord's Seat	636	759749	11	Kisdon	499	899999
2	Simon Fell	650	755752	12	Apedale Head	550	999953
2	Ingleborough	723	741746	13	Pen Hill Beacon	526	051867
3	Wherside	736	739816	13	Harland Hill	535	028843
3	Ewes Top	400	705760	14	Little Wherside	604	028776
4	North End Scar	390	684765	14	Great Wherside	704	002739
4	Gragareth	627	688793	15	Simon's Seat	485	079598
4	Green Hill	626	701815	16	Halton Height	357	931553
4	Great Coum	687	701836	16	Embsay Crag	371	005551
4	Crag Hill	682	692833	16	Crookrise Crag Top	415	987559
5	Castle Knott	536	654843	16	Cracoe Fell	500	993589
5	Calf Top	609	664856	17	Tor Mere Top	617	971763
5	Combe Scar	460	677874	17	Buckden Pike	702	961788
6	Great Knoutberry Hill	672	789872	18	Yockenthwaite Moor	643	909811
6	Tarn Rigg Hill	678	741916	18	Deepdale Haw	608	893815
6	Knoutberry Haw	676	731919	18	Jeffrey Pot Scar	591	876831
7	Arant Haw	605	662946	18	Drumaldrace	614	874867
7	Fell Head	640	649982	18	Crag	511	898875
7	Bush Howe	620	659980	20	High Clint	535	876923
7	White Fell Head	640	652974	20	Lovely Seat	675	879951
7	The Calf	676	667971	20	Great Shunner Fell	716	849973
7	Bram Rigg Top	672	668965	21	Dodd Fell Hill	668	841846
7	Calders	674	671960	21	Cam West End	580	814824
7	Great Dummacks	663	679963	22	Pen y Ghent	694	838734
8	Yarlside	639	686985	22	Plover Hill	680	849752
8	Kensgriff	574	688993	22	High Greenfield Knott	599	837780
8	Randygill Top	624	687001	22	Cosh Knott	602	845784
8	Green Bell	605	702005	22	Horsehead	605	887780
8	Fell End Clouds	468	743006	22	Sugar Loaf	609	894768
8	Wild Boar Fell	708	760988	22	Moss Top	603	906761
8	Swarth Fell	681	756967	22	Birks Fell	610	919764
9	Sails	666	808966	22	Old Cote Moor Top	607	926748
9	Little Fell	667	808972	23	Darnbrook Fell	624	885728
9	Hugh Seat	689	809991	23	Fountains Fell	668	864716
9	Gregory Chapel	695	802002	23	Knowe Fell	593	866685
9	Hangingstone Scar	625	797995	24	Lee Gate High Mark	510	926679
9	High Seat	709	802012	24	New Close Knotts	350	911642
9	High Pike	642	803033	24	Grizedales	553	868644
10	Tailbridge Hill	547	804055	24	Rye Loaf Hill	547	864633

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SETTLE TO CLAPHAM

DAY 1		grid ref	distance miles	total day	height metres	total day
SETTLE	R	820 637				
Langcliffe	R	822 650	7/8	7/8	100	100
Upper Winskill		829 665	1 1/8	2	130	230
Catrigg Force		831 671	1/2	2 1/2		
Stainforth	R	822 674	1	3 1/2	20	250
Smearsett Scar		800 678	1 7/8	5 3/8	180	430
Pot Scar		795 678	3/8	5 3/4	20	450
Wharfe	R	783 697	1 5/8	7 3/8		
Moughton		787 712	1 1/2	8 7/8	250	700
Beggar's Stile		777 726	1 1/2	10 3/8		
Sulber Gate		775 732	3/8	10 3/4	30	730
Norber		763 710	1 1/2	12 1/4	60	790
descent		761 702	1/2	12 3/4		
stile		766 703	1/4	13		
boulder field		766 697	3/8	13 3/8		
Thwaite Lane		760 692	1/2	13 7/8		
CLAPHAM	R	745 695	1	14 7/8		790

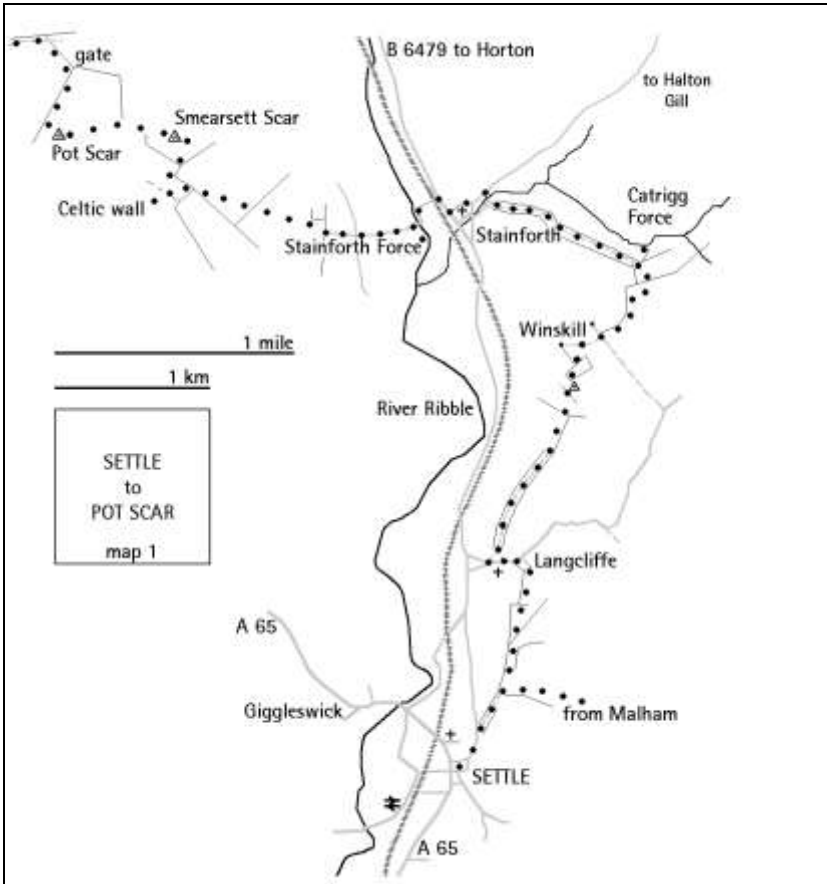
This is also the start of the Western Circular Route. From the left rear corner of the market square in SETTLE (820637), climb (NE) up Constitution Hill, a narrow lane with cottages. Follow the lane leftwards and, as the road levels out, turn right (NE) into a stony, walled lane. Climb steeply to the end of the lane and through the gate, keeping the wall closely on your left. Go on through a cross wall, (*ignoring the finger post (FP Malham) pointing up to the right*), thereafter passing into a gated walled green lane.

Keep the wall on your left until reaching a ladder stile, turn left (NNE) over the wall. Keep the adjoining wall just over to your left, climbing to a further gate to pass a plantation. Keeping the wall and plantation on your left, descend through two more gates to reach the road. Turn left down to the village of LANGCLIFFE (822650), to turn right at the FP (Stainforth) finger post by the school. (*Before doing so a short detour around the village green is worthwhile*).

The track winds to the right (N) (*ignore left turns*) and enters a walled lane. *Ignore a footpath on the left* but proceed (NNE) to the gate at the end of the lane. Thereafter keep along the right hand wall, to pass a few trees and on through a further gate. Follow the path uphill with Stainforth Scar ahead on your left. Over a broken wall, the path climbs through a small gate to pass a large cairn on your right.

A DALES FELLS HORSESHOE

Note the fine retrospective view of Ribblesdale. Enter a small pasture with clints, keeping to the left hand wall to turn left over a stile.



Aim well to the right (NNE) of Lower Winskill farm buildings seen ahead, to a stile, thereafter turning right (ENE) to follow the farm access road up to UPPER WINSKILL (829665). At the cattle grid, go straight ahead, (FP Pennine BW), keeping the wall on your left to reach a gateway leading into a walled lane. As the lane widens, keep the wall on your left, to reach and turn left (N) at a gate in the wall (FP Pennine BW), thereafter following the cart track downhill.

Note the fine view of Pen y Ghent ahead and Fountains Fell to the right. At the bottom left corner of the field turn left through the gate before immediately turning right through a small gate giving access down to CATRIGG FORCE (831671). A further small gate on the left gives access to the excellent lower reaches.

A DALES FELLS HORSESHOE

Return through the two gates to turn right (WNW) down Goat Scar Lane. Smearsett Scar dominates the view ahead, as the lane drops down steeply into STAINFORTH (822674). Keep the small village green on your left to go straight on over the stepping-stones. Turn left (SW) down the road, then first right, keeping the church closely on your left before turning right (NW) along the main road, to take the first lane on the left over the Settle-Carlisle railway bridge.

Follow the lane down to Stainforth Bridge (River Ribble), using the stile on the far left side for a short detour to inspect the spectacular Stainforth Force, 100 yards (SE) downstream. *Return to the bridge*, where turn left (W) along the lane to Little Stainforth, proceeding straight on at the crossroads. Continue through a facing gate at the farm, on an uphill cart track. When this divides, turn right over the stile, (FP Feizor). Follow the track uphill (WNW) beyond a stile over a cross wall to reach and turn left over the stile in another wall coming in to your left.

Ignore the obvious track to Feizor alongside the wall and go forward from the stile along a thin trod to negotiate a gate in the facing wire fence, thereafter climbing steeply up a low escarpment to reach and ponder over the function of the Celtic wall and to admire the Smearsett and Pot Scar ridge. Retrace your steps to the last stile, *but do not cross*. Instead turn left, keeping the wall closely on your right as it turns to the right (NE). Beyond a further ladder stile hidden in a kink of a facing cross-wall, keep the wall on your right to its highest point before leaving it to zigzag left up to the trig point on SMEARSETT SCAR (800678), from where the view to upper Ribblesdale is magnificent.

Continue (W) along the edge of the escarpment to another cairn before dropping down through a broken wall, thereafter climbing to the cairn on POT SCAR (795678). From the cairn, proceed to the nearby wall *but ignore the stile ahead*, instead turn right (N), to keep the wall on your left to the bottom of the pasture where turn left through a gate. Now bear half right (NW then W) keeping a wall on your right down to the stile/gate giving access to the lane from Feizor. Here turn right (N) through another gate, keeping the wall on your left downhill, shortly to turn left over a stile, (FP Wharfe) into a pasture.

Proceed (NW) beyond the gate in the bottom left of the pasture to take a gateway through the next wall. Thereafter cross three ladder stiles to a farm access road and stream. Here cross a stone step stile before bearing slightly right to cross a ladder stile succeeded by a bridge, a further ladder stile and another bridge, finally bearing right to a gap stile giving access to the road. Turn left (W) downhill to the sharp left hand bend, where go straight ahead (BW Crummack) to WHARFE (783697).

A DALES FELLS HORSESHOE

Follow the BW track into the village, bearing right, then left, then right, in quick succession, to pass (NW) Beacon Light cottage on your right. Thereafter *ignore the first access gate on your right*, where your path joins a walled lane, and, after passing two barns on your left, *also ignore a dilapidated step stile on the right*. Do take the next more substantial step stile alongside an access notice in the right hand wall, over which turn left keeping the wall on your left and on through a gateway, to steadily climb (N) up to the col seen ahead.

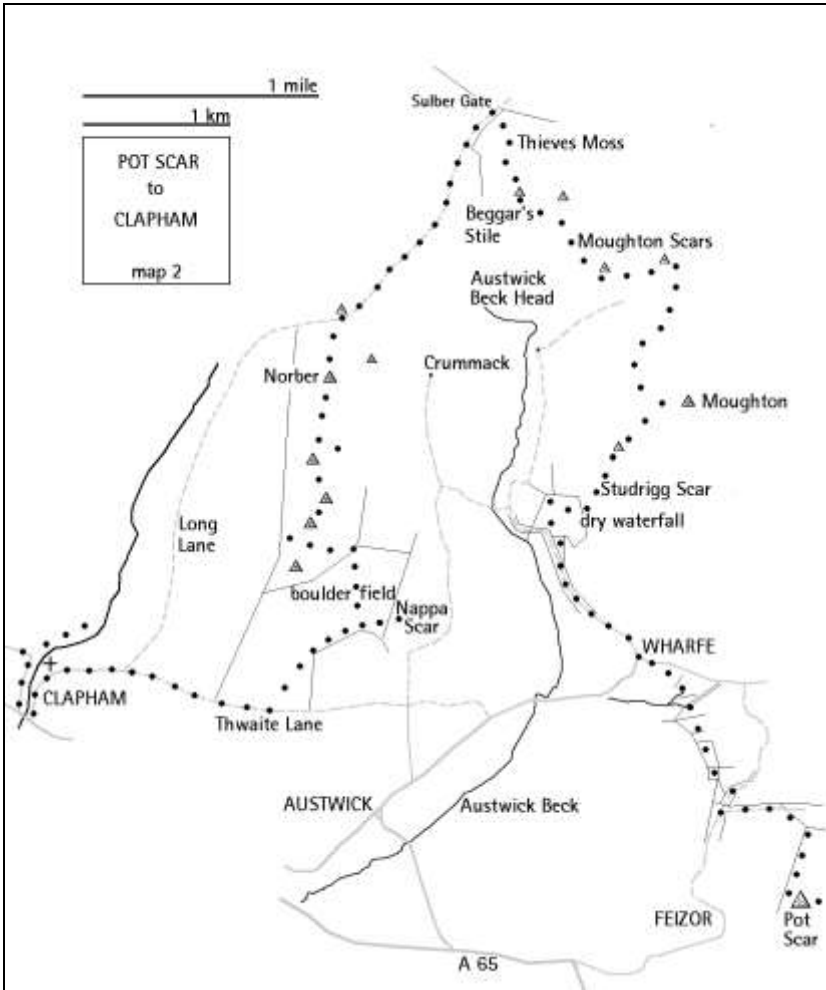
Through the col, *do not pass through the facing gate*, but turn right (ESE), to follow clockwise a thin path, leading to a scramble up the left side of a dry waterfall, reaching a ladder stile in the wall above. Over the stile turn leftwards to bear NE along indistinct paths to a cairn on the ridge in view ahead, from where aim towards the highest ground via a thin trod through low crags and heather, to reach the trig point and cairn on the summit of MOUGHTON (787712). There is an impressive view to Pen y Ghent.

From the summit there is a choice. EITHER bear NW in the direction of Ingleborough, past stone shooting butts for a rough passage, through the uniquely beautiful forest of juniper amongst limestone clints, OR to avoid the worst of the clints, retrace your steps to below the low crags, then contour clockwise down rough grass to gain a thin track trending NE, to reach a cairn west of the summit.

Either way you should then proceed NE, along the escarpment, crossing the path out of Crummack Dale to reach a prominent cairn on Capple Bank from where there is a magnificent view down the dale. Thereafter keep closely (W then NW) along the edge of the now superb escarpment, to reach the footpath at BEGGAR'S STILE (777726). Follow this broad rocky path half right (NNW) as it winds between clints towards Thieves Moss Here turn leftwards (NW) to climb up to a small gate just to the left of a prominent wall-end at SULBER GATE (775732). Through the gate, turn left (SW) to follow a good cart track.

Keep the wall on your left, but as the wall turns away, continue SSW along the track, then take the right fork (SW) when it divides at a small cairn. Keep straight on the broad green way, ignoring paths leading downhill to both right and left, to reach the prominent cairn on Long Scar, just off to the right of the track (at the point where it descends steeply rightwards towards Clapham). Pause to admire the wide prospect clockwise from Ingleborough to Simon Fell, Pen y Gent, Moughton, Smearsett Scar and Norber ahead.

A DALES FELLS HORSESHOE



From the cairn do not descend right into Clapdale, but go forward to take the not always distinct path (S), to the summit of Norber, a confusing place where there are several cairns at much the same height. The highest cairn on NORBER (763710) has a smaller companion, with splendid prospects of both Ingleborough and Pen y Gent. Continue (S) to the next cairn, then *ignoring the next cairn to your half left*, aim (SSW) to the next group of cairns (one prominent with smaller satellites), from where you should see an approaching wall.

A DALES FELLS HORSESHOE

Next aim (S) for the prominent cairn seen ahead at a lower level, but *well before reaching this cairn, turn left (761702), (E) down a grass slope* in the intervening hollow. Trend further left downhill to a ladder stile (766703), giving access to the Norber boulder field. Follow the path approximately S through the boulders, to join a distinct green track, keeping along this as it veers leftwards (E), descending to meet a facing gate in the wall ahead. *Ignore the gate, turning right to keep the wall on your left to reach a high step stile giving access to the geologically interesting Nappa Scars (766697).*

Follow the path (E) just beyond another wall to the base of the scars. Here note the exposure of the basement conglomerate of the Great Scar limestone, whose horizontal beds form an unconformity with the irregular shale beneath your feet.

Return the same way. Over the step stile, keep the same line from Nappa Scars (SW) along a distinct path avoiding a descent into the wall corner, but soon re-joining and keeping the wall on your left. Robin Proctor's Scar is an impressive feature up to your right. Go over a stile in a cross wall, keeping the wall on your left until, when it makes a sharp left turn, bear half left (SSW) to cross the pasture to a ladder stile giving access to Thwaite Lane (760692). Turn right (W) to follow the lane down under the tunnels, entering CLAPHAM (745695) by the church at the top end of the village.

A DALES FELLS HORSESHOE

CLAPHAM TO CHAPEL LE DALE

DAY 2		grid ref	distance miles	total day	height metres	total day
CLAPHAM	R	745 695				
Trow Gill		756 716	1 3/4	1 3/4	170	170
Gaping Gill		751 727	7/8	2 5/8	80	250
Lord's Seat		759 750	1 1/2	4 1/8	220	470
Simon Fell		755 752	3/8	4 1/2	20	490
Ingleborough		741 746	1	5 1/2	100	590
White Scar		725 740	1 1/2	7	10	600
Raven Scar		730 755	1 1/4	8 1/4		
Meregill Hole		740 757	5/8	8 7/8	10	610
Great Douk		747 770	1 1/4	10 1/8	30	640
CHAPEL LE DALE	R	742 777	3/4	10 7/8		640

In CLAPHAM (745695), proceed to the top (N) of the village, keeping the river on your right, to turn left and then immediately right into a farm entrance. Pay a small fee at the house before following the estate road up through Clapdale Wood, past the lake and on through a gate. Pass Ingleborough Cave on your left but, if time permits, a visit is well worthwhile.

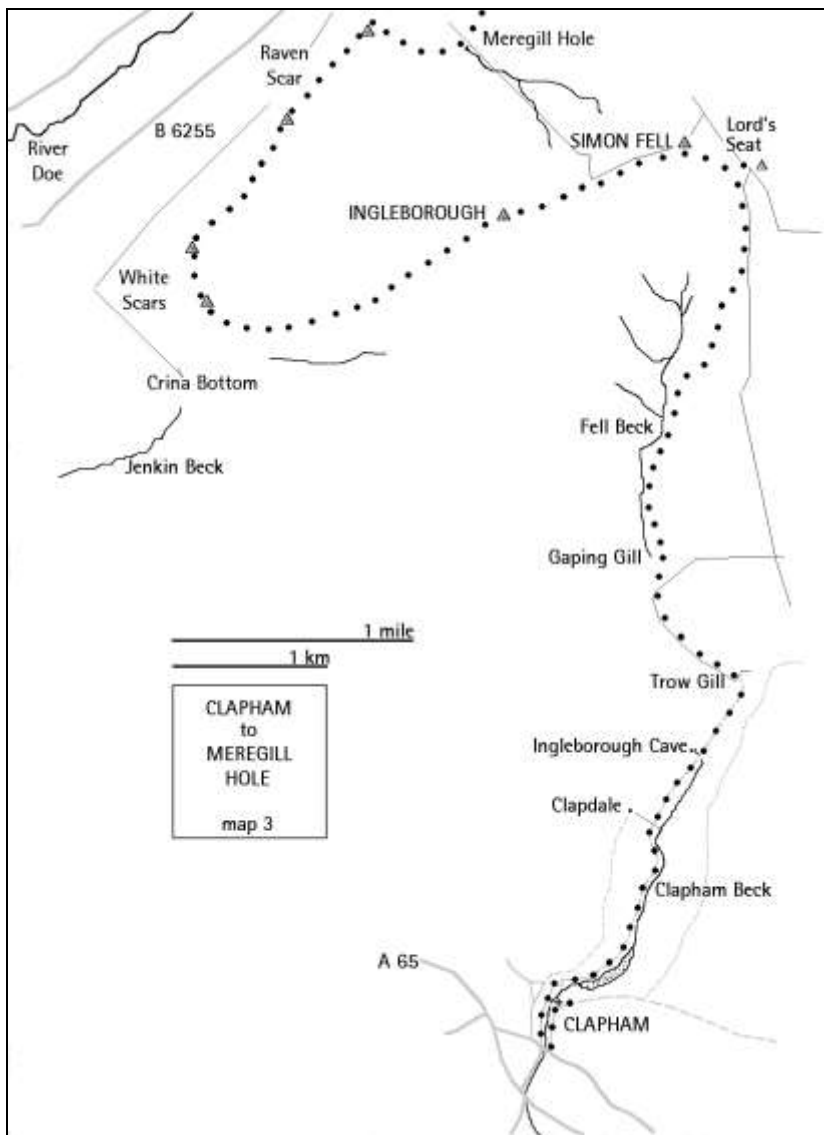
Soon afterwards the track swings left (NW) to go over a ladder stile/gate up into TROW GILL ravine (756716). At the top keep the wall on your left along the well-worn track *ignoring the first stile*, but turning left (NW) over the next double ladder stile to follow the path (NNW) towards GAPING GILL (751727).

After a cautious inspection, proceed upstream (N), with Fell Beck down on your left, towards Simon Fell. Initially keep along the bank on a sheep track but thereafter bear half right (NE) across marshy ground to gain the low grass ridge of Brunt Riggs. Follow a green tractor trail uphill (NNE) to reach the Three Peaks path at a double ladder stile in the wall on your right.

Do not cross the stile, but climb steeply uphill (N) with the wall on your right, ignoring dilapidated stiles on your right to eventually cross a broken stile at the T junction of walls ahead. Turn right (E) to reach the cairn on LORD'S SEAT (759750), a fine viewpoint for upper Ribblesdale. Retrace steps over the broken stile, then bearing half right (WNN) to the summit of SIMON FELL (755752) where there is a tiny cairn near to the wall running across the highest ground.

Turn left (WSW); keeping the wall on your right until, when it ends, ascend the well-worn track (WSW) to gain the edge of the summit plateau of Ingleborough. Initially go left to find a shelter at the end of the collapsed perimeter wall, for the excellent view towards Pen y Ghent.

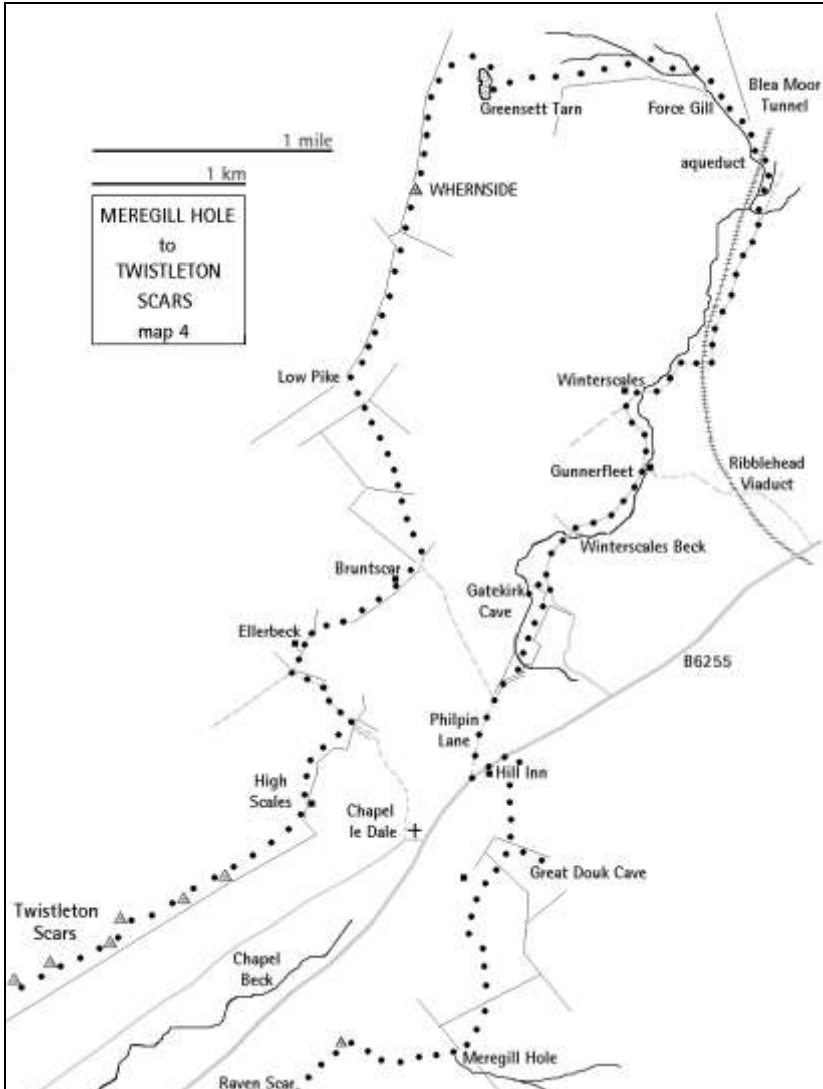
A DALES FELLS HORSESHOE



Retrace your steps to the main path and, for dramatic views, keep along the edge of the right hand escarpment, before trending left to the summit of INGLEBOROUGH (741746), noting the view indicator set into the top of the shelter.

A DALES FELLS HORSESHOE

The steep descent (WSW from the shelter) towards Crina Bottom starts behind the large summit cairn. Note that your next objective, White Scars, is down on your right but above the final drop down into Crina Bottom. Therefore when level with White Scars, traverse right (W) across to a prominent cairn (in fact a shooting butt), wherefrom carefully cross the pavement to a cairn, consisting partly of erratic sandstone boulders, on the high ground of WHITE SCARS (725740).



A DALES FELLS HORSESHOE

Now aim NNW, in the direction of Gragareth, where just beyond two prominent cairns, turn right (NE) along a grass track. Bear leftwards (NE) away from the track when it deteriorates into a thin trod (*the trod passes several further cairns, twisting easily between clints before drifting right (NNE) along Green Ridge then fading out on the approach to Meregill Hole*). However, traversing rougher ground along the edge of the escarpment gains a well-built cairn on RAVEN SCAR (730755).

Now trend a little right (NNE) to a prominent sheepfold, (Harry Hallam's Fold), wherefrom bear half right (E), towards a few small trees near to the cross wall where the stream descends from the col between Ingleborough and Simon Fell, thereby reaching MEREGILL HOLE (740757).

Following a careful inspection, go over a stile just behind the pothole. Bear half left (NE), keeping a wall on your left to reach the Three Peaks path to Ingleborough. Here turn left over the double stile/gate in the wall, soon passing Braithwaite Wife Hole on your right. Briefly bear right off the well-defined track to a cairn on Souther Scales Scar, thereafter dropping back down onto the track *but ignoring the BW down to Souther Scales*, forge ahead (NE) across a ladder stile/gate.

Immediately before the next ladder stile/gate, detour to your right along a track (ESE) to visit GREAT DOUK CAVE (747770), where a path leading into the base finds the stream making a brief resurgence as a waterfall. Returning to the main route, continue (N) over the ladder stile/gate, soon crossing a further ladder stile/gate to pass a limekiln on your right. Thereafter follow the track winding left to meet the road, here turning left downhill to reach the Hill Inn at CHAPEL LE DALE (742777).

A DALES FELLS HORSESHOE

CHAPEL LE DALE TO INGLETON

DAY 3	grid ref	distance miles	total day	height metres	total day
CHAPEL LE DALE	742 777				
Winterscales	754 802	2	2	20	20
Force Gill (aqueduct)	761 816	1 1/8	3 1/8	60	80
Greensett Tarn	744 823	1 1/4	4 3/8	220	300
ridge wall	741 823	1/8	4 1/2	110	410
Wherside	738 814	1/2	5	36	446
Low Pike	734 802	1	6		
Bruntscar	739 790	7/8	6 7/8		
Ellerbeck	731 785	1/2	7 3/8	30	476
walled lane Gill Head >R	735 779	1/2	7 7/8		
High Scales	731 775	3/8	8 1/4	30	506
Twistleton Scars	720 765	3/4	9	40	546
Ewes Top	706 761	1 1/8	10 1/8	20	566
Twistleton Scar End	700 755	5/8	10 3/4		
Beezley R	705 748	3/4	11 1/2		
INGLETON	695 735	1 1/2	13	30	596

From the Hill Inn, CHAPEL LE DALE (742777), go down the road (SW) for a short distance. Turn right (NNE) into Philpin Lane, a metalled farm road. Over the cattle grid, pass a house on your right. Continue over the next cattle grid, to pass Philpin farm on your left.

Follow the road as it turns sharply left, but just before a bridge, take a BW on your right (NE). This is a sunken lane on limestone pavement. Pass through a small gate in the left hand wall to enter a narrow pasture.

Continue forward (N) with a plantation on your left. Go through a facing gate in the wall on your right and then pass immediately through another gate. Cross the normally dry stream bed of Winterscales Beck.

Bear half right (NE) uphill to keep a wall on your right and through a small gate. Keep the wall on your left, downhill to a cattle grid on the Winterscales access road.

Here, turn left and keep the wall on your left for a short distance. Go left through a gate and cross the stream bed to a further gate. This gives access to Gatekirk Cave, from which a stream issues in charming surroundings.

A DALES FELLS HORSESHOE

Return to the cattle grid and turn left (N) along the metalled farm road. This is unenclosed and the verge gives excellent walking. Over the bridge, take the right fork (ENE) through a gate. The Ribblehead viaduct dominates the pleasant scenery of the broad valley floor.

Continue straight on (NE) to pass a barn on your left and go through two further gates to reach Gunnerfleet. (*A right turn here leads to the road at Ribblehead.*) Go straight on to pass through another gate just before a T junction. Turn right (NE) through the cattle grid/gate/stile to pass WINTERSCALES (754802) on your left.

Over the stone bridge, pass buildings on your right and continue, (N) straight on the track through a gate. The track soon swings to the right and through another gate guarding the tunnel under the railway. Turn left (N) keeping the Settle-Carlisle line on your left beyond Blea Moor signal box.

When the track divides rather indistinctly, take the left fork and soon ford Little Dale Beck. Follow a finger post to the aqueduct carrying FORCE GILL over the railway (761816). Over the aqueduct, ignore the finger post and cross the broken wall on your left.

Continue upstream (NNW) with Force Gill closely on your left, thereby enjoying the two fine waterfalls at close quarters. When above the second fall, cross over the gill to keep a wall nearby on your left. When the wall turns away leftwards, bear due W to reach the tranquil GREENSETT TARN (744823). Thereafter scramble up a steep grass slope to the ridge wall (741823).

Turn left (SSW) to follow the well-marked track to the summit of WHERNSIDE (738814). The cairn and trig point are on the opposite (west) side of the wall. The summit of Whernside is the highest elevation in the Yorkshire Dales at 2419 feet. The panorama is extensive and extends from Lakeland to York Minster!

From the summit, go forward downhill, still with the wall on your right, to cross a stile in a fence. Continue over LOW PIKE (734802), down a rough eroded path, a steep descent over sandstone blocks. Immediately after the descent, look over the escarpment on your left. Find and follow the well-worn path (SSE) to BRUNTSCAR (739790).

The path crosses two walls by ladder stiles, to reach the farm over a third ladder stile/gate. Turn right along the track, *ignore the left turn to the Hill Inn* and continue past Hodge Hole. On reaching ELLERBECK (731785), turn left (S) through the gate into the farmyard. Keep the house on your right and exit the yard through another gate.

A DALES FELLS HORSESHOE

Follow the metalled road to the cattle grid to find a finger post, (Chapel le Dale leftwards, Scar End straight on). Turn left (E then SE) along the unenclosed tarmac lane towards Chapel le Dale for 3/8 mile until, at a small group of trees where the lane becomes enclosed by the intake walls of GILL HEAD (735779) turn right. *That is, do not enter the walled lane* but follow faint tractor marks SW keeping the intake wall on your left.

The track passes an enclosed pothole entrance on your right, thereafter cutting across three indentations in the intake wall to pass HIGH SCALES (731775) in a copse over the wall. 100 yards beyond the farm buildings, leave the leftward swinging wall to continue forward (SW) up the green track. The latter passes two short wall shelters and leads to a ruin.

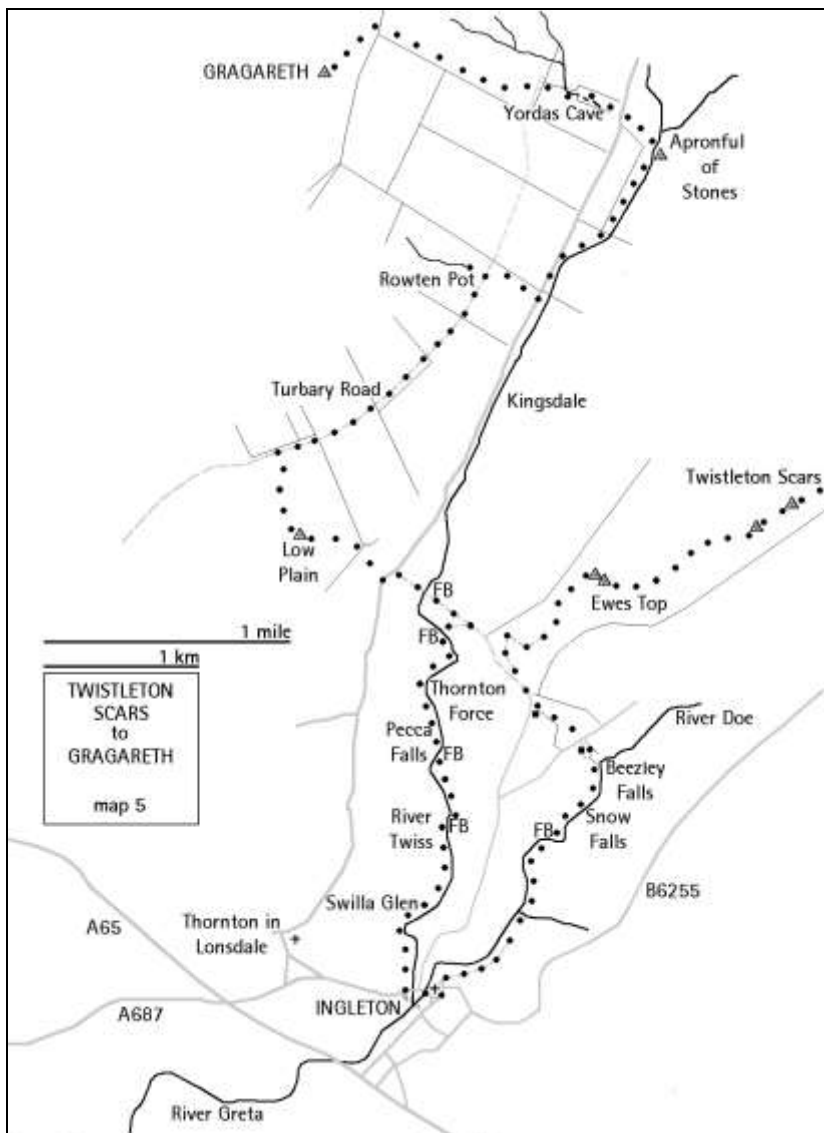
Thereafter there is but a scanty track towards a series of six cairns along the edge of TWISTLETON SCARS (720765). This is one of the best bits of the whole Horseshoe. The view across Chapel le Dale to Ingleborough is quite magnificent, especially from the second cairn perched on the scar edge. From the second cairn continue towards the third, passing on the way a large sheepfold, inexplicably missing from the OS map.

Take a look back from the third cairn, where the excellent circular sheepfold forms the foreground of a grand retrospective view to Whernside. The fourth cairn is nearby, on the edge of the scars giving another splendid prospect of Chapel le Dale. Continue WSW to the fifth cairn, a substantial pyramidal structure. Beyond the sixth cairn, a smaller affair, go half right (WSW) to reach a prominent limestone block.

From here, aim for the twin cairns perched on the clints of EWES TOP (706761), another fine viewpoint. Walk a few yards NW from these cairns to join a cart track. Turn left and follow the track (SW) down to Twistleton Scar End (700755). When the track makes a delightful zigzag, *ignore the stile in the wall ahead* and drop down onto Twistleton Lane.

Continue left (ESE) through a gate to reach Scar End farm. Go forward in the same direction, over two stiles alongside Twistleton Hall farm. Walk down the pasture to a gate, where cross the lane into BEEZLEY farm access road (705748). Turn right into the yard, passing the farmhouse closely on your right before turning left (SSE) through a gate.

A DALES FELLS HORSESHOE



Follow the Waterfalls Walk signs alongside Beezley and Snow Falls into the magnificent Twistleton Glen. The sadly urbanised path eventually crosses over a footbridge, through an old quarry and up through a wood. A kissing gate gives access to the metalled road leading into INGLETON (695735).

A DALES FELLS HORSESHOE

INGLETON TO BARBON

DAY 4		grid ref	distance miles	total day	height metres	total day
INGLETON	R	695 735				
Thornton Force		695 754	1 3/4	1 3/4	100	100
Twistleton Lane		697 757	3/8	2 1/8	60	160
Kingsdale	R	692 760	3/8	2 1/2	10	170
Cheese Press Stone		688 762	1/4	2 3/4		
Low Plain (cairn)		685 763	1/8	2 7/8	140	310
Turbary Road		687 768	3/8	3 1/4	5	315
Rowten Pot		699 780	1 1/8	4 3/8		
Yordas Cave	R	705 791	1 1/4	5 5/8		
ridge wall/ stile		691 795	1	6 5/8	322	637
Gragareth		688 793	1/4	6 7/8	5	642
ridge wall / stile		691 795	1/4	7 1/8		
Green Hill		702 815	1 1/2	8 5/8	30	672
Great Coum		701 835	1 1/4	9 7/8	83	755
escarpment		702 837	1/8	10		
Great Coum		701 835	1/8	10 1/8	20	775
Crag Hill		692 834	1/2	10 5/8	10	785
Ease Gill		690 817	1 1/2	12 1/8		
Easegill Kirk		662 801	1 3/4	13 7/8		
Bull Pot	R	662 814	3/4	14 5/8	56	841
Barbondale	R	656 828	1 1/8	15 3/4		
BARBON	R	630 825	1 3/4	17 1/2		841

From the church in INGLETON (695735), walk downhill (SW) to turn right (NW) over the two bridges. At the end of the far bridge, turn right into the Waterfalls Walk entrance and pay at the kiosk.

Keep the river on your right through Swilla Glen, to cross the Twiss over Manor Bridge. Continue with the river on your left until Pecca Bridge. Thereafter climb the steps, with the impressive Pecca Falls on your right, to reach the refreshment hut.

Follow the well-defined path to THORNTON FORCE (695754), where it is possible to scramble behind the waterfall. Climb the steps above the force to reach a delightful stretch where the river falls over a series of limestone slabs. Cross Raven Ray Bridge and follow the path up the pasture to reach a gate into TWISTLETON LANE (697757).

A DALES FELLS HORSESHOE

Turn left and follow the green lane (NW) down over a footbridge and through a gate, to meet the KINGSDALE road (692760). Turn left, up the road, soon to cross a ladder stile on your right. A thin path climbs steeply (NNW) uphill and over a further ladder stile in a cross wall. An excellent view of Kingsdale opens up on your right.

Continue forward over low escarpments of limestone. Turn left (W) when surmounting the upper scar to find the CHEESE PRESS STONE (688762). This is in fact two boulders perched on a gently rising escarpment. Follow (W) the edge of the escarpment to reach a prominent cairn on LOW PLAIN (685763). Note the cairn on Tow Scar over the valley on your left. The view extends from the Lake District in the NW, to Gragareth in the N and Ingleborough to the ESE. A green cart track winds through the valley on your left and bends right in front of you.

From the cairn, bear half right (N) to join this delightful track winding between limestone outcrops, in the general direction of Gragareth, to reach the TURBARY ROAD (687768). Turn right (ENE) along this well-defined cart track, with a wall on your left, to reach the first gate in a cross wall.

Thereafter the track is unenclosed. Pass through three more gates before reaching the impressive and dangerous ROWTEN POT on your right (699780). There is an evil slit just next to the track with the obvious main pothole just beyond. Before inspecting the main pot, detour left (W) for less than 100 metres to see where the stream sinks into Rowten Cave.

Do not pass through the gate just beyond Rowten Pot, but turn right (ESE) downhill, keeping the wall on your left over a small scar. There is a fine prospect of Kingsdale. Just before reaching the road, bear half right to a gate. Turn left (NNE) along the road for 200 metres before turning right over a ladder stile. Drop steeply down to the footbridge across the usually dry stream bed, but do not cross.

Instead turn left through a gap and follow the stream bed, keeping it closely on your right. Beyond a stone step stile in a cross wall, look out for The Apron full of Stones on the far side of the rocky bed. This ancient monument is worthy of inspection. Ponder for a few moments on the purpose of this ruin and also why modern man thought it necessary to deface it by the building of a modern wall. The ancient man has my full respect and admiration. He built his Apron full in my favourite dale.

A DALES FELLS HORSESHOE

Turn left (NW) away from the Apron full towards Yordas Wood, keeping a fence more or less on your left to regain the road over another stone step stile. Bear half right across the road to a gate giving access to Yordas Wood. Pass the first low scarp on your right to reach the wall at the base of the wood. Turn right alongside the wall and look out for the entrance to YORDAS CAVE (705791), now on your left. A former show cave, the entrance has a manmade stone arch.

Given reasonably dry conditions and a good torch, do not miss the delights of Yordas Cave. Walk forward to enter the cave entrance down steps. Pause for your eyes to accommodate to the darkness then proceed forward for 25 yards into the Great Hall. Turn right for a further 20 yards to reach a natural rock window. Through this a beautiful waterfall arches into a pool. Admire the fluted formations in the roof as you make your way back to daylight.

At the cave entrance, turn left up a low scar and follow the thin path up through the wood. Cross the usually dry stream bed and note the fenced pothole. This formerly engulfed the stream that now sinks a little higher.

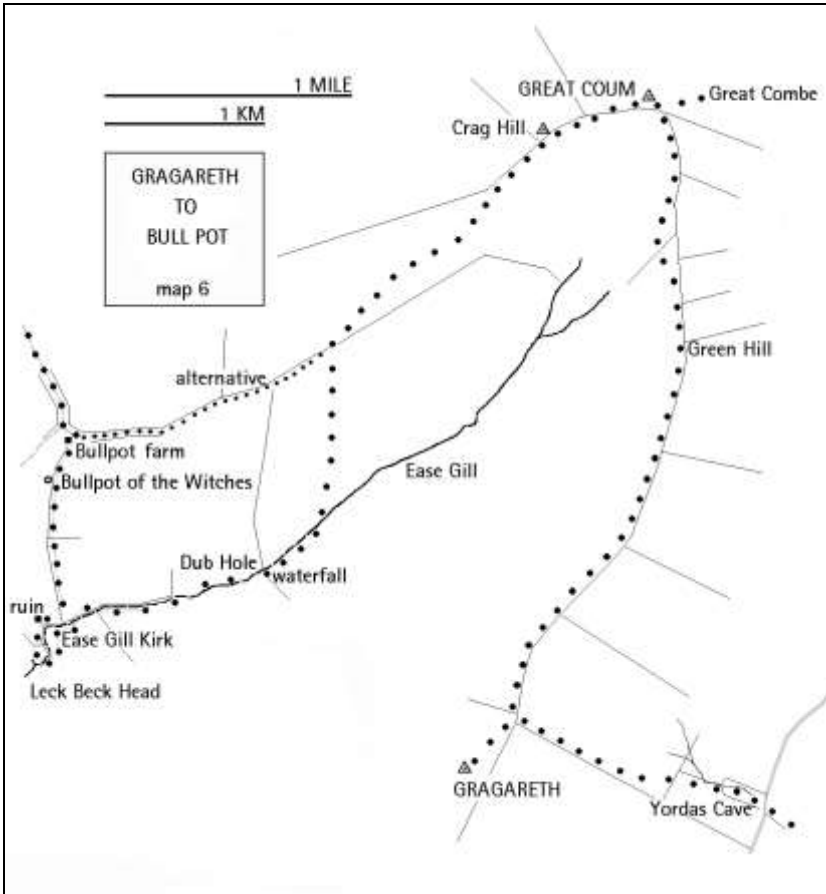
Cross the broken wall at the top of the wood and inspect the low waterfalls over the wall on your right. Here sandstone blocks succeed the limestone slabs. Wet peat lies ahead! Keep the wall never far away on your right and climb (WNW) uphill to go through the gate in the top right hand corner. Bear half left (W) along a faint path trending towards the wall that climbs steeply up the fell side.

Eventually keep this wall closely on your left to cross a ladder stile in the ridge wall (691795). Bear half left, (SW) along a distinct path to the trig point on GRAGARETH (688793). The view from the broad plateau is disappointing. Retrace your steps to the ladder stile, but do not cross. Instead turn left (N) over a step stile in the cross fence.

Thereafter keep the wall closely on your right (NNE) over GREEN HILL (702815). The panorama improves significantly as you proceed. In the col below Great Coum the track trends a little leftwards to pass through a cross wall via a hurdle/gate. Climb back to re-join the wall, next follow it (N) closely to the top of GREAT COUM (701835).

Easily climb the wall where a cross wall and stile come in on the far side. Use the stile over this cross wall to keep (NNE) the cross wall on your left, for 150 yards as far as a small cairn. Here bear half right (E) slightly downhill to reach the edge of the Great Combe (702837), a fine viewpoint for upper Dentdale.

A DALES FELLS HORSESHOE



Return to the cross wall and back over the stile to visit the summit cairn (701835), a fine viewpoint for lower Dentedale and beyond to the Howgills and Lakeland.

At first, continue (WSW) towards Crag Hill with the wall on your left. Several sections of broken wall are fortified by a non-barbed fence. Step easily over this to avoid the next cross wall. Keep the wall on your right (SW) until it ends just beyond the trig point over the wall. Again it is possible to step over the fence and thereby gain access to the summit of CRAG HILL (692834). Return over the fence.

Follow a green cart track (SW) downhill, with the fence more or less on your right, to reach a rock outcrop. Here follow the track (SW) as it turns away from the fence, eventually reaching a broken wall at a cairn.

A DALES FELLS HORSESHOE

For a shortcut to Bull Pot Farm (662814), turn right at the cairn and follow the wall (WSW) downhill. Keep the wall on your right and continue into a rough walled lane. Just before the house, go left through a kissing gate. Follow the track for a hundred yards, with the wall on your right, to a stile giving access to Bull Pot of the Witches. (See below)

However the shortcut misses the interesting features of Ease Gill. A visit to Cow Holes, Easegill Kirk and Leck Beck Head is well worth the extra effort involved. The main route crosses the broken wall at the cairn, to descend (SSW) over rough and pathless grass into EASE GILL (690817). Step easily over the wire fence and cross the usually dry streambed. Keep (SW) the streambed on your right, noting several entrances to potholes before reaching a wooden bridge over Ease Gill.

(In the unlikely event that the river is in full spate, it will be necessary to re-cross the fence and contour (WSW) to reach a fence/dilapidated wall. Here turn right with the fence on your left to reach a stile. Turn left (NW) over the fence/wall to follow a way marked path over soggy ground to reach and turn left (W) down the walled stony lane to Bull Pot Farm.)

Do not cross the bridge, but over a facing ladder stile turn right, to scramble carefully down a narrow path to the streambed at the entrance to Cow Holes, a miniature gorge with a waterfall and a pool. Continue (WSW) downstream, briefly crossing the stream bed but thereafter mainly keeping the bed on your right over a couple of wooden fences to reach a third wire fence straddling the gill. Here cross the streambed to go through a gate in the wall on the right bank. Turn left (WSW) to keep the wall and succeeding fence on your left. Ignore a path off to your right.

Eventually turn left over a step stile in the fence, thereafter keeping the fence closely on your right to scramble down and join a wall. Keep this on your right (*noting but not crossing a ladder stile*) to reach the upper part of EASEGILL KIRK (662801).

It is unsafe to proceed further downstream and you now have a choice. IN SUMMER, when seven feet high bracken will soon prevent your safe passage, you should retrace steps to the aforementioned stile, crossing to climb a narrow path up the steep grass slope to reach the path coming up alongside the wall from Leck Beck Head. Here, turn left downhill with the wall on your right, (or turn right to reach Bull Pot, omitting the interesting detour). Then over a ladder stile descend left, passing Hellot Scales barn on your right to beyond a broken wall where Leck Beck Head appears. Turn left at the foot of the slope to visit Easedale Kirk. (See below)

A DALES FELLS HORSESHOE

Only in seasons when bracken is brown and short should you cross the streambed, for an awkward scramble up a thin track slanting half left to reach a T-junction of paths on the rim of the Kirk. Here turn right down through the aforementioned bracken to reach a ruined sheepfold, where turn down right for a few yards and step over a wire fence. Leck Beck makes an appearance as you plunge steeply down the embankment to negotiate another older fence. Carefully cross the limestone slabs at the outlet of the Kirk.

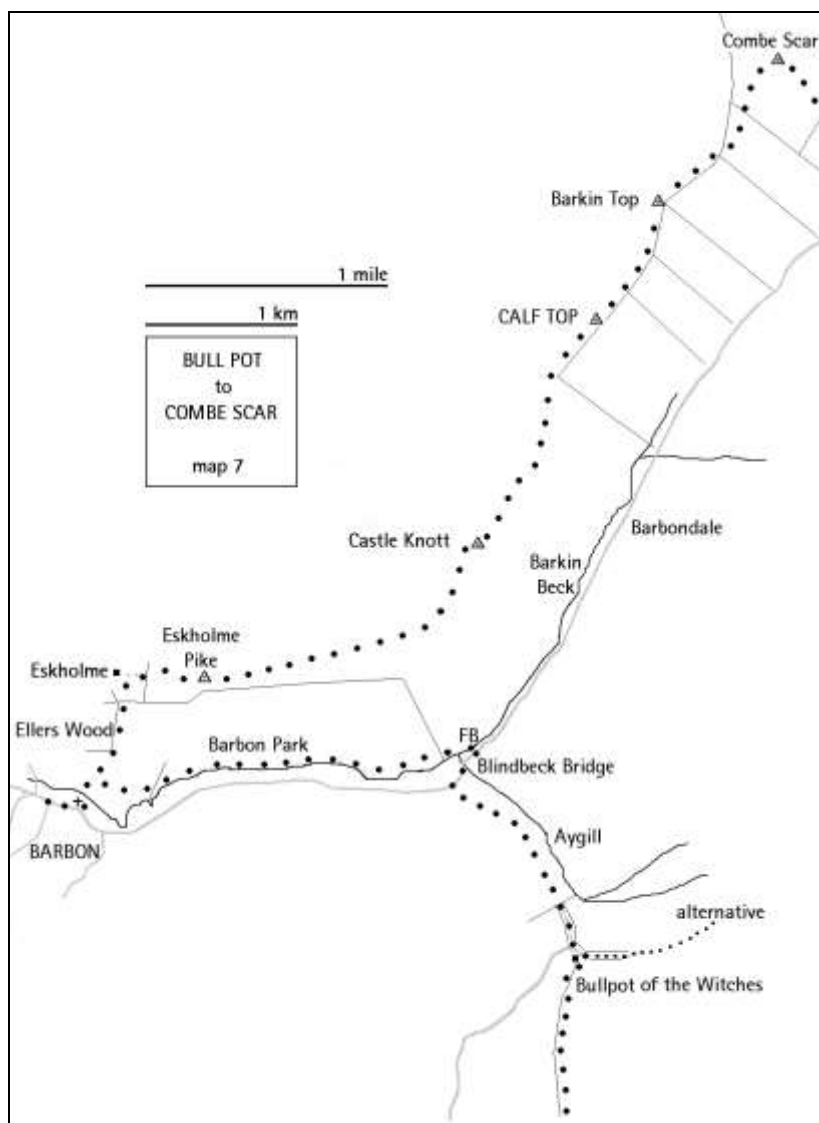
Climb up the far bank to look down onto Leck Beck Head, an impressive outpouring from a cave entrance. A thin path leads (NNE) up the crest on your right. Cross a broken wall and aim for the trees ahead. Keep the ruin of Hellot Scales barn on your left. Climb a ladder stile over the wall on the right. Easegill Kirk appears down on your right. Turn left, (N) away from it, thereafter keep the wall on your left.

Beyond a stile/gate in a cross wall, pass a ruined double lime kiln, soon to turn left over a stile to peer down into Bull Pot of the Witches. In May a delightful carpet, of primroses and purple spotted orchids, surrounds the pothole. Return over the stile and continue to BULL POT farm (662814). Through the kissing gate, turn left in front of the house to reach the road end. Here turn right (NNW) along the green lane until it ends at a gate, from where the track becomes unenclosed.

On reaching the BARBONDALE road (656828), turn right (NE) for 200 yards. Cross the FB and turn left (W) along the well-defined track, with the river on your left. Pass through a gate by a waterfall and sheepfold. The track enters a wood via a ladder stile/gate.

Continue downhill through the wood, amidst a carpet of bluebells in spring. Do not cross the bridge, but keep along the main track with the charming river down on your left. Leave the wood at a gate, where there is a notice of interest only to heifers. Join the tarmac access road from the manor and continue downhill. Bear left, (S) to cross the bridge leading to the church. Turn right along the road into the village of BARBON (630825).

A DALES FELLS HORSESHOE



A DALES FELLS HORSESHOE

BARBON TO COWDUB

DAY 5		grid ref	distance miles	total day	height metres	total day
BARBON	R	630 825				
Eskholme		633 833	5/8	5/8	25	25
Eskholme Pike		640 833	3/8	1	180	205
Castle Knott		656 843	1 1/4	2 1/4	238	443
col		659 845	1/4	2 1/2		
Calf Top		665 856	7/8	3 3/8	126	569
Comb Scar		677 875	1 1/4	4 5/8		
Barbondale Road	R	683 864	7/8	5 1/2		
Barbondale Road	R	679 862	1/4	5 3/4		
Flinter Gill		698 858	1 3/8	7 1/8	80	649
Dent	R	705 870	7/8	8		
Church Bridge	R	707 871	1/8	8 1/8		
Deepdale Beck		717 865	3/4	8 7/8	10	659
Mill Bridge	R	721 861	1/4	9 1/8	10	669
Tommy Bridge		725 863	3/8	9 1/2	10	679
Lenny's Leap FB		732 862	3/8	9 7/8		
road (Tub Hole)	R	732 861	1/8	10		
Clint		739 859	1/2	10 1/2	60	739
road (Birchen Tree)	R	742 864	1/4	10 3/4		
Nelly Bridge (Ibbeth Peril)		742 865	1/8	10 7/8		
Broadfield House drive	R	739 864	1/4	11 1/8		
Broadfield House		740 866	1/8	11 1/4	30	769
Spice Gill		749 868	1/2	11 3/4		
rear of roadside farm		752 869	1/4	12		
Dockra Bridge		756 873	3/8	12 3/8	25	794
Cowgill Church	R	756 869	1/8	12 1/2		
Ewegales Bridge	R	755 869	1/8	12 5/8		
Lea Yeat	R	761 868	1/4	12 7/8		
COW DUB	R	768 863	5/8	13 1/2	25	819

In BARBON (630825), return to the church and turn left (NNE) at the finger post, retracing your steps over the bridge. When the access road to Barbon Manor turns right uphill, continue straight ahead (NNE) across the pasture. Aim to the right of Ellers wood but do not enter.

A DALES FELLS HORSESHOE

Keep this bluebell wood on your left to pass through a gate in a cross wall. Continue forward towards ESKHOLME farm (633833), but just before reaching the buildings turn right (E) steeply uphill. Keep a ruined wall on your left and climb through a few mature trees to a metal farm gate.

Thereafter zigzag steeply uphill to reach the cairn on ESKHOLME PIKE (640833). The panorama is excellent and extends northwards from the Howgills over the Lakeland skyline to Morecambe Bay and the Bowland fells in the south. In the foreground the green expanse of the Lune valley takes pride of place.

From Eskholme Pike a thin but distinct track beckons you back to Yorkshire. Follow this (ENE) easily but somewhat boringly to the next cairn on Thorn Moor. From the cairn there is a good view to the right of Crag Hill, Great Coum, Gragareth and Ward Stone (summit of Bowland) over Casterton Fell.

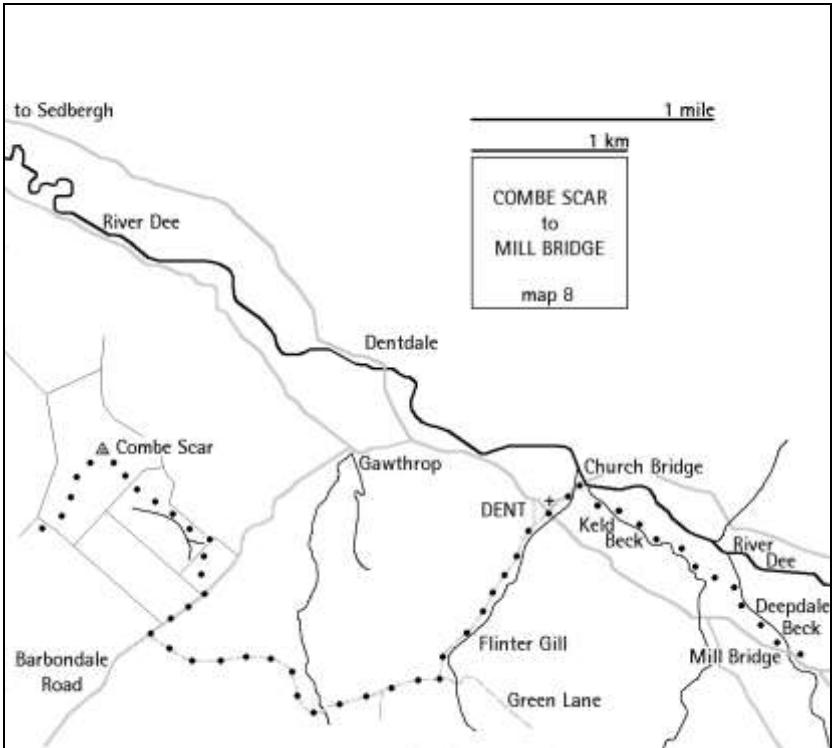
Continue the climb to CASTLE KNOTT (656843). The following day's objectives of Great Knoutberry Fell and Baugh Fell come into view. Drop down to the col before the final rise (NNE) to a small cairn at a wall corner. The wall, now fortified by a wire fence, should be kept on your right to the trig point on CALF TOP (665856).

Take a hurdle over the fence for a peep down into Barbondale. Return over the hurdle and continue (NE) with the wall/fence on your right. As you proceed, make sure that you count the cross walls coming in on the right. Barkin Top is alongside the third such cross wall. Continue NE downhill to the fourth cross wall. Thereafter the ridge wall is high and in good repair, with sheep wire along the top. Cross it with care, using the poles supporting the wire, to avoid damage.

Keep the ridge wall on your left, and then step easily over the fifth cross wall/fence. Find a grass cart track running down alongside the ridge wall, now barricaded with barbed wire. Follow the grass track (N) until the cairns appear over to your right, (*a permissive stile over the ridge wall at this point would be useful*).

Descend (E) to the cairns and then drop further down to more cairns on the edge of COMB SCAR (677875). Pause to admire a classic view of upper Dentdale. Turn right to keep the edge of the scar on your left. Aim SE in the general direction of Whernside and Great Coum, soon to rejoin the grass cart track.

A DALES FELLS HORSESHOE



Follow this pleasantly downhill to a gateway in a wall trending downhill from your right to your left. From the gateway, descend directly (ESE) to meet a lower wall coming in from your left. Here cross a small stream and continue with the wall on your left to reach a junction of walls.

Go left through a gap in the wall to join the right of way at a ladder stile. Over the stile bear half right (S). Contour around a limestone outcrop to reach the far corner of the pasture at a finger post and gate. Turn right (SW) along the BARBONDALE ROAD (683864) for 400 yards then turn left along the bridleway (679862) at the finger post (BW Dent).

As the track climbs gently, there are fine retrospective views of lower Dentdale and the Howgills. A substantial bridge crosses a beck. *Soon afterwards ignore Wideron Gate (a walled lane) on your right.* Turn left (N) at a finger post marked Flinter Gill (698858). The track descends through gates, keeping a wooded ravine on your right, to reach DENT (705870).

A DALES FELLS HORSESHOE

Turn right (E) but ignore the ginnel ahead to the church. Instead bear right along the cobbled street to view on your left the Adam Sedgewick memorial boulder. Here enter the churchyard, turning right at the church door and then left (NE) onto the road leading down to CHURCH BRIDGE (707871).

At the bridge, turn right (SE) through a gap stile (FP Mill Bridge) and down steps. Go over three stiles before using a small gate to turn left over a concrete bridge. Immediately turn right over a stile and walk along the embankment to keep Keld Beck on your right. *Ignore the footbridge.*

Pass through two gap stiles, *ignoring a ford and small stepping stones on your right.* Cross a step stile to keep closely alongside the beck until a footbridge/gate. Thereafter keep a hedge on your right to reach gateways either side of an end-on wall.

Ignore another concrete bridge over the beck and take the right hand gateway. Keep the wall on your left to reach the rear of Double Croft. Go through a gated gap on your right, in the corner between two gates, thereby passing the farmhouse closely on your left.

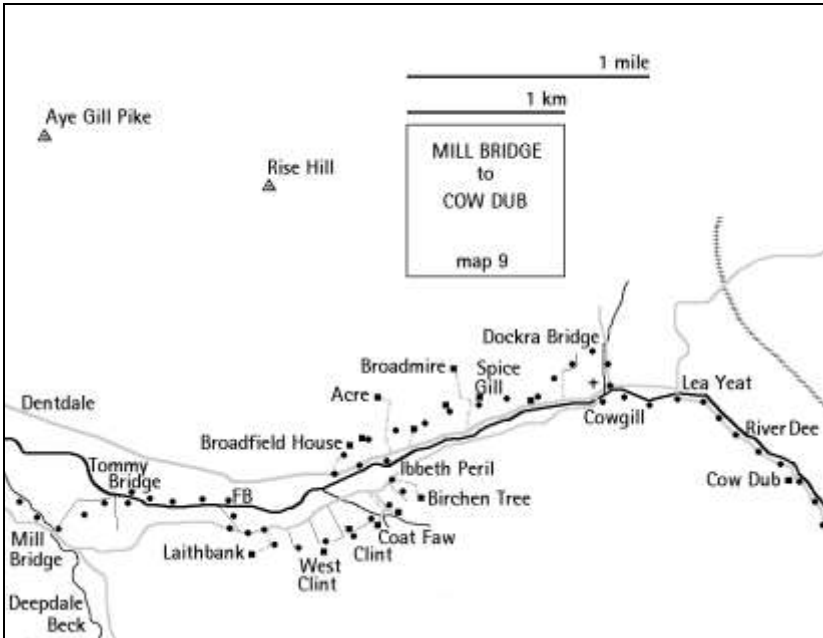
Through another gated gap stile, go straight across the farm access road and through a gate. Keep the wall on your right to reach DEEPDALE BECK (717865), where turn right through the gated gap stile. Keep Deepdale Beck on your left. Continue over three more stiles to turn left onto the road and over MILL BRIDGE (721861).

Immediately past Bridge End House farm entrance, turn left over the ladder stile. Keep the wall on your left, but when it turns away, bear right (ENE) to follow waymarks over the brow of the hill. There is another splendid view of the dale, with Whernside looming on your right and Great Knoutberry at the dale head. Continue to a finger post alongside a wall and trees. Keep the wall on your left to go down through a gap stile.

Continue with the River Dee on your left, to go (E) through a gate. Keep the wall on your left for a few yards to reach TOMMY BRIDGE (725863). Over the bridge, turn right and keep the beck on your right over four stiles. Thereafter turn right (S) over the bridge (732862) and go forward to keep Lenny's Leap, (a small limestone gorge amongst trees), on your immediate right.

Turn right over a stile and footbridge across the ravine. Continue (S) up the pasture to reach the lane (732861) through a gate. Turn left up the road (E), passing Tub Hole on your right. As the lane levels out, turn right into Low Laithe farm access, (FP Dales Way).

A DALES FELLS HORSESHOE



Go left (E) at a finger post to Clint where the track curves rightwards. Beyond a step stile/gate, bear half right around the barn and continue uphill to cross the footbridge over Stock Beck. Continue through a gap stile/gate with a fence on your right to join the Swarthwaite access road.

Maintain a level course between a barn on your left and the farmhouse on your right. Keep the fence on your right through another gap stile/small gate to join the West Clint access road. Pass through a gate, keeping the farm, a wall and a barn on your right.

Over a small plank bridge, turn right over a step stile to pass CLINT (739859) on your left. Follow a waymark (ENE) across the pasture to follow a wall on your left, with a limestone scar up to the right. Shortly before Coat Faw, turn left over a ladder stile. Bear right, aiming just to the left of the house, for the next ladder stile, where turn left into the farm access lane.

The lane leads across a bridge, past a barn on your right and turns left at the Hackergill Farm entrance. Within a few yards, turn right over a stile/gate. Continue across the meadow to negotiate a gated stone step stile by a solitary tree. Here leave the Dales Way and turn down left (NNW to meet the road at the BIRCHEN TREE farm entrance. There is a VR post box on your right (742864).

A DALES FELLS HORSESHOE

Go straight across the road and through a gate. Walk down the pasture to cross Nelly Bridge (742865) into a small car park. *Do not go onto the road.* Instead turn left (W) to find a path alongside a limestone gorge. Continue downstream to view IBBETH PERIL, an impressive waterfall when the Dee is in spate. Do not descend into the gorge. The path soon turns onto the narrow road, where turn left (WSW) towards Dent. Turn right (N) up the next farm access road (FP Cowgill).

Through the gate, bear right to pass BROADFIELD HOUSE (740866) on your left. Immediately follow a waymark to keep the first cottage at Blands closely on your right. Find a gated gap stile in the corner behind the cottage. Within a few yards turn right through a metal gate into a walled lane. Immediately turn left through another small gateway, thereby passing the second Blands cottage on your left.

Bear a little right, slightly downhill to pass through a gateway in the next cross wall. Keep the wall on your left (ENE) to reach a barn on the Acre farm access road. Go straight across, along a cart track over a wooden sleeper bridge, to pass another barn on your left. Continue across the pasture to find a stone step stile in the cross wall. Thereafter take a wooden stile over a fence to pass Hollins closely on your right.

Go straight ahead through a gateway, ignoring a decrepit footbridge to your left. Continue slightly uphill on a cart track to pass Allan Haw on your left. Through the next gateway, on the brow of the hill, bear half right down the Broadmire farm access, passing a small barn on your left. *When the access road turns down to the right*, go straight ahead through a gated gap stile to cross the gill on slabs.

Thereafter bear right, to keep Sikelands away on your left, dropping down through another gated gap stile. Continue down stone steps and over a slab bridge to turn right around a barn to a T-junction. Turn left and pass SPICE GILL farmhouse (749868) on your left.

Go through a gate towards two facing gates with a barn on your right. Take a gap to the left of the right hand gate. Continue across the pasture over a slab bridge and a gated gap stile. Cross a farm access track and keep the wall on your left to another gap stile. Thereafter aim (ESE) to the left of the roadside farm buildings.

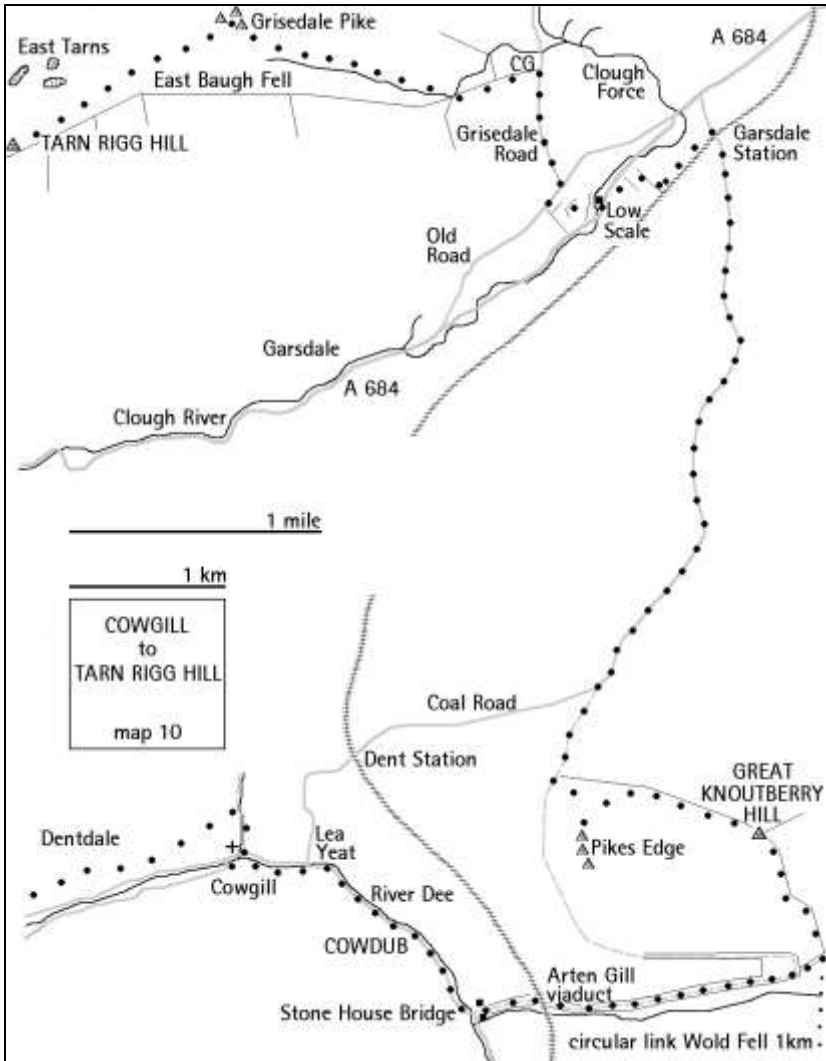
Do not enter the farmyard but find a gap stile and finger post in the wall corner. Bear half left (NNE), aiming to the left of a barn beyond the next wall. Find another gap stile in the wall corner just beyond another stone slab bridge.

Continue through a gateway, passing the aforementioned barn on your right, to reach a small metal gate. There is a fine prospect of the Artengill railway viaduct towards the dale head. Go straight across a farm access road, keeping the wall on your right to a hidden gated gap stile in the wall corner.

A DALES FELLS HORSESHOE

Bear half left across the final pasture to a gated gap stile found just to the left of the field gate. Turn right, cross DOCKRA BRIDGE (756873) and follow the lane (S) down to Cowgill. At the road junction, turn right (W) to pass COWGILL CHURCH (756869) on your right. Shortly afterwards, turn left over Ewegaes Bridge (755869) and immediately turn left (E) over a stile.

Keep the River Dee closely on your left, through a stone gap stile to reach Lea Yeat Bridge (761868). Do not cross, but continue along the road (E then SE) to reach the Sportsman Inn at COW DUB (768863).



A DALES FELLS HORSESHOE

COW DUB TO SEDBERGH

DAY 6		grid ref	distance miles	total day	height metres	total day
COW DUB	R	768 863				
Stone House Bridge	R	771 859	1/4	1/4	14	14
Artengill Moss		793 863	1 1/2	1 3/4	272	286
Gt. Knoutberry Hill		789 871	3/4	2 1/2	146	432
Coal Road	R	786 890	7/8	3 3/8		
Garsdale Station	R	788 918	2 3/8	5 3/4	42	474
High Scale		783 913	3/8	6 1/8	5	479
stile in wall		782 914	1/8	6 1/4		
Low Scale	R	780 913	1/8	6 3/8		
old road	R	777 913	1/8	6 1/2	30	509
Garsdale road end	R	778 914	1/8	6 5/8		
Riggs	R	776 922	1/2	7 1/8	30	539
Long Gill foot		771 920	1/4	7 3/8	25	564
Grizedale Pike		756 925	1 1/8	8 1/2	250	814
Tarn Rigg Hill		741 917	1 1/8	9 5/8	58	872
Knoutberry Haw		731 919	5/8	10 1/4	20	892
Dovecote Gill		692 918	2 1/2	12 3/4		
Garsdale Bridge	R	676 920	1 1/4	14	10	902
Straight Bridge	R	678 924	1/4	14 1/4		
SEDBERGH	R	657 921	1 1/2	15 3/4	20	922

From COW DUB (768863), walk up the road (SSE) to go across Stone House Bridge (771859). Go straight ahead (BW Arten Gill) up the tarmac lane (E) with the viaduct ahead. Beyond the cottages and a farm, go through a gate and keep straight on up a stony walled lane, to pass beneath the viaduct.

The track continues uphill, passing through three gates. As you climb, there are fine retrospective views of Arten Gill viaduct, Whernside, Great Coum and Calf Top. When the walled lane turns away leftwards, go through a facing gate in the right hand wall.

A DALES FELLS HORSESHOE

Those following the Western circular route should go forward through the facing gate and turn down rightwards with the wall on your right (that is along the Pennine Bridleway). Beyond the dip, climb alongside the wall; until it makes a distinct right upturn towards the summit of Wold Fell.

By now the path has developed into a rising green way on limestone grassland, and it is easier to follow this forward to its brow, from where make a short ascent to the right over grassy clints to the summit wall. It is not easy to decide on the highest point (probably beyond the summit wall), but there are splendid views of the Three Peaks and the Ribble valley with Pendle Hill in the distance. Over the wall there is a glimpse of the Lakeland skyline beyond Dentdale and the Howgill Fells.

Return to and continue along the green way, following it down through a gate in the wall descending from the summit, where it becomes a wide enclosed green lane. Beyond a further gate the track is bound only on the left and descends uneventfully to Newby Head Gate (790835). Turn left (E) along the road for a quarter of a mile to the Hawes to Ribbleshead road junction at Newby Head (795836). Turn right for a few metres only.

Cross the road to follow a track SE then SSE then E to join Jam Sike. Turn left (NE), upstream, following it as it turns E then SE to reach the wall at Gavel Gap (813812). Negotiate the wall to continue on a thin track (SE then E). Join a wall on your right, soon taking a gate through this wall. Here a walled lane gives access to the Cam High Road at Cold Keld Gate. Turn right (SE), thereafter consulting Day 21.

Those joining Day 6 on the Northern circular route from Wold Fell turn right (ENE) up the gently rising track, keeping alongside a wall on your left.

Continue the now gentle climb (ENE) with the wall on your left. As the ground levels out on ARTEN GILL MOSS (794863) there is a fine prospect of Wold Fell, Pen y Ghent, Cam Head, Dodd Fell and Wensleydale. On reaching a wall corner go left over the stile to climb with the wall now on your right.

The retrospective views include all Three Peaks and a distant view of Pendle Hill between Pen y Ghent and Ingleborough. Lovely Seat makes an appearance to the northeast. Keep the wall on your right to the summit of GREAT KNOUTBERRY HILL (789871). The wall shelter may be reached by stiles but you should return to the stone trig point.

Enjoy the excellent views to the Wensleydale and Wharfedale fells around to the Three Peaks and Dentdale. The Lakeland skyline, the Howgills and Baugh Fell take their turn before Wild Boar Fell and High Seat. Great Shunner, Rogan's Seat and Lovely Seat appear beyond Widdale Great Tarn.

A DALES FELLS HORSESHOE

This is indeed the most extensive panorama from any of the Dales fells. Beyond the trig point bear WNW. From the summit, a fence replaces the wall. Keep it on your right to enjoy the fine views down Dentdale, Garsdale and Mallerstang (the upper Eden valley).

During the descent it is worth a short detour left to a group of cairns on large plinths of grit stone. This is Pikes Edge, a magnificent view point. Return to the fence and descend to the bridleway. Turn right (NNE) into the walled green lane via a sheep pen and stone step stile. The lane eventually passes through a gate to meet the COAL ROAD (786890), where turn right (NE) towards Garsdale Head.

This is the longest section of road walking on the whole journey. Do not despair! There is an excellent verge, allowing fast, comfortable progress. What is more, the views down Garsdale and later towards Mallerstang and Grisedale are very good. The road is quiet and in June the flowers along the verge are a delight. At GARSDALE STATION (788918), pass under the railway bridge.

This is the start and end of the Northern Circular Route.

Opposite the railway cottages turn left (SW) through a gate (FP Low Scale). A green way bears slightly right then swings back left to keep a wall and the railway not far away on your left. Ford a stream and cross another using a bridge. Follow a finger post through a gate to reach High Scale (783913). Turn right (NW) downhill to a finger post *but do not go through the gate.*

Keep the wall on your left and a stream on your right. Soon turn left through a gated gap stile, across the pasture and straight on (SW) through a further gap stile. Over the crest of the field descend to a gate behind a barn and cross the road to LOW SCALE (780913).

Enter the farmyard at a finger post and leave it by the last gate on your left. Cross the bridge and turn left (S) through a field gate. Immediately turn right up the embankment. Aim between two trees (W), just to the right of a barn, to find a gap stile.

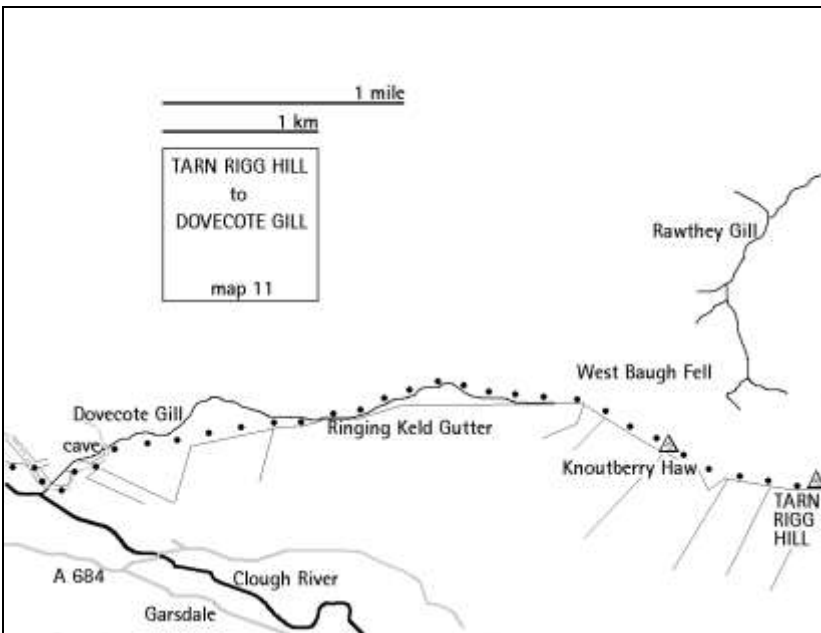
Continue uphill (WNW) with a wall on your left. Go through another stile, found just to the right of a stream in the top corner. Thereafter keep a stream gully on your right, to an idiosyncratic gate. Negotiate this with some difficulty. Turn right (NE) on to the road and over the cattle grid.

Soon turn left (NNW) into the road to GRISEDALE (778914), at a 'no through road' sign. There is a good view of Garsdale Head viaduct over to your right. Continue along the tarmac, the verge is not accommodating.

A DALES FELLS HORSESHOE

Immediately before the next cattle grid (776922), turn left (WSW) through rough heather. Keep a fence and a wall on your right, as the going improves. Reach a wet hollow at the foot of LONG GILL (771920). At this point cross the fence by a hurdle and use the broken wall to avoid wet feet.

Bear half right (WNW) away from the wall. (*In mist, keep the wall closely on your left all the way over Baugh Fell.*) Cross Long Gill and aim for a double gate in the fence ahead. Thereafter continue in the same direction up the tedious slope until the cairns on GRISEDALE PIKE (756925) come into sight. The full length retrospective view of Wensleydale makes the climb worthwhile. From the Pike, the northern end of the Howgills appears on the right horizon.

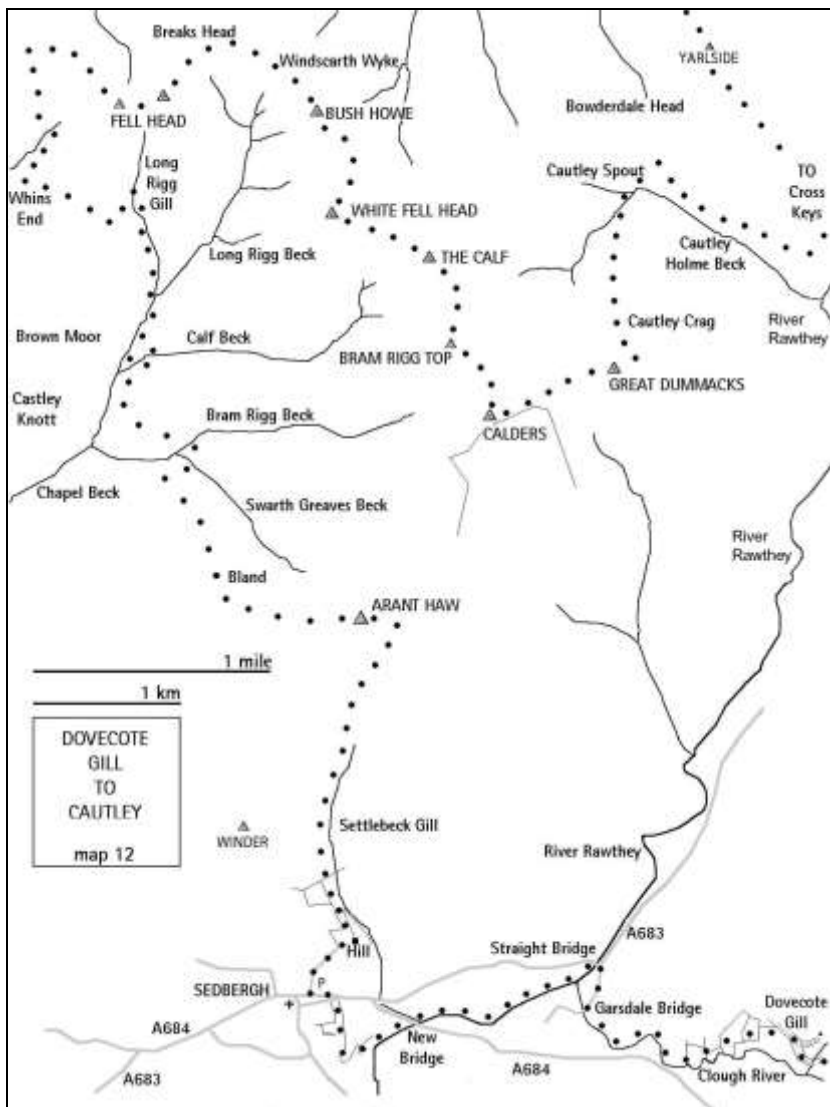


The gradient now eases and an intermittent track leads back (WSW) towards the ridge wall. Pass two cairns and East Tarns on the way. Keep the ridge wall closely on your left (WSW) over TARN RIGG HILL (741917), and beyond (WNW) to Knoutberry Haw (731919). The latter is another extensive viewpoint.

Descend (WNW) with the wall on your left to Ringing Kelds. Turn down, (W) keeping both Ringing Keld Gutter and the wall on your left. The view down to Sedburgh and the Howgills is very striking.

Eventually the wall swings away leftwards, to be replaced by a fence. At this point, cross the gutter and continue (WSW) with the fence on your left, until the fence itself swings away leftwards.

A DALES FELLS HORSESHOE



Now go straight forward (W) to meet GREAT DOVECOTE GILL (692918). Keep the stream down on your right to meet a cart track at a ford. Explore Dovecote cave below the ford, if time permits. Otherwise turn left (SW) on to the cart track. This becomes a delightful green way with a wall on your right. Turn right (W) through the first gate in the wall to continue down the now unenclosed track.

A DALES FELLS HORSESHOE

When another section of wall appears, ignore a ladder stile in the right corner and a step stile ahead. Instead keep on the grooved track as it winds down (S then W) through a gate and over a bridge. Thereafter it climbs (N) gently to a junction with the Dovecote farm access. Here turn left (W) over a ladder stile (FP Hallbank). Keep the fence on your right until it turns away.

Keep straight ahead across the pasture to go through a gated gap stile in the wall ahead. Negotiate two step stiles across fences. Thereafter keep a line of trees on your left (WSW) and cross the remnants of a wall. Drop downhill to a distinct path with the river on your left. Do not cross the footbridge to Hallbank, but keep Clough River closely on your left, over a series of stiles, to reach GARSDALE BRIDGE (676920). The charming river scenery provides a marked contrast with the desolation of Baugh Fell.

Do not cross the bridge, but turn right (N) along the narrow leafy lane to reach the main road. Turn left over STRAIGHT BRIDGE (678924) and left (SW) again through a stile at the far side. Keep the River Rawthey closely on your left and negotiate another series of stiles and footbridges.

At the pleasant double arch of New Bridge, go straight across the road to find a stile in a lay-by (FP Winder House). Keep the river closely on your left until, alongside a weir, keep along an embankment and turn right over a step stile.

The path bears left (SW) to a gap stile. Bear half right across a pasture to a further step stile. Continue uphill (W) to the top right hand corner. Take the right of two gap stiles to pass Winder House on your right. Walk straight on (N) through kissing gates to reach the Old Vicarage driveway.

Continue along this, passing football pitches on your left to reach SEDBERGH (657921). Cross the road and turn left into the main street. Joss Lane is on the right (car park and toilets).

A DALES FELLS HORSESHOE

SEDBURGH TO CAUTLEY

DAY 7		grid ref	distance miles	total day	height metres	total day
SEDBERGH	R	657 921				
Settlebeck Gill		660 928	5/8	5/8	100	100
Arant Haw		662 946	1 1/4	1 7/8	375	475
Bram Rigg Beck		650 957	1 3/8	3 1/4		
Bram Rigg		646 960	1/4	3 1/2	40	515
Calf Beck/Chapel Beck		646 964	3/8	3 7/8		
Brown Moor col	>R	645 974	7/8	4 3/4	175	690
Whins End		640 976	3/8	5 1/8	15	705
Linghaw col	>R	640 985	5/8	5 3/4	75	780
Fell Head		647 981	3/4	6 1/2	185	965
Breaks Head		654 985	3/8	6 7/8		
Windscarth Wyke		657 983	1/4	7 1/8		
Bush Howe		659 981	1/4	7 3/8	70	1035
White Fell Head		662 974	1/2	7 7/8	30	1065
The Calf		668 971	3/8	8 1/4	36	1101
Bram Rigg Top		668 965	3/8	8 5/8	30	1131
Calders		672 961	3/8	9	20	1151
Great Dummocks		680 964	5/8	9 5/8	10	1161
Cautley Spout		681 976	7/8	10 1/2		
River Rawthey		693 968	7/8	11 3/8		
CAUTLEY Cross Keys R		698 968	1/2	11 7/8	20	1181

In SEDBERGH (657921) walk up Joss Lane. It bends to the right (NE) and through a gate at the end. Bear half left along the track to pass Hill Farm on your right. Join a wall on your right to go through a gated gap stile (N) and over a step stile with an impressive dog gate.

Continue uphill with the wooded ravine of Settlebeck Gill closely on your right. Winder rises gracefully up to your left and you reach a metal kissing gate in the final intake wall (660928). Climb half left up a green track above the seats. The track soon zigzags back to the right and continues (N) as an excellent path overlooking Settlebeck Gill down in the ravine on your right.

There are fine retrospective views of Garsdale, Dentdale and Sedbergh. At times, trend to the right and follow the path along the edge of the ravine. As you climb, Arant Haw appears ahead. Behind, the Bowland fells rise to the left of Morecambe Bay. Arnside Knott and the Kent estuary come into view to the right of Winder.

A DALES FELLS HORSESHOE

Turn right on reaching the broad track. Enjoy this fine promenade (NNE) with views of Swarth Fell and Wild Boar Fell over on the right beyond the sprawling mass of Baugh Fell. Great Shunner Fell appears in the far distance to the left of Baugh Fell. The Three Peaks are also prominent. Calder's comes into view ahead, on the brow of the hill. Turn left here, to find a faint path climbing gently (W) to the top of ARANT HAW (662946). A fine prospect of the Howgill ridge opens to the north, with the Lakeland skyline over in the west.

From the small summit cairn, note your impending descent down the ridge of Bland, seen curving away to the right. The Lune Gorge is very impressive with Eskholme Pike far away to the south. The thin path continues (W) down from Arant Haw and becomes tractor marks before fading out on Bland. Bear right (NW) to follow the broad ridge down a steep but easy grass slope, aiming NNW for Fell Head.

At the foot of the slope, turn right (NE) along the cart track to ford Swarth Greaves Beck. Pass a sheep fold on your left and ford BRAM RIGG BECK (650957). Continue (WNW) uphill on the cart track, take the left fork (NW) and continue onto the brow of Bram Rigg (650957), where the tractor marks fade.

Continue forward (N) on sheep tracks through the bracken and descend over steep ground to ford Calf Beck. Turn left, keeping Calf Beck on your left (SW) down to the confluence with CHAPEL BECK (646964). At the confluence turn right upstream (NNE) to keep Chapel Beck on your left.

Follow a cart track to ford Chapel Beck. Thereafter keep it on your right until the foot of Long Rigg Gill. Forsake the tractor marks and turn left (NNW) alongside Long Rigg Gill. It is necessary to hop from one side to another as you follow a faint track up the ravine. When the ravine broadens and bends to the right, look out for an undistinguished small cairn, built quickly by the author on 7th July 1996. Improvements are welcome!

Here, double back up to your left (SW) along an excellent sheep track, rising to the col on BROWN MOOR (645974). On reaching the skyline, the sheep track turns right (WNW) in the direction of Whins End. It contours perfectly through heather and then bracken to reach the excellent grass footpath seen ahead. Who said sheep were stupid?

Join the rising footpath (WNW) to Whins End (640976). It is possible to reach Fell Head from here by a stiff climb to the acute right (ENE). For a more enjoyable walk continue along the excellent path suitable for carpet slippers. This contours to the right (NE), crossing Blind Gill before rising (WNW then N) to LINGHAW COL (640985). Admire the view of Low Gill viaduct and the Lune valley.

A DALES FELLS HORSESHOE

Turn right (E then SE) for the final pull over Blake Ridge to Fell Head. As you climb, there is an impressive retrospective view. It is possible to identify many Lakeland fells from Black Combe in the south to Blencathra in the north. Over to your distant left the Cross Fell ridge is prominent. From the first cairn admire the view down the Lune valley.

Proceed (ENE) to the second and higher cairn on FELL HEAD (647981), where the view to the remainder of the Howgills is magnificent. The overall panorama is also excellent from Bowland to Morecambe Bay, Lakeland, Cross Fell, High Seat, Wild Boar and the Three Peaks.

Continue along the splendid high level traverse (NE) to BREAKS HEAD (654985). From here the whale back ridges of the northern Howgills are impressive.

Curve down the distinct path (SE) to Windscarth Wyke for another splendid prospect of the Lune valley, before the stiff pull onto BUSH HOWE (659981). Continue along the path and when it divides take the right fork (S). As you reach the brow of White Fell Head, look back to your right to see the Horse of Busha. This is a natural erosive feature on the fell side. Real wild horses are in fact a common sight on the Howgills.

The top of WHITE FELL HEAD (662974) is a flat expanse of grass. Keeping a small tarn on your immediate right, your thin path meets the well-defined track coming from Castley to Bowderdale. Continue forward along the edge, then follow the grass path as it swings left (ESE) towards the gleaming white trig point on THE CALF (668971). The flat foreground in most directions tends to spoil the extensive view. In addition to those summits seen from Fell Head, there is a surprising glimpse of Wensleydale to Pen Hill, seen to the right of Baugh Fell.

From the trig point, continue SSE along the broad path to the Bram Rigg Top col. From the col, bear half right (S) up a lush grass slope. There is no path and only a meagre cairn of less than ten stones marks the featureless summit of BRAM RIGG TOP (668965). At least you can say you've been there.

Aim SE for the col between Bram Rigg Top and Calders. Rejoin the broad path for the short stroll (S) to the summit cairn of CALDERS (672961). There is another fine view of Dentdale and Garsdale from the fence just beyond the cairn. Here, turn left (NE) to keep the fence alongside on your right. Turn half right (ENE) with the fence but leave it when it turns more sharply right downhill.

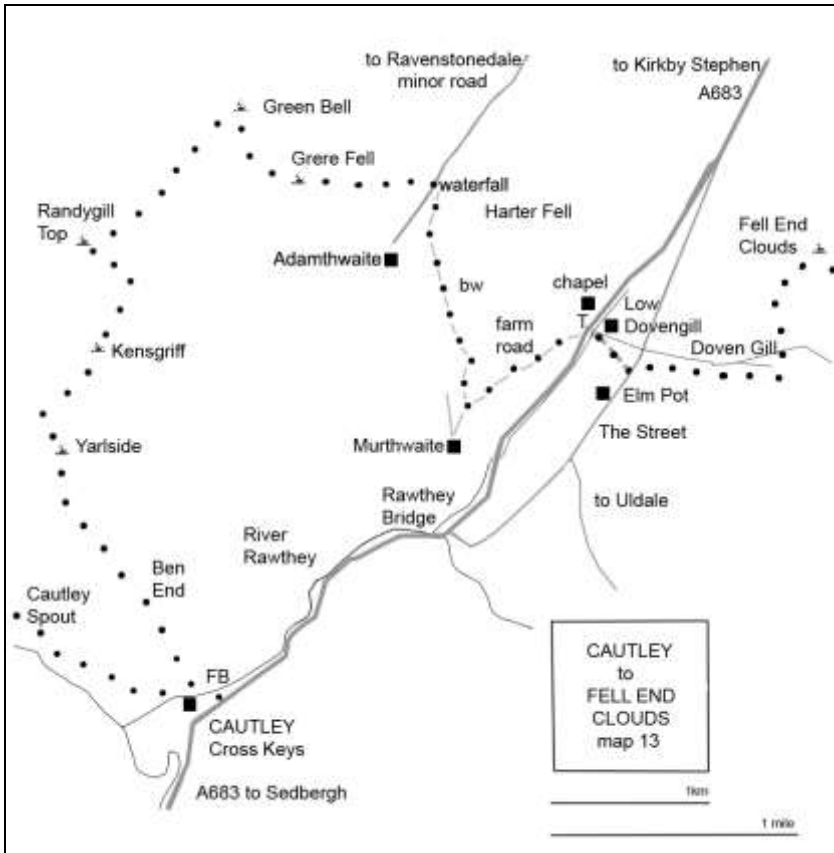
At this point go forward (ENE) to find a faint path over the summit of GREAT DUMMACKS (680964). You may be unaware of the highest ground but hopefully more aware of your arrival at the rim of Cautley Craggs. The view of Bowderdale, Yarlside and Cautley is one of the finest in the walk, indeed in the whole of England.

A DALES FELLS HORSESHOE

Turn left (N) keeping to the path, often little more than a sheep track, down the rim of the crags. Ford Red Gill Beck, then turn right down an eroded path to ford Swere Gill. Thereafter, contour (NE) along the thin path towards Bowderdale Head. *A direct descent alongside CAUTLEY SPOUT (681976) is dangerous under wet or icy conditions.*

Join the path from Bowderdale and turn right (SE) down the zigzags, from where Cautley Spout and the crags look most impressive. The path becomes a broad green way, leading down to the River Rawthey. Walk upstream (ENE) with the River Rawthey on your right, before turning right over a footbridge and up steps to the A683 road at CAUTLEY Cross Keys (698968).

A waiting car or taxi is a good option here as the bus service is hopeless and the best chance of accommodation is towards or in Sedbergh.



A DALES FELLS HORSESHOE

CAUTLEY TO GARSDALE HEAD

DAY 8	gridref	distance miles	total day	height metres	total day
CAUTLEY Cross Key's R	698 968				
Yarlside	686 985	1 1/4	1 1/4	459	459
Kensgriff	688 993	1/2	1 3/4	74	533
Randygill Top	687 000	5/8	2 3/8	124	657
Green Bell	698 011	7/8	3 1/4	55	712
Grere Fell	702 005	1/2	3 3/4	15	727
Adamthwaite BW R	711 002	5/8	4 3/8		727
Murthwaite farm track	715 989	1	5 3/8		727
A683 Fell End chapel R	724 994	3/4	6 1/8		727
The Street at Fell End R	727 991	1/4	6 3/8	40	767
Doven Gill ford	735 991	1/2	6 7/8	80	847
Fell End Clouds	738 998	1/2	7 3/8	77	924
Clouds Gill	742 992	1/2	7 7/8		924
twin cairns	752 985	3/4	8 5/8	270	1194
Wild Boar Fell	758 988	1/2	9 1/8	10	1204
The Nab	762 992	1/2	9 5/8		1204
High White Scar (cairns)	762 984	1/2	10 1/8	10	1214
Aisgill Head (col)	753 974	1	11 1/8		1214
Swarth Fell	755 966	1/2	11 5/8	62	1276
Swarth Fell Pike	762 957	7/8	12 1/2	15	1291
Turner Hill	783 938	2	14 1/2		1291
South Lunds Pasture	783 935	1/4	14 3/4		1291
GARSDALE HEAD at South Lunds R	792 935	3/4	15 1/2		1291

From CAUTLEY (698968), descend the steps from the roadside parking at Cross Keys. Cross the footbridge and follow the short path half left to meet and turn left onto a bridleway. *Forsake this immediately* by turning right up the grassy slopes of Ben End. Proceed up the broad ridge (NW), enjoying the view of Cautley Crags and Cautley Spout.

Beyond Ben End the broad ridge trends half left (WNW) to reach the subsidiary summit where turn half right (NW) to follow the ridge to the summit of YARLSIDE (686985).

The Calf restricts the view to the southwest but is extensive in other directions, from the Lakeland skyline and around to Cross Fell to the north. Wild Boar Fell and Baugh Fell are prominent nearby to the east, followed to the southeast by the Three Peaks seen beyond Garsdale.

A DALES FELLS HORSESHOE

From the summit, *do not aim directly (N) towards Kensgriff because of crags and steep rough ground in that direction.* Instead proceed NW for 300 metres along the descending ridge to Bowderdale before turning right to descend (ENE then E) a steep grassy slope, *keeping above the steep sided Little Randygill Beck*, to reach the saddle between Yarlside and Kensgriff.

On reaching the saddle turn left (NNE) up a thin path to tackle the steep slope to the summit of KENSGRIFF (688993), from where continue NE for some 500 metres along a quad bike track to the peat hags at the watershed between Great Randy Gill and Stockless Gill. From here, turn up to your left (NW) to ascend the steep but uneventful slopes of RANDYGILL TOP (687000).

The far reaching view from the cairn of the summit includes similar tops to those described in the view from Yarlside. There is an excellent view of Weasdale as you continue (NE) along the easy northeast ridge beyond the minor rise of Stockless. Underfoot the way is now distinct. *Leave the track when it veers left*, to go forward to reach the trig point on GREEN BELL (698011).

It is now worth using your compass until reaching the lane to Adamthwaite. Leave the trig point on Green Bell by descending SW for 100 metres then due south for a further 200 metres, *making certain that you avoid descending into the ravine of Spengill.* Keep its ravine down to your right and trend anticlockwise (SE then E) onto the broad top, marked by a solitary stone, of GREERE FELL (702005).

Continue (E) across the summit then a little rightwards (ESE) to the low col between Greere Fell and Adamthwaite Bank. From the col, resume a due easterly descent across the south eastern slopes of Adamthwaite Bank, *from where aim just to the left of a prominent gully and small waterfall seen beyond on the lower slopes of Harter Fell.* With luck you will meet and cross the lane serving ADAMTHWAITE (711002), some 500 metres northeast of the farm and perhaps 200 metres below the brow of the lane, to find a bridleway.

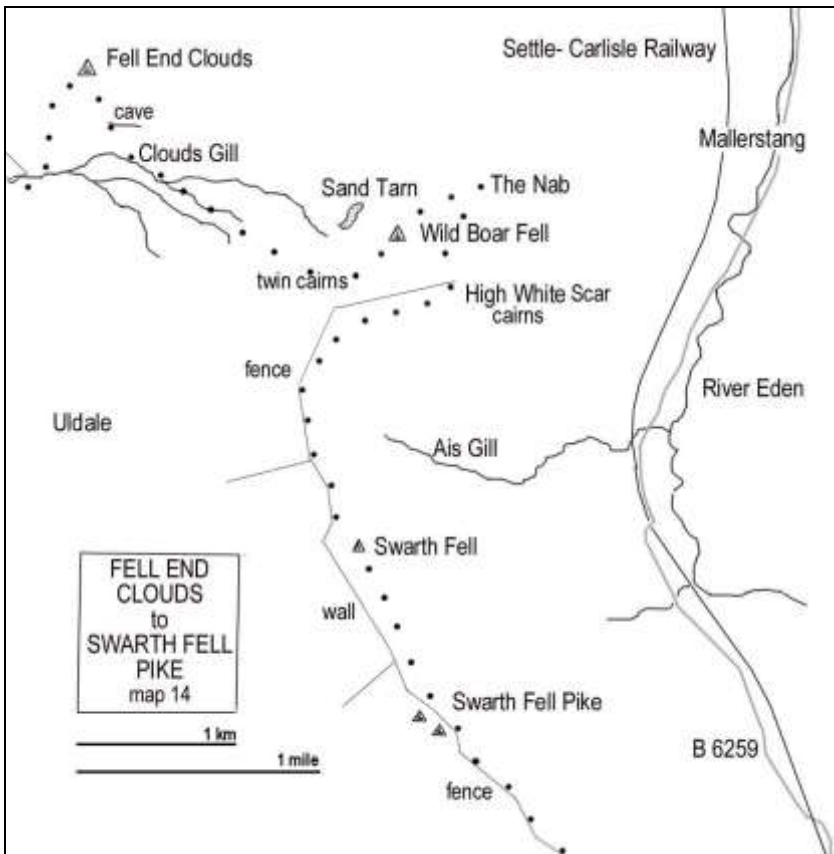
Follow the bridleway as it contours (initially SSW) the lower slopes of Harter Fell before descending gradually (SSW). *Avoid any right forks down towards Murthwaite*, aiming to join its farm road some 200 metres above and to the north east of the farm buildings. Turn left along the farm track (NE) and follow it to the A683 at FELL END Wesleyan Chapel (724994), where there is also a defunct telephone box.

Go straight across the main road into a byway, initially serving as Low Dovengill farm access. Continue up the byway past the left turn to Low Dovengill. At the top of the byway, go straight across the lane (The Street) into a boulder field, and follow a green cart track up through the boulders (in fact limestone clints). When the intake wall on your left turns down to cross Doven Gill, work your way down to ford the often dry beck, thereafter climbing straight up the slope ahead towards a prominent isolated tree.

A DALES FELLS HORSESHOE

Continue beyond old workings to gain the highest of several cairns on FELL END CLOUDS (738998), from where enjoy the views of the Rawthey valley before bearing SSE, passing a cave capturing a stream in a shake hole, to reach Clouds Gill. Follow this upward, a tedious climb and damp underfoot, relieved by good retrospective views of the Cautley area.

Aim towards the middle of the flat grassy escarpment ahead to reach two prominent adjacent cairns. Here note the excellent prospect of the Rawthey valley and, beyond the Howgills, to the distant Lakeland skyline. Thereafter head NE along the summit turf to reach the trig point of WILD BOAR FELL (758988) set amidst a stone shelter.



Continue forward (ENE), now on a clear path affording views of the upper Lune and d Eden valleys with Cross Fell beyond, to the prominent tumulus on THE NAB (762992). Here the ground suddenly falls away at your feet, giving a superb view into Mallerstang and across to High Seat, the highlight of the day.

A DALES FELLS HORSESHOE

Turn R (S) to follow the escarpment to the line of cairns on High White Scar (762985). Beyond the stile over the adjacent fence, follow a thin track half rightwards (WSW then SW) around the headwaters of Aisgill to join the fence dropping steeply (S) to Aisgill Head (753974).

Here negotiate a boggy section before climbing steeply, now with a wall to your right, to the brow before trending leftwards to reach the summit cairn, seat and shelter of SWARTH FELL (756966). Here note the fine retrospective view towards Wild Boar.

From the cairn continue SSE along a thin trod, keeping the wall and ensuing fence some 150metres over to your right. Beyond the col the path trends back towards the fence to find, on the far side, the twin cairns of SWARTH FELL PIKE (762957).

Beyond the Pike, from where the extensive view includes High Seat, Great Shunner, Wensleydale, Ingleborough and Whernside, expect wetness underfoot for a couple of miles. Follow the fence SE, keeping it on your right for a mile down The Tongue until, just before the fence takes a right hand dogleg to avoid The Hags, cross over by a stile.

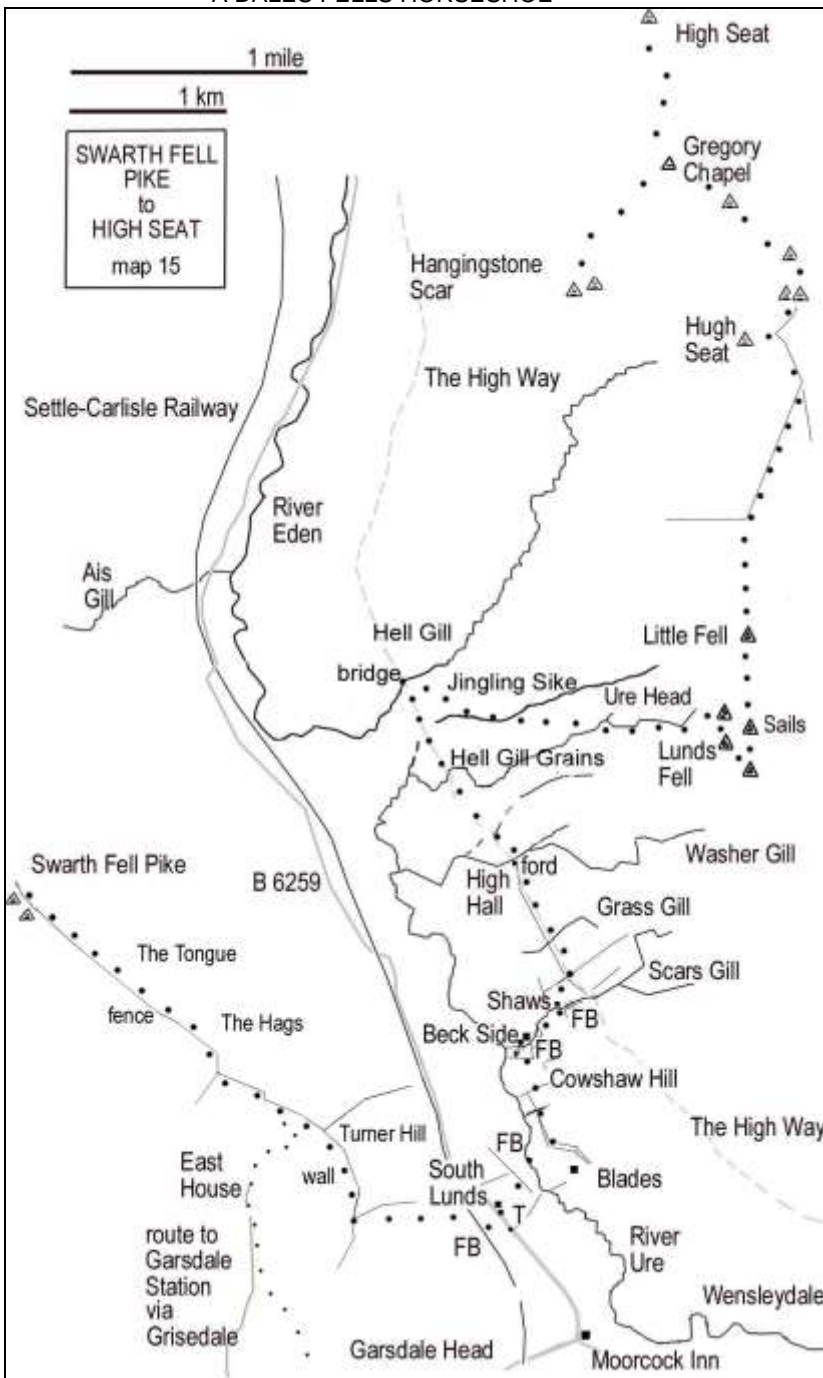
Now keep the fence on your left, soon negotiating a cross fence, to traverse the lush mosses of Grisedale Brow for half a mile towards the limestone of Turner Hill, where the fence (ignore the gate here) becomes a wall on the drier ground. The latter arrangement is commonly seen in the Dales.

If heading for Garsdale Station, hereabouts turn down rightwards away from the fence (small dots on map), for East House and Grisedale. The footpath from Moor Rigg, shown on the OS map, is easily followed and includes a glimpse of Clough Force.

Otherwise, follow the wall closely (S) on your left for less than half a mile to turn left at the gate and stile (E) into South Lunds Pasture. This affords a rough, wet but thankfully short passage to reach and cross the railway, reaching the B6259 road close to South Lunds Farm and a nearby telephone box. At the telephone box, turn left for 200 metres to reach SOUTH LUNDS (792935) on your right.

Hawes is six miles down Wensleydale if you have a waiting car. Or if staying at the Moorcock Inn at Garsdale Head (798927), turn right (SSE) along the B6259 for half a mile, returning the same way the next day to South Lunds Farm.

A DALES FELLS HORSESHOE



A DALES FELLS HORSESHOE

GARSDALE HEAD TO KIRKBY STEPHEN

DAY 9		grid ref	distance miles	total day	height metres	total day
GARSDALE HEAD at South Lunds	R	792 935				
Beck Side		794 946	7/8	7/8	25	25
The High Way		797 950	3/8	1 1/4	100	125
Hell Gill Bridge		786 968	1 3/8	2 5/8		125
Ure Head, twin cairns tall cairn		806 967	1 1/8	3 3/4	250	375
small cairn		807 965	1/8	3 7/8	10	385
first summit, OS ring		808 963	1/8	4		385
Little Fell		808 966	1/8	4 1/8		385
boundary fence		808 972	3/8	4 1/2	10	395
fence junction		807 979	1/2	5		395
Hugh Seat		811 988	5/8	5 5/8	35	430
twin cairns		809 991	3/8	6	40	470
bear NW		811 992	1/8	6 1/8		470
Gregory Chapel		812 996	1/4	6 3/8		470
Hangingstone Scar		803 002	5/8	7	35	505
Gregory Chapel		797 995	5/8	7 5/8		505
High Seat		803 002	5/8	8 1/4	65	570
High Pike		802 012	5/8	8 7/8	40	610
Long Crag		804 034	1 3/8	10 1/4		610
Ridding House		787 046	1 3/8	11 5/8		610
road B6259	R	780 055	5/8	12 1/4		610
Nateby	R	776 062	5/8	12 7/8		610
KIRKBY STEPHEN	R	775 068	3/8	13 1/4		610
		775 087	1 1/2	14 3/4		610

At South Lunds farm, go over stiles through a small enclosure between the house and an outbuilding. Continue half left down the ensuing rough pasture to find the bridge over the infant River Ure. Over the FB go straight on to a stile in a cross fence, joining a wall on your R to reach a stile in the wall corner

Over the stile turn L (NNW) keeping the wall on your L, fording a small stream just before the next stile giving access to Cowshaw Hill. Follow a thin trod over the hill to the next stile, thereafter aiming to the R of a barn (in fact an old chapel), here crossing 2 stiles and a footbridge over Scars Gill to turn R onto the track leading to Beck Side. Pass by, keeping the house closely on your L before re-crossing the gill, thereafter climbing steeply, crossing a further stile before reaching a wall corner / finger post.

A DALES FELLS HORSESHOE

Here go forward with the wall on your R to cross the FB just below the waterfall. Now climb a stone staircase to turn L through the pasture behind Shaws. *Here ignore the fingerpost pointing ahead* instead take a rising green tractor track half right. This zigzags over the limestone scar to gain the High Way at a wall corner and gate.

Turn L along the High Way (a rough rutted green way) trending slightly downhill keeping the wall on your L. Continue beyond Grass Gill, to pass the ruin of High Hall on your left. Ford Washer Gill at an S-bend in the bridleway. *(Ignore the temptation of a short cut to Sails alongside Washer Gill. A promising start leads into a boggy nightmare).*

Therefore sacrifice a little more height, keeping on the bridleway with the wall closely on your left, to ford the usually dry Birks Gill. When the wall turns away downhill, continue straight ahead to enjoy the panoramic view of Mallerstang with the Nab of Wild Boar Fell prominent. Ford Hell Gill Grains at another S-bend, to join another short stretch of wall on your left. *(Soon afterwards, ignore tractor marks leading off rightwards from the bridleway)* Easier progress may be made forward along the bridleway to reach Hell Gill Bridge, where if the trees are not in leaf, it is possible to peer below into the deep ravine.

Do not pass through the gate on the far side of Hell Gill Bridge but about-turn to immediately turn half left, bearing E, uphill away from the High Way. Ignore the first track trending back towards Hell Gill, but take the next farm buggy track to the left. When this divides, bear right to reach a thin path alongside Jingling Sike.

When the path fades, cross over and climb away from Jingling Sike. Two cairns appear on the skyline, a few hundred metres apart. Aim for the right hand cairn, climbing over rough grass.

The retrospective views from Great Knoutberry to Wild Boar relieve this rather monotonous ascent. Continue bearing E to reach the gullies at Ure Head. Trending left then back to the right, avoids the deepest gullies. On closer acquaintance, the cairn on LUNDS FELL (806967) turns out to be a large square edifice, with a smaller round one just below.

Continue SSE to another tall cairn (807965), from where bear SE to reach a small cairn (808963) with a full-length view of Wensleydale. The head of Ribblesdale appears to your right and Great Shunner Fell to your left.

About turn to your left and bear due N to the summit cairn of SAILS, a small neat structure alongside an OS ring (808966). Continue forward (N) on a thin intermittent path, through two slight depressions, to reach the second and marginally higher summit of LITTLE FELL (808972). The cairn has only four or five small stones.

A DALES FELLS HORSESHOE

Follow a thin track NNW. It soon swings to the right, NNE in the direction of Hugh Seat. High Seat appears beyond and to the left of Hugh Seat. Things look good in this wild, lonely moorland. However the red grass indicates peat hags and wet ground in the hollow ahead.

Aim towards the right hand shoulder of Hugh Seat to approach a fence, but as yet, do not cross (807979). Continue NNE along a sketchy wet path, keeping the fence about twenty metres away on your left. Surmount a cross fence by a hurdle at the fence junction (811988).

Now cross over a step stile, to keep the fence on your right, for the final pull (NNW) up to HUGH SEAT (809991). A hurdle marks the summit. Ignore it and turn down left to the substantial square Lady's Pillar, a fine viewpoint. Retrace your steps to the summit and go forward (NE) with the fence on your right.

The fence curves leftwards to reach two prominent cairns (811992). On reaching the cairns, forsake the fence and bear N towards Nine Standards Rigg. Pass another cairn to reach the edge of the broad plateau overlooking Birkdale (812996), from where swing back to the NW.

A faint path materialises near to a shooting butt, and continues to a prominent substantial square pillar. There is another butt nearby. Continue towards High Seat to reach the next cairn and standing stone at GREGORY CHAPEL (803002), only just qualifying as a major summit. From here divert to the left (SW) downhill, along a distinct path in the grass for just over half a mile.

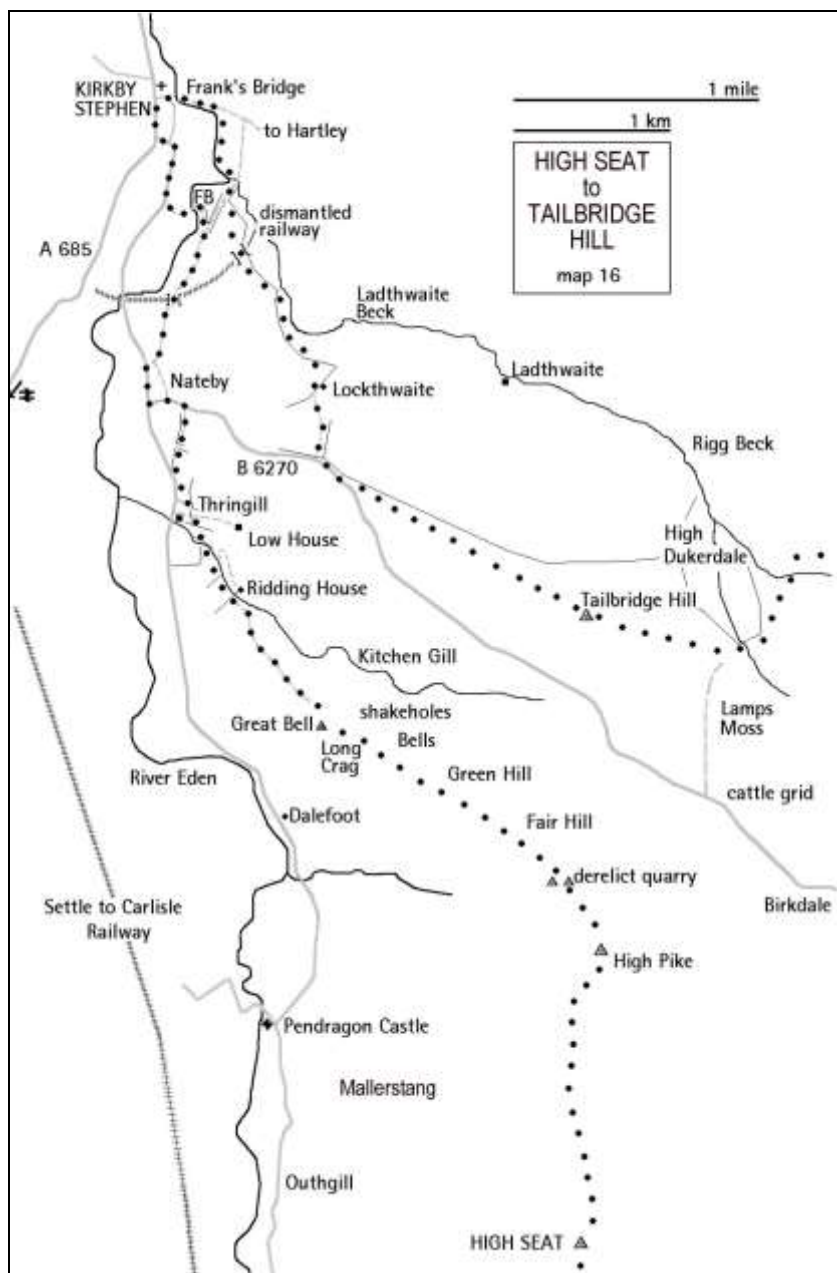
Pass a solitary cairn to reach the triple cairns on HANGINGSTONE SCAR (797995). This provides the most impressive view of the day, and is one of the best of the whole walk. Although the detour involves an extra mile and a 65-metre climb, it is well worthwhile.

Retrace your steps (NE) but bear left along the escarpment to pass by the solitary cairn. When the sheep track fades, climb back uphill to re-join the main path back to Gregory Chapel. From the standing stone proceed N towards High Seat.

A good path leads through a shallow depression, before climbing to the first summit cairn. There is a fine retrospective view of Wild Boar to Great Shunner and Rogan's Seat. Nine Standards Rigg looms ahead as you proceed over the grassy dome to the second summit cairn on HIGH SEAT (802012). High Pike appears to your half left. .

Now bear due north along a thin path winding across desolate terrain. Pass a small cairn on a rocky bluff and on through peat hags to reach HIGH PIKE (804034). From the cairn there is a fine prospect northwards to Cross Fell, the Solway Firth and the Lake District. Bear NW down grass slopes, thereafter aiming for two prominent cairns at a derelict quarry. Ignore another cairn seen well down on your left. Tailbridge Hill comes into view over to your right.

A DALES FELLS HORSESHOE



A DALES FELLS HORSESHOE

Descend steeply from the cairns, still bearing NW. Continue down a series of rough grass slopes, aiming towards the left hand ridge of the wooded valley of Kitchen Gill. At Bells, keep an area of prominent shakeholes well to your right, whilst aiming for the right hand end of the limestone scar of Long Crag.

Just beyond, from the summit of GREAT BELL (787046), there is an attractive view down to the infant Eden. The fine Nab of Wild Boar and the distant Howgills rise beyond the river as it winds through the green pastures of Mallerstang. Continue NW, descending the green ridge to join a green cart track.

A wall comes in on your left and the buildings of Ridding House (780055) appear on your right across Kitchen Gill. Cross the stone step stile alongside a gate. Follow the derelict wall downhill and through a gate in a cross-fence. *Here, ignore the cart track leading over a bridge to your right.* Continue forward joining a wall on your left until it nears the usually dry streambed of Thringill Beck on your right.

Turn across the bed to cross a stone step stile in the wall on the far bank, then half left across the pasture to a wall corner. *Contrary to the OS map,* keep the wall *on your left* to go through a facing gate. Continue with the wall on your left, crossing a cart track, and on through another facing gate. Now keep the wall on your right until, when it turns away, go forward across the field to reach the B6259 road (776062) at a field gate (FP Bells).

Turn right along the road for a short distance before turning right into a lay-by. Take a gated gap in the right hand wall (FP Nateby) to follow (*again contrary to OS map*) the wall *on your left*. Over a stone step stile bear half left and turn right through a small wooden gate into an overgrown sunken lane. Pass through another wooden gate to reach a stile/gate into the B6270 road at NATEBY (775068).

Accommodation may be available in Nateby, if so saving the last mile and a half into Kirkby Stephen and a similar distance the following day.

Turn left along the road to the T-junction, where turn right for 300 metres before turning right along the bridleway (BW Kirkby Stephen). Continue beyond a ford and turn left across the bridge over the dismantled railway.

The bridleway becomes a sunken track and crosses a small ford. When the track divides, take the left fork down a leafy tunnel. Cross the Eden by the footbridge, at the end of which pass through the kissing gate and turn left up the track to reach the road.

Turn right down the road. It turns left to pass the Temperance Hall and reaches the main street in KIRKBY STEPHEN (775087). Turn right towards the church.

A DALES FELLS HORSESHOE

KIRKBY STEPHEN TO TAN HILL

DAY 10		grid ref	distance miles	total day	height metres	total day
KIRKBY STEPHEN	R	775 087				
road B6270	R	785 065	2	2	110	110
Tailbridge Hill		803 055	1 1/4	3 1/4	267	377
Lamps Moss		810 050	1/2	3 3/4		
shelter		817 057	5/8	4 3/8	60	437
Rollinson Hags (pits)		822 058	3/8	4 3/4	60	497
Nine Standards		825 065	1/2	5 1/4	30	527
Nine Standards Rigg		825061	3/8	5 5/8	12	539
White Mossy Hill		829 054	1/2	6 1/8	15	554
Coldbergh Edge (shelter)		829 044	5/8	6 3/4		
Millstones (pillar)		831 038	3/8	7 1/8		
Ney Gill (shooting box)		840 028	3/4	7 7/8		
stile in wall		862 030	1 5/8	9 1/2		
Ravenseat	R	863 033	1/4	9 3/4		
TV aerial		871 040	3/4	10 1/2	134	688
Robert's Seat		871 045	3/8	10 7/8	19	707
Thomas Gill Hill		872 051	3/8	11 1/4	10	717
Tongue Syke		879 056	1/2	11 3/4		
Stonesdale Beck		885 055	3/8	12 1/8		
Tan Gill		887 060	1/4	12 3/8	15	732
road	R	895 065	5/8	13	80	812
TAN HILL	R	897 067	1/4	13 1/4	6	818

If starting from Nateby, simply proceed up the B6270, joining the route at the farm access to Lockthwaite (785065).

In KIRKBY STEPHEN (775087), turn right at the shelter in front of the church. The lane bends to the right. Turn left down steps (FP Franks Bridge). Over the bridge, turn right (E) alongside the Eden to a kissing gate. Here, leave the Coast-to-Coast path and turn right (S). Keep a fence and the river closely on your right to the end of the pasture.

Beyond a small gate, go across the footbridge over Ladthwaite Beck and then trend right into the wood. At the end of the wood, turn left through a gate. Climb (SSE) with the wall on your left to cross a bridge over the dismantled railway. Keep the wall on your left through a gate into a green lane. Pass through another gate and descend slightly to go through a further gate on your left. Turn immediately right, passing a barn on your right. Continue with a wood on your left and a fence on your right. Follow the fence when it swings right into a corner. Here go through a gate into the pasture.

A DALES FELLS HORSESHOE

Aim over to your left (S), for the farm buildings of Lockthwaite. Pass through two gates forming a sheep pen, thereby passing the farmhouse on your left. Continue forward up the farm access road, bearing just E of S to reach the B6270 road (785065).

Turn left uphill (SE), keeping the wall on your left as it gradually diverges from the road. A fair path develops, but fades when the cairn on Tailbridge Hill comes into view. Allow the wall to drift leftwards and head (ESE) straight up TAILBRIDGE HILL (803055) over rough grass. There is a final stiff pull up to the large cairn, from where there is a superb panorama to the north and west. Cross Fell, the Solway Firth, the Lakeland skyline, the Howgills, Wild Boar, High Seat and Great Shunner are all prominent.

From the cairn bear ESE, gently downhill over pathless hummocks of grass. Cross a green cart track and aim to the right of the wall enclosing the head of Dukerdale.

A path materialises shortly before joining the wall and bridleway at Lamps Moss (810150). Keep the wall on your left to ford a stream. Continue uphill alongside the wall. When it levels out, bear half right away from the wall along a fairly distinct path marked by a cairn. Bear NE for a shelter seen prominently ahead on the skyline. Cross Rollinson Gill and turn right steeply uphill to reach the shelter (817057).

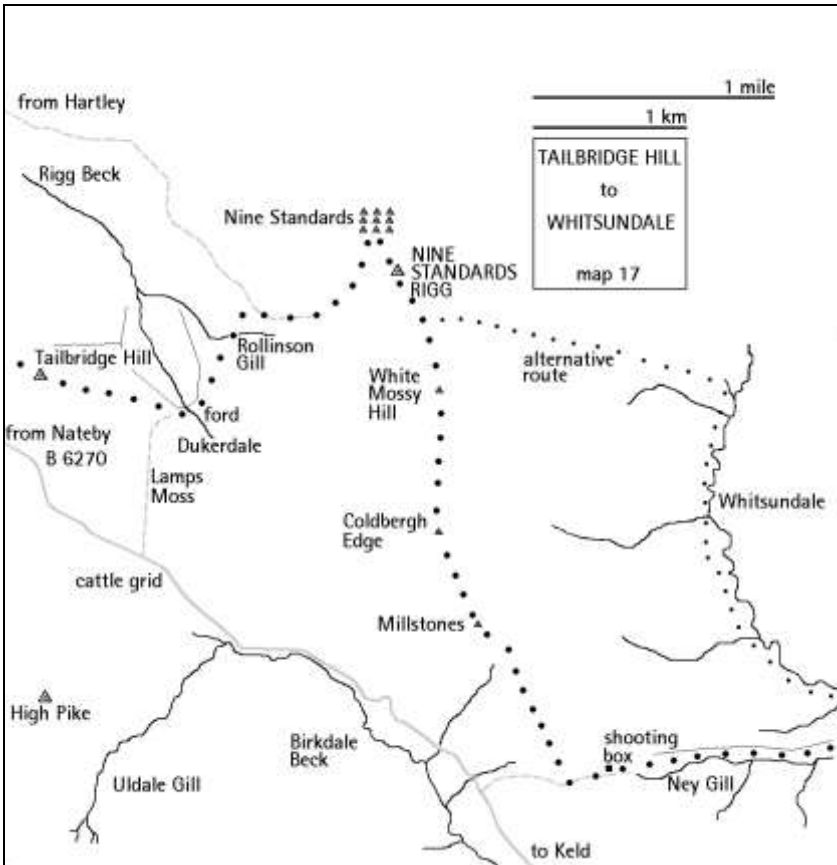
Beyond the shelter turn right at a finger post, up a distinct track trending E. The track fades on the peaty ground of Rollinson Hags (822058). Continue, trending left (NE) to avoid the worst of the peat hags. The path resumes at a cairn and leads on to NINE STANDARDS RIGG (825061). Detour to your left to view the Nine Standards (825065).

Retrace your steps, consulting the view indicator on the way back to Nine Standards Rigg. To the north and west there is a commanding view of the Eden valley. Swaledale beckons to the south and east. From the trig point bear SSE, along a distinct cairned track through a peaty col, to reach WHITE MOSSY HILL (829054).

Note the waymarked route to your left, bearing E from the peaty col. In the shooting season (August 12th to December), retrace your steps from White Mossy Hill and follow the waymarks to Whitsundale Beck. Follow the beck down to rejoin the route at Ney Gill (855030).

Bear due S from White Mossy Hill, noting Birkdale Tarn over to your left. From a stone shelter (829044) on Coldbergh Edge, follow a faint path SSE to the fine pillar at MILLSTONES (831038). The partly waymarked path continues in much the same direction to a rough stony shooting track. Turn left along the track. It is not far to the shooting hut (840028), from where the path improves. Thereafter keep Ney Gill on your right, passing a line of shooting butts.

A DALES FELLS HORSESHOE



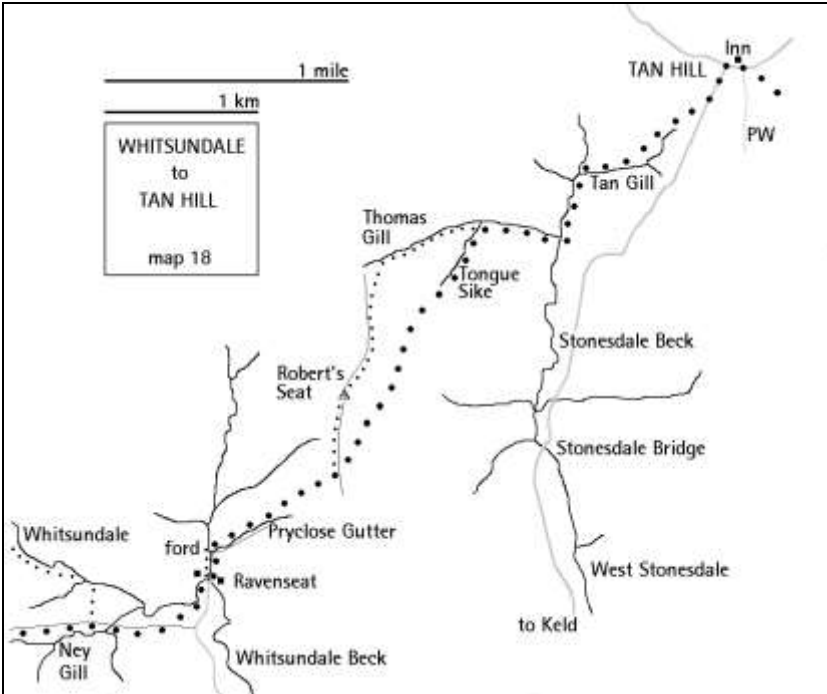
Join a fence, soon replaced by a wall, on your left. Ford Ney Gill shortly after the shooting season diversion re-joins the route at a notice board. Keeping the wall on your left onto the brow of the hill, turn left (NE), through a small gate (862030). Thereafter follow a distinct path towards the farm buildings at Ravenseat. Over a ladder stile, re-join Ney Gill, keeping it on your left to the ford and bridge at RAVENSEAT (863033).

Cross the bridge and then turn immediately right over another bridge towards a facing cottage. *The Coast to Coast turns right here, but your route turns left in front of the cottage, over a stile alongside a gate and barn.*

If the river is NOT in spate in spate, the right of way turns left behind the barn, through a gate and over the footbridge into the farmyard. It turns right at the farmhouse towards two gates with a water tap in between, and then through the right hand gate to a ford, where cross the limestone slabs with care. Go straight uphill over the stile alongside the gate.

Otherwise ignore the footbridge and go forward with a fence and then a wall on your left. Note the pretty waterfall just below the ford.

A DALES FELLS HORSESHOE



Through the facing gate turn right uphill (ENE) over a step stile alongside another gate. Continue to climb steeply alongside the deep cleft on your right and then over a step stile in a cross fence. Pass a finger post to reach the TV aerial (871040) on the brow of the hill. From the TV aerial, follow a thin trod to your right. Pass the ruin of Robert's Seat House on your left to reach another stile and fence.

Over this stile it is possible to reach the summit of ROBERT'S SEAT (871045). Simply turn left (N) uphill and follow the fence to the top. Note the OS ring and the fine views to Nine Standards and Rogan's Seat. Continue with the fence on your left over the next rise of Thomas Gill Hill (872051), before dropping down to meet Thomas Gill. Turn right, keeping the cleft on your left. Negotiate the large gully of Tongue Syke (879056) to re-join the footpath at a finger post.

Over the stile in the fence, bear half left (NNE) on the path along Robert's Seat Band. Contrary to the OS map, keep the gully of Tongue Syke (879056) on your left to the finger post. Turn right downhill (E) with the cleft of Thomas Gill on your left, noting the circular sheepfold.

At the bottom, ford Stonesdale Beck (885055) and turn left (N) at the finger post. At first the path leads along the embankment, but then it follows the beck closely on your left. Over a small gill, turn right (E) at another finger post (887060) along a thin trod trending NE. This keeps Tan Gill down on your right as you climb to meet the road (895065). Turn left along the road (NNE) to the inn at TAN HILL (897067).

A DALES FELLS HORSESHOE

TAN HILL TO MUKER

DAY 11		grid ref	distance miles	total day	height metres	total day
TAN HILL	R	897067				
Reynoldson Currack		913056	1 1/2	1 1/2	64	64
Water Crag (stile)		921044	1 3/8	2 7/8	60	124
trig point		928046	1/2	3 3/8	28	152
fence corner/hurdle		925046	1/4	3 5/8		
Rogan's Seat		920031	1	4 5/8	30	182
East Grain path		926013	1 1/2	6 1/8		
Swinner Gill		910010	1	7 1/8		
Buzzard Scar		910 009	1/4	7 3/8	10	192
East Gill FB		896 011	1	8 1/8		
Kisdon Force		898 010	1/4	8 3/8	20	212
Keld	R	892 011	5/8	9	20	232
Kisdon Hill		899 992	1 3/8	10 3/8	160	392
Kisdon farm		902 985	3/4	11 1/8		
Thwaite	R	892 982	3/4	11 7/8		
MUKER	R	910 978	1 1/4	13 1/8		392

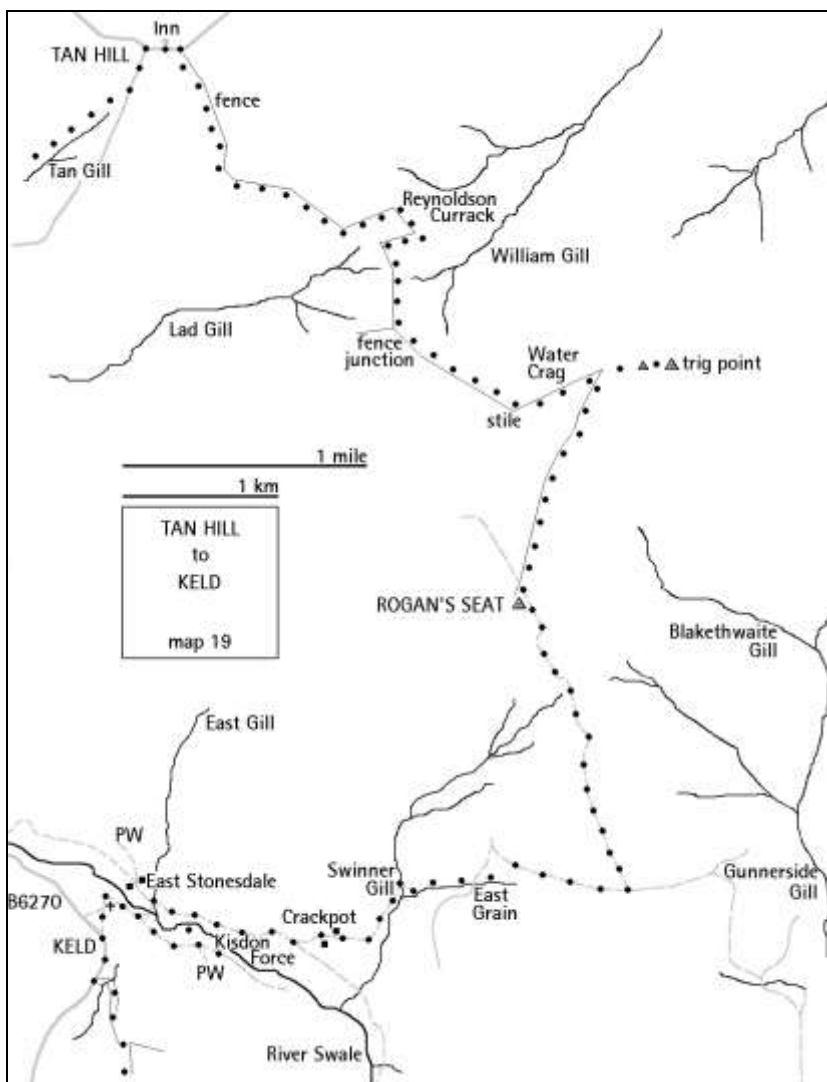
From the TAN HILL inn (897067), walk a few yards E to the cattle grid and turn right (SSE), keeping the fence on your left. The way is pathless, hard going and wet. Pass the signal station on your left and follow the fence as it bears right and then left through peat hags.

Ignore a cairn 100metres away over the fence on your left. Pass a small white topped boundary stone, thereafter bearing SE then ENE with the fence to reach REYNOLDSON CURRACK (913056). Here, at a prominent boundary stone, the fence turns right (SSE).

Go over the step stile and turn right, keeping the fence on your right. Follow the fence as it turns right again and then left through another arduous stretch of hags at the head of William Gill. Soon encounter firmer ground to reach a T-junction of fences and hurdles, where turn left (SE).

Keep the fence on your right, along a faint path climbing through more wet ground towards WATER CRAG (921044). Ignore a stile and keep the fence on your right until, at a hurdle, it turns sharply rightwards towards Rogan's Seat. Here continue forward (E) along a thin trod. Pass a shelter on the way to the trig point (928046).

A DALES FELLS HORSESHOE



From here retrace your steps to the fence corner/hurdle (925046). Turn left (SSW) to keep the fence on your right along a fair path. It leads over a minor summit and eventually reaches a well-made shooting track crossing the fence at a gate. Turn left (SE) along the track, but soon leave it to visit the summit cairn on **ROGAN'S SEAT** (920031). The cairn sits proudly on a peat hag on your right. Re-join the track and follow it down to meet the Coast to Coast path at a T-junction (926013). Turn right (W) along this right of way and follow it as it swings gradually to the right.

A DALES FELLS HORSESHOE

When the head of Birkdale lies straight ahead, (Nine Standards on the right, High Seat and High Pike on the left), take a footpath turning down left at a post. The path is waymarked and soon crosses a relatively new shooting track, before plunging down alongside SWINNER GILL (910010).

From the bridge it is well worth a detour upstream. Thereafter a scramble downstream reveals a fine old mine level. Return to the bridge and take the rising path (SSW) to pass through the gate below Buzzard Scar (910009). From hereabouts the view, down Swinner Gill and the Swale across to Kisdon Hill and Lovely Seat, is a highlight of the whole walk. As you descend, now trending W to the ruin of Crackpot, there is another fine prospect of High Seat and High Pike.

Past Crackpot, join the track coming up from the foot of Swinner Gill. Continue forward (WNW) with the wall on your left and through a gate. Descend and pass through another gate leading onto the bridge over East Gill to briefly join the Pennine Way.

Turn down left (S) alongside East Gill Force (FP Pennine Way and Keld). Cross the footbridge over the Swale (896011) and turn left downstream on a narrow path. This develops into a rough uphill scramble to the base of a limestone cliff. The path descends pleasantly and then treacherously down to the fine limestone slabs alongside the very impressive KISDON FORCE (898011). Magnificent limestone cliffs tower above on the far side.

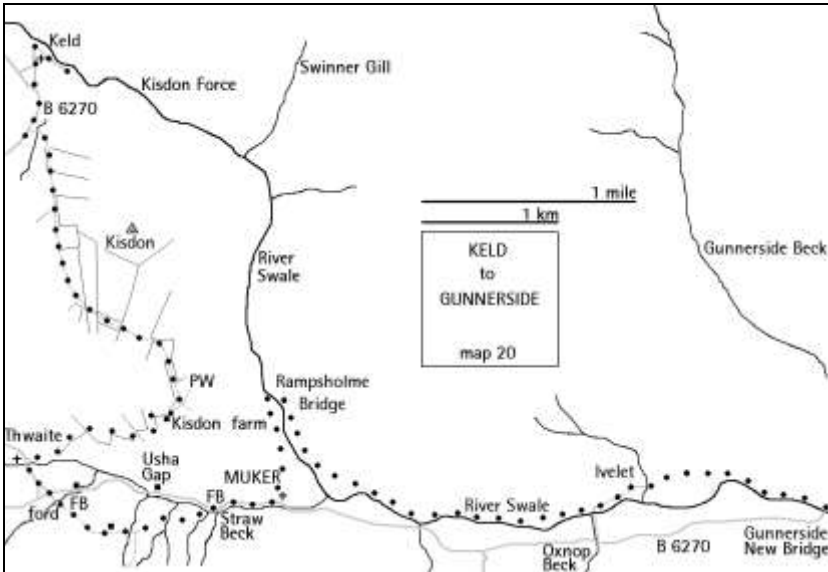
Immediately below the lower force, face downstream and climb half right (SE) up a steeply rising path. This continues pleasantly to reach a gap in a wall. Turn right (WNW) here onto a distinct track leading gently uphill between trees to reach a finger post on the brow (FP Pennine Way). *Do not follow this* but continue forward (W), ignoring paths off to your right.

Through a gate the path keeps along the top of a wood, before joining the path coming up from East Gill footbridge on its way to KELD (892011). In the village, turn left, noting the sundial on the United Reform Church on your left. Continue up the road, turning left at the public conveniences and left again at the telephone box.

Note the fine memorial to four local men who fell in the Great War. They left this idyllic place and gave their lives so that we may walk freely. So pay your respects and continue your march on (S) past the farm cum petrol filling station. Look out for a cart track on your left just before reaching Thorns (BW Muker).

Turn left down the bridleway to cross a ford on a stone slab bridge. Through a gate, climb steadily uphill (SSE) with a wall on your right. Beyond the next gate the way is unenclosed with charming pastoral views. Join a wall and pass a ruin on your left.

A DALES FELLS HORSESHOE



Continue on fine turf through two further gates. Great Shunner and Lovely Seat are most impressive. When walls close in, follow the finger post (SE) through the gate in the left hand wall. Continue through a section of dilapidated walled lane onto more unenclosed green turf.

Ignore paths to the left leading to the actual summit of Kisdon. The view is no better, the going is rough and a wall requires negotiation. There is however a fine cairn.

Rogan's Seat appears on your left before reaching the gate on the highest point of the bridleway over KISDON (899992). As you close the gate, take a final look at High Seat and Nine Standards. The way (E) keeps a wall on your left, as a fine view of Swaledale opens up ahead.

The green way veers to the right (S), giving a magnificent prospect of Muker. Re-join a wall on your left. Follow the rutted cart track down into a rough, steep, walled lane. Beyond a gate, turf reappears.

Keep the wall closely on your right to reach the Pennine Way finger post alongside a small stone hut. Turn right (SW) into a walled lane and on via a gate into KISDON FARM yard (902985). Turn right (W) and pass through the right of two adjacent gates, to keep a fence and the house on your left.

A DALES FELLS HORSESHOE

A wall replaces the fence. On reaching a barn ahead, turn sharply left (S) into a narrow pasture. Take the gate in the bottom right hand corner. Pass a barn then turn right to keep a wall briefly on your right to a gap stile. Buttertubs Pass and Great Shunner make a fine picture. Follow the distinct path downhill.

Beyond a cairn, join a wall on your left. When this turns down leftwards, the cairned path descends half left into a pastoral heaven (the environs of Thwaite). Through a gap stile, drop steeply downhill, with the wall closely on your left, to reach a beck amongst trees.

Turn right for a few yards, then left through a gate and over a bridge. Continue across the pasture through a further gate in a cross wall. Across the last field, turn right and on through three gap stiles to reach THWAITE (892982). Turn right up through the hamlet to reach Kearton's Guest House, where turn left (SE) onto the road towards Muker.

Those following the Northern circular route should turn right along the road to Keld at Kearton's Guest House. Continue along the road for a quarter of a mile before turning left along the south bound Pennine Way to the summit of Great Shunner Fell. Thereafter consult Day 20.

For a quicker but less attractive route to Muker, retrace your steps through the three gap stiles. Continue forward (E) through a series of narrow gaps to turn left over a small bridge. Through the gap just ahead, turn right and on through more gaps to reach the road at Usha Gap Bridge.

Do not cross but go straight forward along the road. Turn left into the drive at Usha Gap. When alongside the house on your left, turn right through a gated gap stile. Now bear half left across the pasture, to find a further gated gap stile in the top right hand corner. Thereafter keep the wall on your right, more or less straight on through another half dozen gaps to MUKER (910978). Go along the lane and turn right to reach the main road.

Over the bridge, continue uphill along the road. Shortly after passing the road junction from Hawes and Buttertubs, turn half right at a finger post along a walled bridleway. On reaching Cliff Beck, cross the delightful turfed footbridge over the cascades, just downstream from the ford. Beyond the gap stile in the wall at the end of the bridge, re-join the bridleway. It climbs alongside the wall on your right to a gate on the brow of the hill.

Thereafter keep the wall on your left beyond the next gate, passing the defunct farmstead of Appletree Thwaite, from where there is a good view to Kisdon and Thwaite.

A DALES FELLS HORSESHOE

The next gate leads into a walled green lane, past a barn on your left. The green way continues over Coal Sike, through a further gate and past another barn on your right before a final gate gives access to an unenclosed sloping pasture. There is another fine view, this time down Swaledale.

Ignore the bridleway turning down left alongside the wall before veering right to a fingerpost indicating the ford over Greenseat Beck.

Preferably go straight forward, keeping on your contour to reach Greenseat Beck. Now turn left downhill, alongside the attractive cascades, to the aforementioned finger post. Turn right here, across the ford over Greenseat Beck, not an easy task when in spate. A gate alongside a barn gives access to another walled section leading on through pasture to twin facing gates, (humans to the left, horses to the right).

Now turn down half left across a small spring, by passing a barn in the left hand wall corner. Bear right on reaching the wall to enter another walled lane curving leftwards. Just before the terminal gate, find a gap stile in the right hand wall. Turn left, following a small gill down to a gated gap giving access to Duckingtub Bridge across Straw Beck. Turn right (E) along the roadside verge to MUKER (910978).

A DALES FELLS HORSESHOE

MUKER TO CARPERBY

DAY 12		grid ref	distance miles	total day	height metres	total day
MUKER	R	910 978				
Rampsholme Bridge		910 986	1/2	1/2		
Ivelet Bridge	R	933 978	1 5/8	2 1/8		
Gunnerside Bridge	R	950 978	1 1/4	3 3/8		
Gunnerside	R	951 982	1/4	3 5/8	15	15
Isles Bridge	R	978 975	1 7/8	5 1/2		
High Lane	R	982 964	1	6 1/2	180	195
Apedale Head		999 953	1 3/8	7 7/8	170	365
Dent's Houses		030 942	2 1/4	10 1/8		
Black Hill		031 935	1/2	10 5/8	40	405
Castle Bolton	R	033 919	1 1/4	11 7/8		
Ford		009 918	1 5/8	13 1/2	70	475
Low Gate		007 908	5/8	14 1/8		
CARPERBY	R	008 899	7/8	15		475

From the main road in MUKER, (910978), turn up (N) alongside the delightful Literary Institute, and pass the old church on your right. Thereafter, keep bearing right, following finger posts to Keld and Gunnerside through two gated gap stiles. Find a third gated gap behind a barn. (Continue in a generally N direction.)

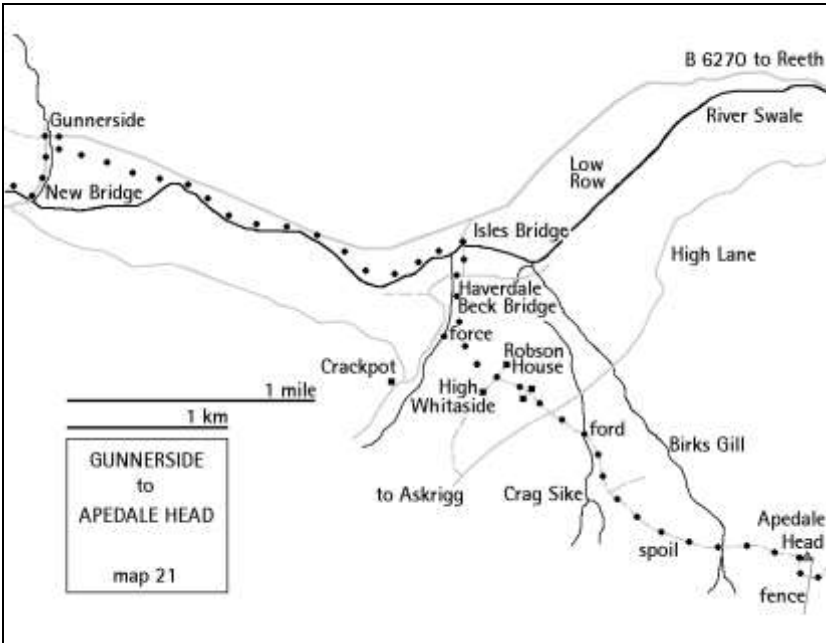
Five more gated gaps bring you to the River Swale. Turn right (SE) and on through another stile before crossing Rampsholme Bridge (910986). Turn right at the end (FP Gunnerside). When the path divides, take the right fork (FP Gunnerside via Ivelet). Proceed (SE then E) through another series of stiles and gates, with the Swale never far away on your right, to reach Ivelet Bridge (933978).

Do not cross, but go along the lane, soon curving left up to the hamlet of Ivelet. Turn right at the telephone box. Pass Ivelet farmhouse on your left, keeping straight on at a waymark to cross a footbridge over Shore Gill. Another series of stiles brings you alongside trees at the top of Marble Scar.

Enjoy the prospect of the river below on your right. Drop down the field with the fence closely on your right. Turn right over a step stile, with a fine view up stream, dropping down to the finger post (FP Gunnerside Bridge).

Here, double back left (SE) to follow a very beautiful section of the Swale. At Gunnerside Bridge (950978), turn left (NE) up the road keeping Gunnerside Gill on your right.

A DALES FELLS HORSESHOE



In GUNNERSIDE (951982) turn right (E) over the bridge and immediately right again in front of the Kings Head. At the conveniences, turn left (ESE) through the first of a series of ten stiles. Re-join the road at a field gate but immediately turn right over a step stile. Follow the path steeply back down to the river.

Keep the Swale closely on your right until a bend in the river forces the path back onto the road. Walk along the road for 200 metres to a small grassy turning circle. Here bear half right across the field, to find a gap in the wall just to the right of a pre-fabricated dwelling.

Pass this on your left and take a step stile across a meadow to ford a small stream. A wall comes in on your left. The path skirts an ox-bow of the river, crossing two more stiles before reaching ISLES BRIDGE (978975). Bid farewell to the Swale and turn right (S) over the bridge.

Just beyond the bridge, turn right (W) at the T-junction for only a short distance before turning left (S) over steps at Haverdale Beck Bridge (FP Castle Bolton).

Keep the beck on your right before turning through a gap in the wall on your left. Now bear right (S), cutting across the top right hand corner of the field to a path climbing the embankment. Beyond a gated gap stile/field gate, turn half right slightly downhill.

A DALES FELLS HORSESHOE

Continue through a further gated gap, and then bear half right to a metal footbridge. Over the bridge, cross a ford to view the charming Haverdale Force on your right. Retrace steps over the bridge and half left through the last gap. Now turn right (SE), steeply uphill, to pass through a gap in the wall alongside a ruined barn on your right.

Thereafter climb half left (ESE), passing a wall corner to reach a gated gap stile. Continue up the field beyond, passing a finger post set in a cairn, to reach the next gated gap leading into Robson House farm access road. (Robson House should be on your left with Higher Whitaside to your right.)

Turn right then immediately left up the concrete farm track. There is an excellent retrospective view of Swaledale as you gain height. The track leads on through a gate into the next farmyard. Go straight on, passing the farmhouse on your left to reach HIGH LANE (982964).

Go straight across to join the bridleway, an old mine road leading (SE) over Whitaside Moor. It fords a beck and climbs (S) through spoil heaps. *Ignore a newer shooting road (not marked on the map) leading off to your left.* Instead continue straight uphill (S) on a green road. This climbs (SE then E) through more areas of flattened spoil, but is quite distinct and well-marked by cairns.

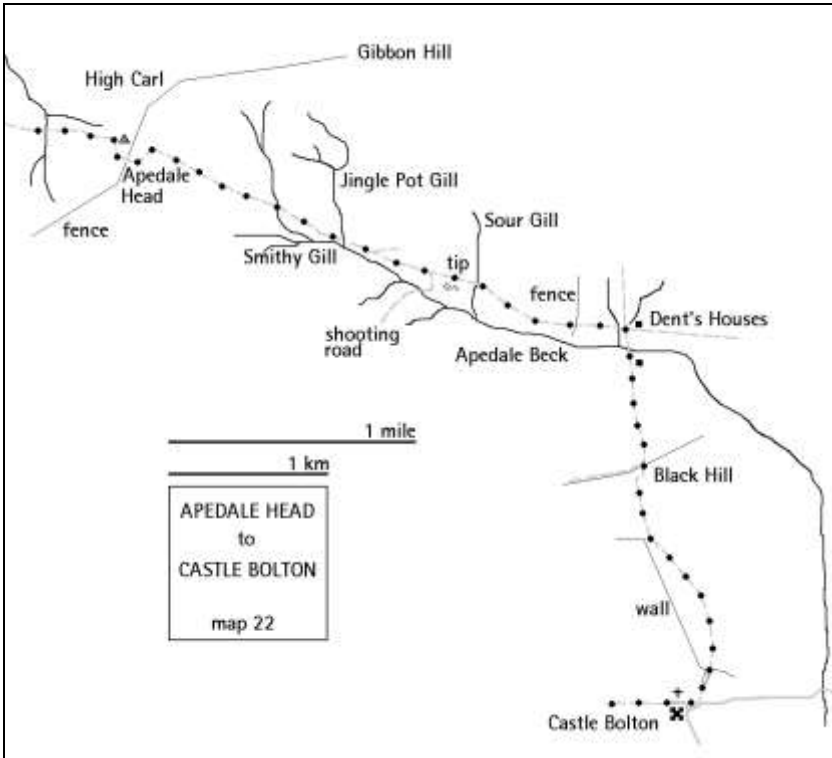
There is a very large cairn and bell pit just before reaching a fence. Here follow the track to the right and on through a gate in the fence at APEDALE HEAD (999953). At a large bell pit the track swings leftwards towards two cairns situated alongside an interesting pool within another pit. Turn right here and follow the old mine road (ESE) for over two miles through Apedale.

Apedale is a fine valley, especially when the heather is in full bloom and where Jingling Pot Gill comes in on your left. There is much evidence, in the form of ugly spoil, that the apes have been around. However nature is slowly healing the scars. The mining and quarrying industries are significant contributors to the heritage of the Yorkshire Dales. Occasional evidence of their activities does add interest to the walk.

When the track divides, take the right and lower fork. Thereafter keep straight on, ignoring a track crossing Apedale Beck just before yet more old workings. The unenclosed mine road continues down the broad valley and on through a gate in a cross fence. Soon, Dent's Houses make an appearance, beyond which the dale narrows.

Turn right (S) at the cross roads at DENT'S HOUSES (030942), a small stone cottage and grey corrugated barn. Past a small ruinous enclosure, a gate gives access to the bridge, beyond which are two more small well-maintained buildings.

A DALES FELLS HORSESHOE



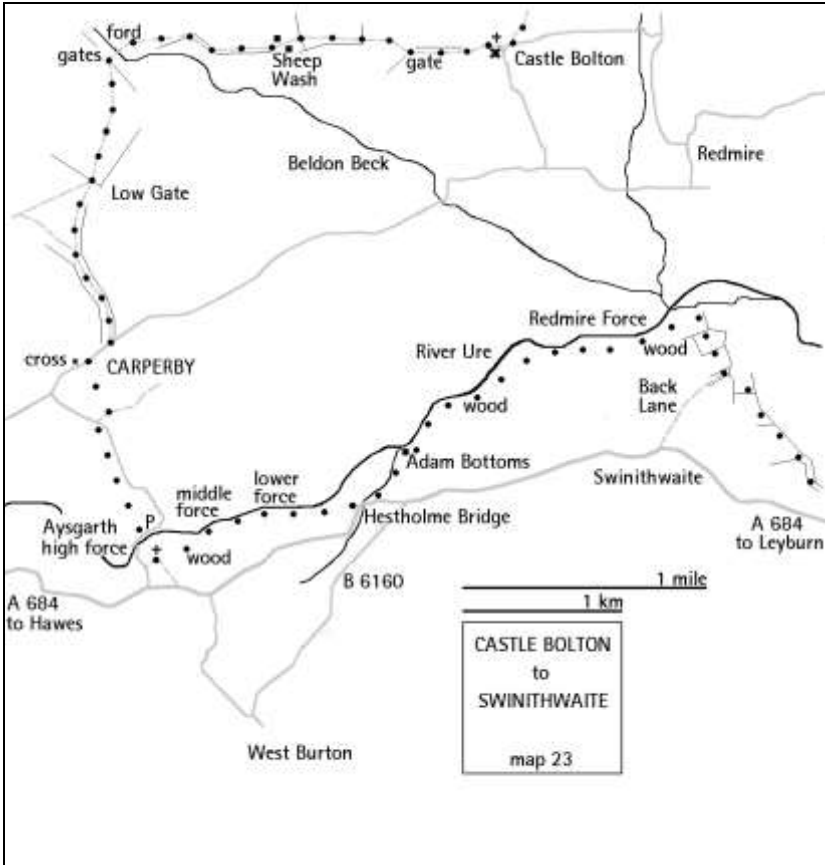
The bridleway continues (S), with a fine prospect of the broad expanse of Apedale on your right, to the top of BLACK HILL (031935). Black Hill is good, with heather moorland, the call of the grouse and excellent views of lower Wensleydale and beyond to the Cleveland Hills. Pen Hill lies straight ahead, Great Whenside, Buckden Pike and Yockenthwaite Moor form the skyline. Even the sheep have smiles on their faces.

On the brow, ignore the main track as it swings westwards to your right. Instead carry straight on (S) through a gap stile leading into a green way between two fences. Follow the tractor marks downhill when the fences end to join a wall on your right.

Aim to the left of a copse, in line with the left hand escarpment of Pen Hill. Past the copse, the bridleway crosses a small gill using a stone slab bridge to reach a facing gate leading into a rough walled lane. (It is time to turn your map inside out!) Follow this lane down and to your left, to score a virtual bull's eye on CASTLE BOLTON (033919).

A DALES FELLS HORSESHOE

Turn right (W), passing the castle closely on your left. Moans and groans emanate from the dungeons as an enticement to visitors. Mary Queen of Scots was a prisoner here in 1568. Walk straight on beyond the car park, over a step stile/gate and through a further gateway into a short section of trees.



Continue along this excellent bridleway (yellow spotted waymarks) climbing gently (generally W) through four more gates to reach the farm buildings at Sheep Wash.

Here go forward through another gate, keeping the wall on your left. Turn left through the next gate in the wall, then immediately right (NW) across a small stream to reach the next gate. Through this, turn left along the tractor marks. The wall drifts away leftwards but your green way keeps to the high ground, crossing a ford (009918) to reach the highest gate.

A DALES FELLS HORSESHOE

Through this small gate/field gate (finger post Carperby) bear half left (S) into an enclosure scattered with trees. There are more fine views down the dale as a couple of waymarks guide you to another gate (LOW GATE, 007908), where a wall comes in on your left.

Beyond Low Gate bear left, (finger post Carperby) keeping the wall on your left. The bridleway becomes a walled lane, passing through another gate before reaching CARPERBY (008899). Turn right (SW) through the village towards the old market cross.

A DALES FELLS HORSESHOE

CARPERBY TO HORSEHOUSE

DAY 13		grid ref	distance miles	total day	height metres	total day
CARPERBY	R	008 899				
Low Lane road junction	R	008 895	3/8	3/8		
Yore Bridge	R	011 886	1/2	7/8		
Aysgarth Church		012 885	1/8	1	10	10
Aysgarth Lower Falls		018 887	3/8	1 3/8		
Hestholme Bridge	R	025 889	1/2	1 7/8		
Redmire Force (wood)		044900	1 1/2	3 3/8		
West Witton	R	059884	1 5/8	5	70	80
Pen Hill Beacon		054867	1 1/2	6 1/2	324	404
Black Scar (gate)		043866	3/4	7 1/4	16	420
Height of Hazely		037860	5/8	7 7/8	23	443
BW		035850	5/8	8 1/2		
Harland Hill		028843	5/8	9 1/8	55	498
White Hill (BW)		022827	1 1/8	10 1/4	10	508
Fleensop Moor, gate		027815	1	11 1/4	30	538
HORSEHOUSE	R	048812	1 3/8	12 5/8		538

From the old market cross in CARPERBY (008899), retrace your steps, bearing E along the road. Turn right (SSE) opposite the bus shelter and post box into a walled lane. There is a wooden finger post (FP Aysgarth) attached to the wall. Through the gap stile alongside the facing field gate, bear left into the adjacent narrow pasture, immediately turning right to reach Low Lane via a dilapidated walled lane and a gate.

Turn right (SW) along Low Lane to the road junction (008895), where turn left. Almost immediately go through a gap stile on your right, keeping the wall and road on your left (SSE). Beyond a field gate, cross a green driveway keeping fairly close to the exit gates. *Do not be tempted along the green way* but keep straight on to cross a step stile alongside a gate in a fence.

Continue forward down the pasture and over a small hurdle in the bottom right hand corner. A distinct path now leads through a kissing gate over the dismantled railway and down steps into the Aysgarth Falls car park. Bear right to reach YORE BRIDGE (011886) but, before crossing, detour upstream for some fifty yards to view the upper falls.

Over the bridge, go forward up the steps to AYSGARTH CHURCH (012885). At St. Andrew's church door, turn left (E) leaving the churchyard by a gated gap stile. Walk across the field and through a short section of wood. Now bear slightly left across the pasture to join a broken wall on your left.

A DALES FELLS HORSESHOE

The wall soon becomes a fence alongside a new plantation. When the fence turns away to the river, duck under a single strand of wire to gain a close up view of AYSGARTH LOWER FALLS (018887). Mature beech trees overhang the limestone slabs in magnificent surroundings.

Follow a path downstream leading back over the fence and beyond through a gate and over a stile. The path now follows closely alongside a beautiful stretch of the Ure before bearing right (E), using three stiles and a gate across the pastures to HESTHOLME BRIDGE (025889). Go forward along the busy road, crossing the bridge and within a few yards turning left over a gated gap stile (FP Wensley Bridge).

Keep a barn on your left and on (NE) through two gates to pass Adam Bottoms farm on your left. From the farm bear half left to a ladder stile/gate. The track re-joins the river, passing through two more gates before a wooden step stile gives access to a wood (Wellclose Plantation). Do not worry about the notice. The impassable ford is not on our route.

Bear right (E) up a slanting path and over a stile at the top of the wood. Now bear half left (NE) to a prominent finger post and fence on the brow of the small hill ahead. Keep the fence on your right to cross a stone step stile in a cross wall. Within a few paces turn left over a wooden step stile. Enjoy another fine view of the river and beyond to Castle Bolton.

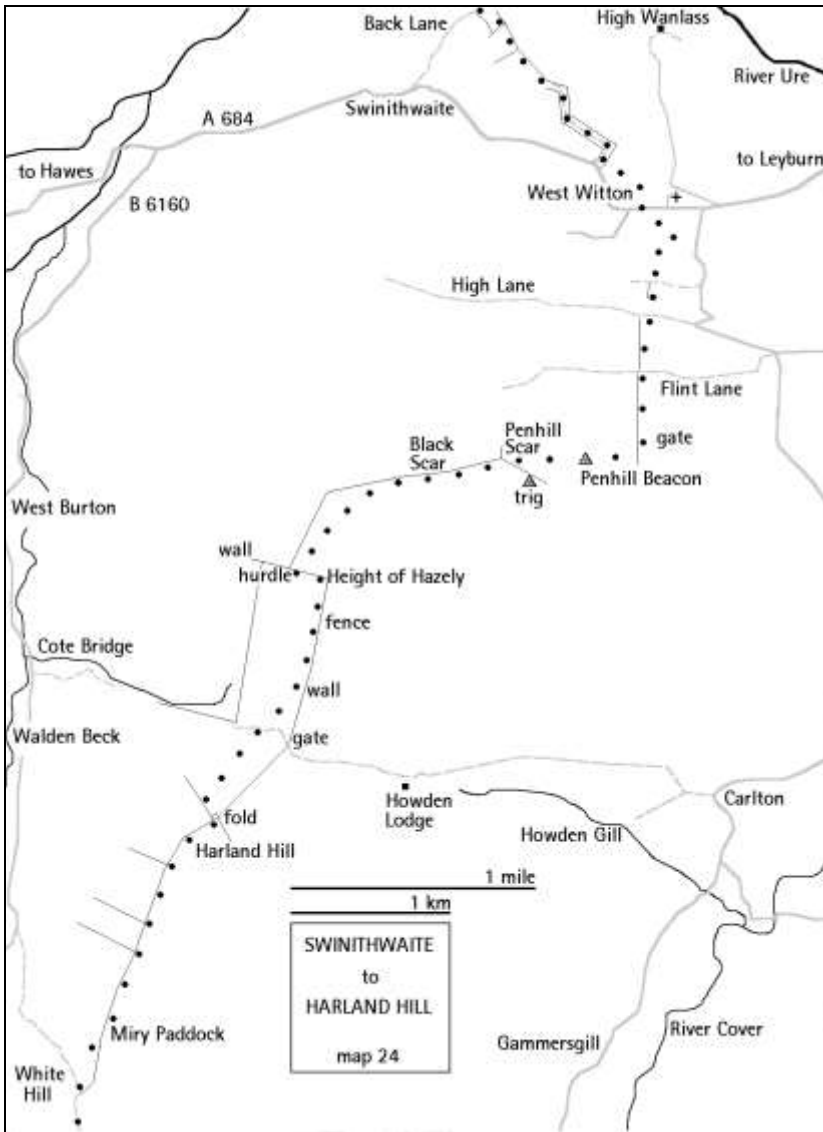
Keep alongside the fence on your right (E) to a ladder stile leading into an access area. Continue with the wall on your left, ignoring stiles into the wood. Beyond a ladder stile in the next cross wall, the route reaches a rudimentary wooden seat with a view towards Pen Hill.

From the seat, bear half right to a finger post amongst mature trees, leading to a step stile over the next wall. Now bear half left to enter the facing Cornlands Wood by a wicket gate. Turn left down the steps to reach a marvellous section of the river at REDMIRE FORCE (044900).

All too soon the path veers right at a finger post to leave the wood via another wicket gate. Here turn left (E) into a field of drumlins (small hills fashioned by moving ice). *On reaching the wall at the end of the field, ignore a stile in the far left corner.*

Instead turn right (S) along a cart track, keeping the wall on your left through a gateway into the next pasture to reach a gate into the bridleway of Back Lane. Turn left, passing immediately through another gate. Here follow a finger post to the right (SE), uphill along a distinct path, trending away from the right hand wall, to pass through a gate in the top left corner. Continue (S) over the brow of the hill, following the wall closely on your left as it curves (SE) leftwards.

A DALES FELLS HORSESHOE



Beyond a small gate alongside a finger post, still keep the wall on your left, passing a gateway in a dismantled boundary. Enter an excellent green lane through a facing gate, initially keeping a line of hawthorns on your right. Enjoy the pastoral views across the dale to where Redmire is prominent. Within earshot of the main road, the track bends (S) to the right. Pass through a gate and within a few yards turn left (SE) through a gated gap stile at a finger post.

A DALES FELLS HORSESHOE

Continue across the pasture to a gap in the facing wall, thereafter bearing right uphill through a defunct gateway. Continue along the crest of the field to turn right through a facing gate. The fenced path crosses a stile to enter WEST WITTON (059884) along a ginnel I found to be bedecked that summer with hollyhocks. Turn left along the narrow pavement for a few yards to the Wensleydale Heifer.

Here cross the road to follow a finger post (FP Moor Bank) for just a few yards to a small pond, where follow a further finger post leftwards along another ginnel. At the end, turn left (SE) across the pastures, passing through a gap stile to reach a tripartite finger post (FP Kagram and High Lane). Turn right (S) uphill, keeping the hedge on your left to enter a wood at a gap stile.

The path slants pleasantly rightwards to the top of the wood, where ignore the facing gated gap and turn left (S) through a gap into the pasture (FP Watery Lane and High Lane). Keep the broken wall and line of trees on your right, crossing Watery Lane by gap stiles into the next pasture.

Keep the wall on your right (S) to a gap stile or gate. Thereafter zigzag up the steep slope with the gill on your left to cross High Lane by another pair of gap stiles. Now bear half right up a thin trod, keeping the wall on your right (S) to the top where a gap in the wall permits progress through the next pasture. Beyond a defunct wall, climb a steep bank to enter Flint Lane by a gap stile in the top right hand corner. Go straight across another gap stile alongside a sheep pen.

A thin path climbs (S) with the wall on your right through disused workings and up a steep rise before reaching a gate in the wall. Turn right (W) through the gate for the final stiff pull up to PEN HILL BEACON (054867). The panorama is first class, with the Cleveland Hills in the east and Great Whernside beyond Coverdale to the south. To the north-west, Rogan's Seat appears on the far side of Swaledale and the bird's eye view of lower Wensleydale is magnificent.

From the Beacon bear half right along the edge of the escarpment (W), negotiating a hurdle in a cross wall, to reach a junction between a cross fence and the wall on your left. Step across the fence along a delightful thin track winding through the rampant bilberry above Black Scar.

There is a grand view of upper Wensleydale from the escarpment. (Can you make out The Calf in the Howgills beyond the head of the dale? It is much easier to spot Pen Hill from The Calf.) The track swings back to the wall at BLACK SCAR GATE (043866), where a public footpath comes up from Flint Lane.

Through the gate, turn right (W) along a thin path amidst heather, keeping the wall on your right. Maintain your contour when the wall makes an indentation down to your right. Re-join the wall but, when it drops down to a corner, bear half left (SW) to cross a dilapidated fence.

A DALES FELLS HORSESHOE

The thin track keeps the wall a little way over to your right (S) before meeting the next cross fence at the point where it becomes a wall. Step over the fence and turn left (E) to avoid appalling ground just ahead. Keep the fence on your left to the fence junction on the damp summit of HEIGHT OF HAZELY (037860). To the west Ingleborough and Wherside make an appearance. Turn right (S), keeping the fence on your left.

The fence joins a dilapidated wall. When the latter becomes more substantial, follow tractor marks trending half right away from the wall. The valley of Walden lies ahead rising to Buckden Pike. On the broad col, the tractor marks cross the indistinct bridleway between West Burton and Carlton and lead (SW) uphill. The track is fortified by the remains of a wall coming in on your right.

When the tractor marks fade, follow the broken wall to a cross wall where turn left (SE). Keep the wall on your right to a sheep pen on HARLAND HILL (028843). Enter the pen, crossing easily over the wall and turning right (SW). Keep the ridge wall on your right over the fine heathery summit. There is a fine sense of isolation on this classic Dales moor.

Your isolation may be shattered and your route blocked by a shooting party. If so, retrace your steps to the col. Turn right through the gate (E) on the bridleway towards Carlton. Pass Howden Lodge on your right to cross a ford. Keep the wall on your right to enter a walled green lane. On reaching tarmac, turn left into Carlton. Consult the OS map for paths leading to Gammersgill and on through the pastures alongside the River Cover to reach Horsehouse.

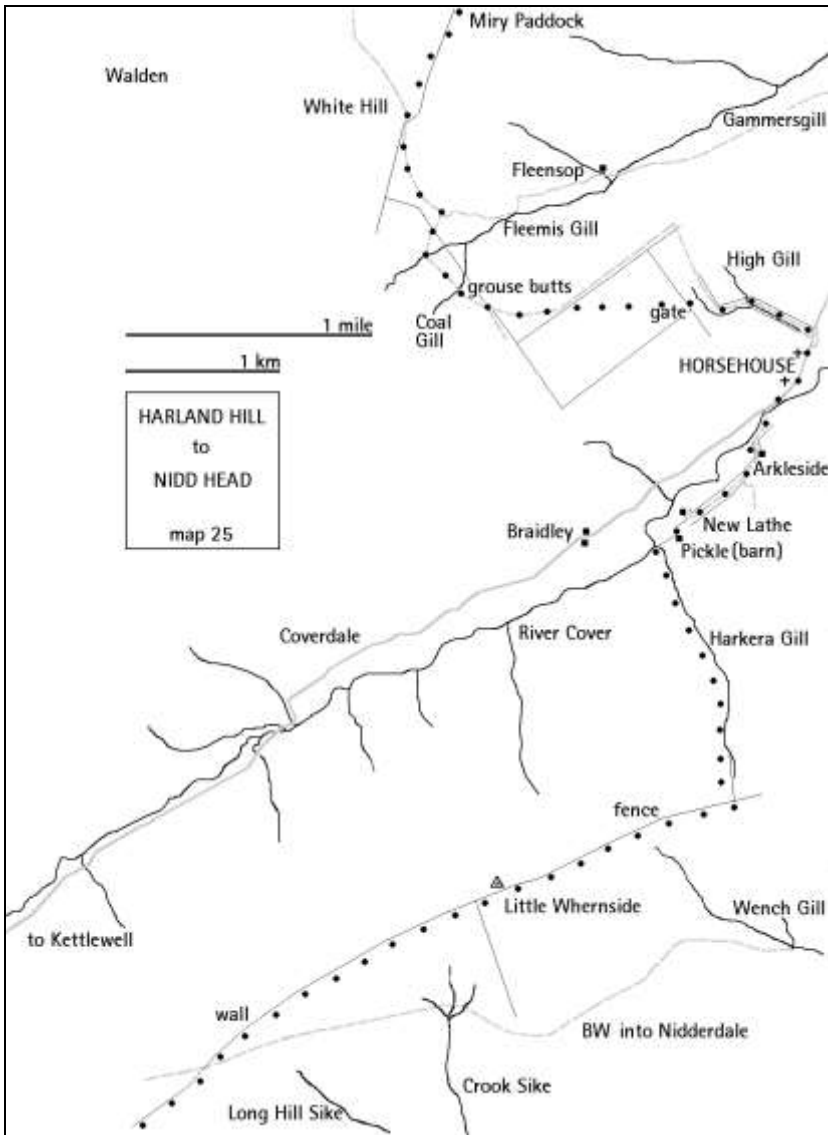
Pass three cross walls on the far side of the wall before reaching the hollow of Miry Paddock, where pass through a small gate in the wall. Now keep the wall on your left over North Tarn Hills and down towards WHITE HILL (022827) to join the bridleway from Walden. Turn left through the gate (S) along the delightful green way. This curves rightwards then back left, passing grouse butts.

Ignore the valley on your left containing several copses. This leads down to Fleensop and Gammersgill. Your route trends right (SSW) through a gate in a cross wall, descending to ford Black Dyke before swinging SE.

The way becomes stony but do not be tempted along a green way to your right. After fording Coal Gill, the track rises gently over FLEENSOP MOOR (027815) alongside a line of grouse butts. On re-joining the wall on your left, turn left through the gate. Bear half right (E) across the rough grass on a faint path. Pen Hill and Harland Hill form an attractive skyline to your left.

Leave the bridleway on meeting a wall, using a wicket gate into another rough pasture. Continue your easterly bearing, aiming for the prominence of Great Roova Crags seen across Coverdale, to use a gate in the far bottom corner.

A DALES FELLS HORSESHOE



Thereafter turn down right (initially SE), re-joining the bridleway. Keep the wall on your left, dropping down steeply (ENE). Beyond a ladder stile/gate, turn right alongside High Gill for an increasingly rough but pleasant end to the day's walk. Over a final stile, turn right into the village of HORSEHOUSE (048812), noting St. Botolph's Church.

A DALES FELLS HORSESHOE

HORSEHOUSE TO HEBDEN

DAY 14		grid ref	distance miles	total day	height metres	total day
HORSEHOUSE	R	048 812				
Arkleside Bridge	R	044 808	3/8	3/8		
Harker Gill		038 799	3/4	1 1/8	69	69
Arkleside Moor		042 782	1 1/8	2 1/4	172	241
Little Whernside		028 777	1	3 1/4	122	363
Long Hill Sike Head		013 768	1 1/8	4 3/8		
Nidd Head		999 753	1 1/4	5 5/8	150	513
Great Whernside		002739	1	6 5/8	29	542
boundary fence cairn		006733	1/2	7 1/8		
Sweet Hill, cairn		005728	1/4	7 3/8		
stone men (cairns)		993725	3/4	8 1/8		
stile(Highgate Leys Lane)		998708	1 1/8	9 1/4	10	552
Capplestone Gate (stile)		002700	5/8	9 7/8		
broken cross wall		008696	3/8	10 1/4		
Bycliffe Road, Kelber		995686	3/4	11		
Yarnbury	R	015659	1 7/8	12 7/8		
restored chimney		030666	1 1/8	14	60	612
Cupola smelt mill		024663	1/4	14 1/4		
HEBDEN	R	026631	2 1/4	16 1/2		612

From St Botolph's Church in HORSEHOUSE (048812), walk up the dale (SSW) along the road for 3/8 mile, passing the Wesleyan Chapel on your right. Bear left into the lane to Arkleside. Over ARKLESIDE BRIDGE (044808), turn right (SSW) to keep the River Cover on your right. Immediately after crossing the next bridge, over Arkleside Gill, go forward through a gate (FP Woodale) into a pasture. Bear half left at the next finger post to a gate, where turn right (SW) into the New Lathe farm access road. When abreast of the farm, ignore the turn to the right and go forward (SW) through a facing gate, keeping a wooden fence on your right.

Go through a gate to pass the small barn (with the intriguing name of Pickle) on your left. Keep alongside the succeeding wall, turning left over a ladder stile to find a step stile over a fence. Descend a flight of steps to ford HARKER GILL (038799), not an easy task when the river is in spate. A bridge would be useful here.

A DALES FELLS HORSESHOE

A step stile up the far bank gives access to a pasture. Keep a wall and new plantation on your right to a tripartite finger post and stile. *Ignore the stile* and turn left (SSE) uphill (FP Arkleside Moor Road). A steady climb ensues, keeping a barn and the wooded ravine of Harker Gill on your left. Beyond a facing gate, there are fine retrospective views of Coverdale. The route negotiates a gully on a pair of railway sleepers, eventually crossing the fence on the broad rough plateau of ARKLESIDE MOOR (042782).

Turn right (W), keeping the fence on your right. A fair path materialises alongside the fence. There are views into Nidderdale with Scar House reservoir prominent as you climb towards the juicy summit of LITTLE WHERNSIDE (028777). Step easily over the fence to visit the cairn on the far side. The panorama is extensive: Upper Wensleydale to the north-west, Buckden Pike to the west, with Simon's Seat prominent to the south, just left of Great Whernside.

Step back over the fence, keeping it on your right as you leave the summit (WSW) to negotiate a hurdle in a cross fence. Traverse much squelchy ground before meeting drier conditions where a wall replaces the fence on LONG HILL SIKE HEAD (013768).

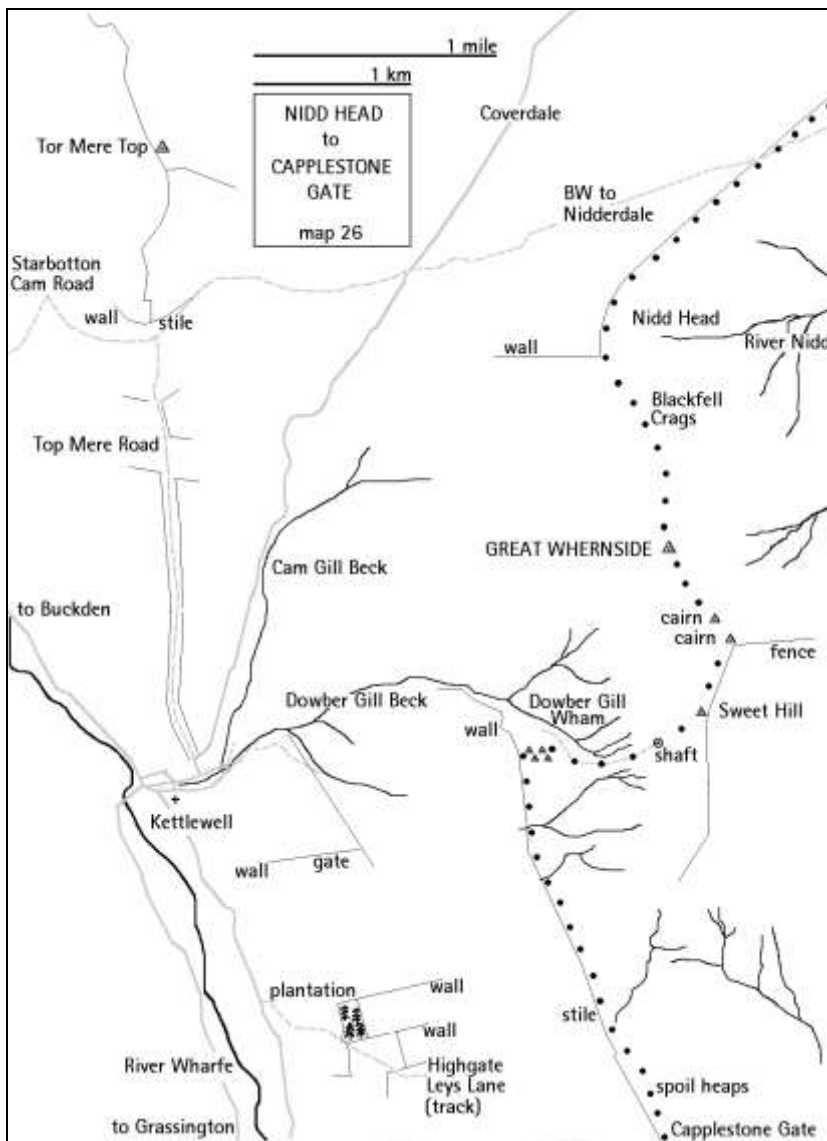
There is an excellent retrospective view of Angram and Scar House reservoirs on the climb towards Nidd Head, especially where the bridleway from Tor Dyke to Nidderdale comes through the wall.

Continue climbing with the wall on your right. The westward view is increasingly impressive. Fountains Fell, Pen y Ghent, Plover Hill, Ingleborough and Whernside are prominent. The fairly level walk around the bowl of NIDD HEAD (999753) is a real treat. The good going is a tonic for the legs. Note a boundary post marked YB, shortly before crossing a step stile in a cross wall. Shortly afterwards leave the wall as it turns away to the right at Black Dike End.

From the wall corner, bear slightly left (SE) along a distinct path to the summit ridge at Blackfell Craggs. The view is magnificent. Wharfedale stretches southward to infinity. Pendle Hill appears far down Ribblesdale to the south-west in addition to the westward fells described above. Continue along the edge of the broad ridge (S), passing a substantial shelter to reach the cairn and trig point on GREAT WHERNSIDE (002739).

From the summit, aim SSE to a prominent cairn. Keep on the same bearing to reach another cairn (006733) at a fence corner. Here bear half right (SSW), keeping the fence on your left to reach the grassy dome of SWEET HILL (005728).

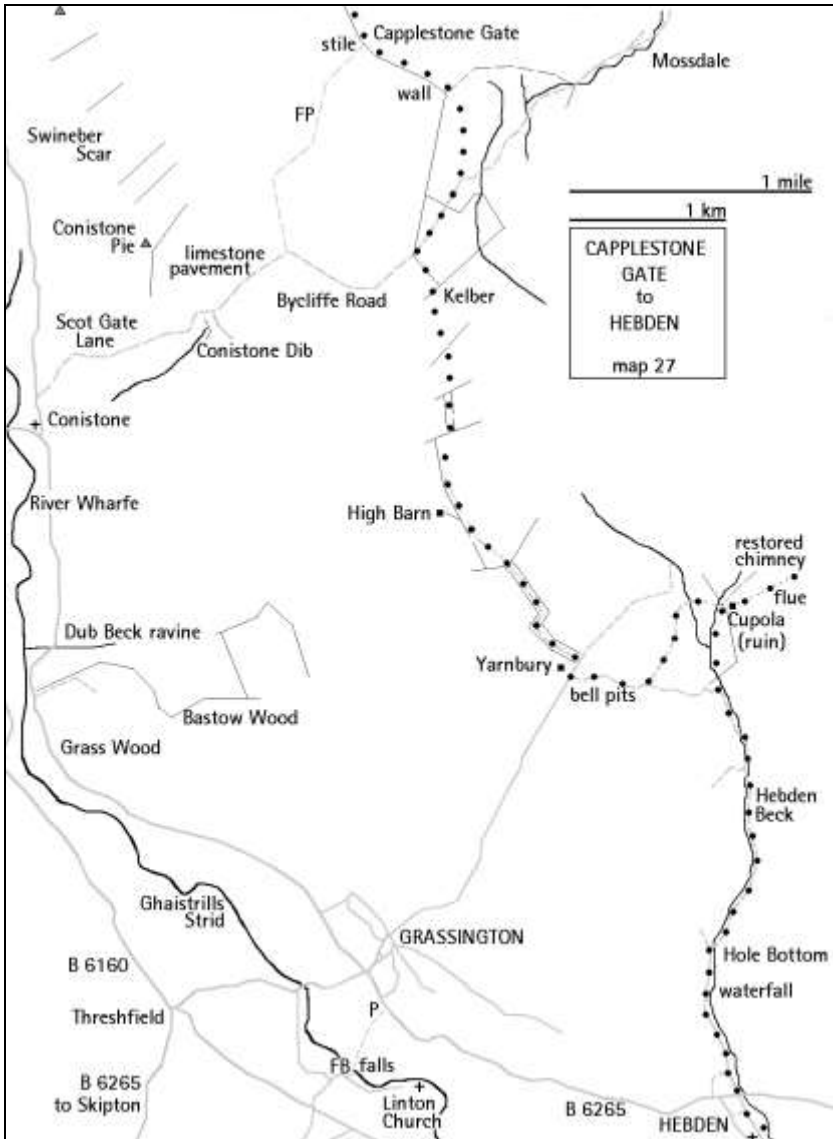
A DALES FELLS HORSESHOE



There is another fine distant view and a small cairn. Now turn half right away from the fence, bearing WSW over pathless terrain to the top of a steep grass slope. Note the extensive boggy plateau below and a faint green track leading over to a group of stone men (cairns) near to a wall beyond the bog. Enjoy the fine westward prospect as you descend the steep grass (WSW) to where there is an old bell pit at the start of the green track.

A DALES FELLS HORSESHOE

Follow this dry ribbon westwards to a solitary cairn, from where the group of cairns are now clearly visible. *Here leave the green track, as it turns down half right to keep alongside Dowber Gill Wham.* Instead follow an intermittent path half left (W) to the group of cairns (993725), from where there is an excellent prospect north-eastwards to Buckden Pike and over Dowber Gill to Great Whernside.



A DALES FELLS HORSESHOE

Proceed just beyond the stone men to the wall, where turn left (S then SSE), keeping along a thin path for over two miles with the wall on your right. Occasional gills flow under the wall to disappear down potholes on the far side. *Ignore a stile in the wall (998708), leading to Highgate Leys Lane and Kettlewell.* Continue through a waymarked area of spoil heaps to Capplestone Gate. *Again ignore the stile,* keeping the wall on your right along a faint path trending SE down to a T-junction of walls (008696).

Here go through a gap in the broken cross wall and turn half right (due S) to traverse the pathless, rough grass slope down to BYCLIFFE ROAD. Turn right (SW) along this old mine road, beyond a double gate in a cross wall, to a brow at KELBER (995686) where a wall comes in closely on your right. Turn left on this brow (SE) into a green way between a dilapidated wall and fence.

Soon bear half right (S) over a broken stile/fence, following the path to the next step stile over a broken wall. Continue along a distinct path on grass, bearing S to a ladder stile from where there is a good retrospective view of Great Whernside. Simon's Seat is in view straight ahead.

The path continues through a broken wall, passing two bell pits before reaching two gates in a cross wall. Take the left hand gate into a green walled lane. Pendle Hill is prominent to your half right (SW) and Barden Moor to your right (W). Leave the walled lane at a gate, turning half right towards a wall, noting Yockenthwaite Moor and Buckden Pike to your right.

Ignore the gap stile in the wall. Instead turn half left (S) along an excellent green way to keep the wall on your right.

Ignore the next gateway in the wall, here joining a footpath from Conistone. Follow (SE) the wall on your right. The track leads easily and distinctly to a gate giving access to the walled lane down into YARNBURY (015659). At the bottom of the lane, turn right (SSW) into the mine road.

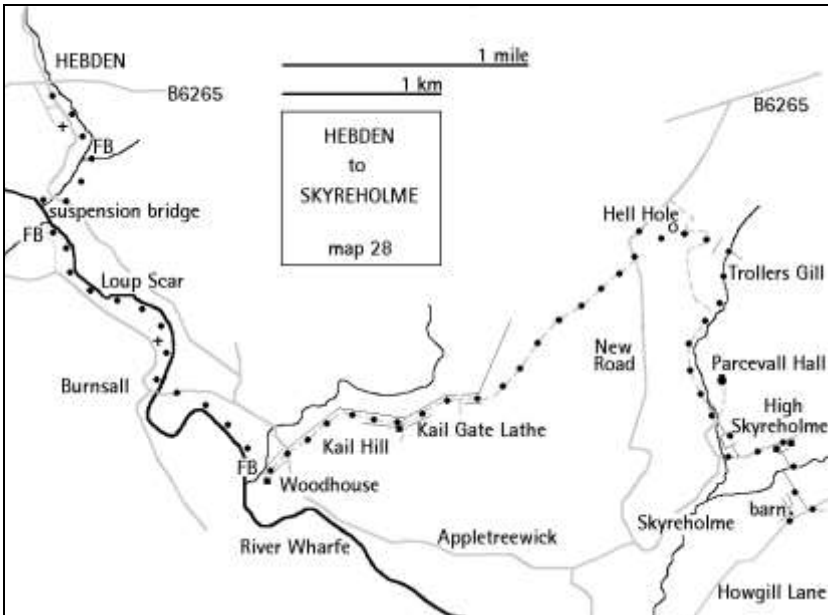
When abreast of the house, turn left (E) over a cattle grid into another mine road, an ugly blot on the landscape. There are however some fascinating industrial relics of bell pit and a dam. When the road divides, take the left fork to a ladder stile alongside a locked gate. (The right fork here would make a short cut into Hebden Gill, missing the flue and chimney.) Beyond the stile, the now pleasant road traverses fine heather moorland, crossing the upper reaches of Hebden Gill to reach the ruins of Cupola Smelt Mill (024663).

A DALES FELLS HORSESHOE

Turn right off the road just before a gate/stile to enter the ruins at another gate/stile alongside an information board. Climb up through the ruins to find and follow the flue (ENE) to the restored chimney (030666). Enjoy another fine view up Wharfedale, before retracing steps alongside the flue and back through the gate/stile at CUPOLA SMELT MILL (024663). From here follow the beck downstream (S), keeping it on your right.

A path leads through bracken to join Hebden Gill. Go through a gap stile in a cross wall to keep a wall on your left before fording the gill to follow the old mine road downstream. Beyond a ford, the track keeps the gill on your right, through several gates, before crossing the bridge at Hole Bottom.

The bridleway, now a tarmac lane, descends pleasantly (S) towards Hebden. On the way, a short trespass, left into a field containing a couple of green holiday chalets, gives access to Scale Force, a pretty waterfall. Pleasant cottages mark your arrival into HEBDEN (026631), where take care crossing the main road.



A DALES FELLS HORSESHOE

HEBDEN TO BOLTON ABBEY

DAY 15		grid ref	distance miles	total day	height metres	total day
HEBDEN	R	026 631				
suspension bridge	R	026 624	5/8	5/8		
Burnsall	R	032 612	1	1 5/8		
Woodhouse farm	R	040 606	5/8	2 1/4		
New Road	R	064 619	1 3/4	4	160	160
Trollers Gill		069 618	5/8	4 5/8		
Skyreholme Bridge	R	069 607	5/8	5 1/4		
High Skyreholme	R	072 608	1/4	5 1/2	30	190
Simons Seat		079 598	1 1/4	6 3/4	300	490
Valley of Desolation		078 566	2 1/4	9		490
Waterfall Cottage	R	076 557	1/2	9 1/2		490
Aqueduct bridge		067568	1 1/2	11	30	520
The Strid		064564	1/2	11 1/2	20	540
Cavendish Pavilion		077552	1 1/8	12 5/8		540
BOLTON ABBEY	R	072540	1 1/8	13 3/4	20	560

In HEBDEN (026631), go (SE) past the school to find a kissing gate and footpath (FP Hebden Suspension Bridge) slanting half left downhill to the gill. *Do not cross the footbridge*, but keep the gill closely on your left, through a gated gap stile and a kissing gate, before crossing the next footbridge alongside a weir. Thereafter keep a wall and water tanks on your left to cross a stone slab. From here, continue forward on a green way between two diverging cart tracks, a quadruple finger post confirming your route (SW) to the suspension bridge.

Beyond a gate, where a notice bans cycling and running, dutifully slow down to less than three miles per hour. Follow the path through another gate, then surprisingly beneath two pergolas. Walk down the drive between the two bungalows, thereafter turning right onto the road and over the attractive Mill Bridge. Within fifty yards turn left through the wall at a finger post. Cross the field to a gate in the wall on your left to reach HEBDEN SUSPENSION BRIDGE (026624).

Over the bridge, turn left (SE) along a beautiful stretch of the River Wharfe towards Burnsall. Just beyond a wooden bridge, take the stile in a cross wall, *ignoring steps up to your right*. The section through the limestone of Loup Scar is particularly attractive. In BURNSALL (032612), turn left over the bridge. Soon bear half right (SE) through a gate (finger post) to rejoin the Wharfe on your right.

A DALES FELLS HORSESHOE

The path leads through two small gates, crossing a footbridge over Barben Beck to reach WOODHOUSE FARM (040606). *Here ignore the finger post* and immediately turn left (NE), away from the Wharfe, along a cart track.

The cart track soon reaches the Burnsall to Appletreewick road. Go straight across, beyond the stile/gate into Kail Lane, a green sunken bridleway, soon climbing with a wall on your left. Keep alongside this wall (E) through a gated section of walled lane to reach Kail Gate Lathe farm buildings, where bear slightly left (ENE), still keeping the wall on your left.

The retrospective views of Wharfedale gradually improve. Over to your right, after passing Kail Hill, Simon's Seat gains prominence. At a cross road of tracks continue forward (FP New Road) to the next gate. Here your erstwhile companion, the left hand wall, turns away. Follow the unenclosed bridleway half leftwards (NE). The track joins a fence on your left for a while, before crossing a section of unenclosed moorland to reach NEW ROAD (064619) at a double gate.

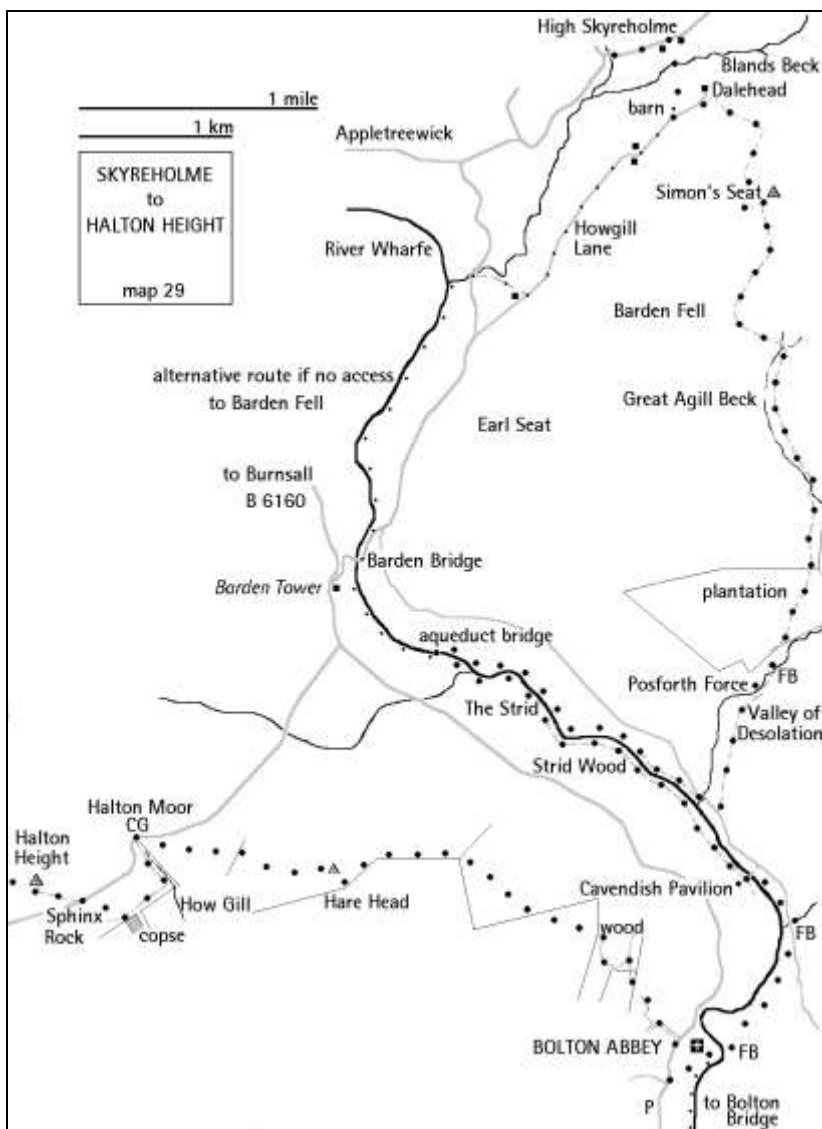
Turn left, (N) onto the road until just beyond the first bend, turn right (E) over a ladder stile (FP Skyreholme). A thin path on grass leads forward. Keep a fenced limestone ravine away to your right, passing the fenced pothole of Hell Hole closely on your left. Now join a cart track as it loops towards you. Go down past a defunct telegraph pole, turning right past a finger post pointing back uphill.

The track now descends through a low escarpment. Immediately thereafter, (before the track swings away to your right around Middle Hill), bear left along a thin path on grass. Over a stile, the path drops steeply into TROLLERS GILL (069618), where a ladder stile crosses a wall on the far bank. Turn right (S) down the usually dry stream bed, picking your way down this superb ravine. All too soon, normal walking resumes, although few would be happy if the whole fourteen miles were over such boulder terrain.

Over a hurdle in a cross wall, continue (SW) with the resurgent stream on your left to rejoin the right of way at a finger post. Turning left (S), onto an excellent terrace above the beck, note the fine retrospective view. The way passes through three gates to the road.

Turn left over the bridge and through the gate leading to Parcevall Hall. However within a few yards, turn right over a stone step stile in front of the cottages. Keep a wall on your right through a gateway and across the next pasture. At the next defunct gateway, turn half right down to a stile giving access to the road at SKYREHOLME BRIDGE (069607).

A DALES FELLS HORSESHOE



Turn left (E), climbing up the road to reach the hamlet of HIGH SKYREHOLME (072608). *Ignore the first three entrances on your right.* Look out, on your left, for a finger post (FP Howgill Lane) pointing rightwards through the gateway of a dwelling called Simon's Seat. Turn right (S) through the gateway, down cobbles between two buildings and on through a gate.

A DALES FELLS HORSESHOE

Walk down to the bottom right hand corner of the narrow pasture to cross a footbridge, from where bear half right across the next field to a stile. Continue in the same direction past a wall corner to cross a stile alongside a ruined barn. Continue beyond the barn, trending leftwards to reach a gate giving access to Howgill Lane. Turn left (ENE) up the lane, passing through a gate. Shortly before Dale Head farm, take a half facing gate on your right, into Barden Fell Access Area, where there is an information board.

If access is denied, it will be necessary to retrace your steps down to Howgill, from where a pleasant riverside path rejoins the main route at Strid Wood.

The path zigzags steeply but blissfully uphill. The retrospective views, including Yockenthwaite Moor, Buckden Pike and Great Whernside, are first rate. Barden Moor lies beyond the green meadows around Burnsall, Appletreewick and Skyreholme. Over the stile in a cross wall, the impressive gritstone blocks of Simon's Seat loom large. The path winds upwards through heather moorland before a final steep scramble reveals the trig point on the summit rocks of SIMON'S SEAT (079598).

Climb down the summit rocks to a finger post, taking the left forks (S) along a distinct cairned track (veering SW) in the general direction of Earl's Seat. On the broad col, the track turns away, left and then right (S), to keep Earl's Seat and the valley of Great Aigill on your right. There follows an exhilarating descent, fording Great Aigill and eventually entering a plantation by a kissing gate.

Leave the plantation where a finger post indicates a ladder stile over the wall on your left. A path leads down into the attractive VALLEY OF DESOLATION (078566), with Posforth Gill on your left. *Do not cross the footbridge* but detour along a rough path to reach the impressive waterfall. Scramble down to the pool for the best view. If not in spate, the gill is normally easy to cross.

Proceeding downstream, soon bear left along a path to rejoin the main track amidst an avenue of trees. The latter are amongst 100 oaks planted in 1980 for the next generation, to mark the golden jubilee of the West Riding branch of the Rambler's Association.

Beyond a kissing gate reach WATERFALL COTTAGE (076557) and a gate leading onto the road. Turn right (NW) along the road, downhill through the wood, to cross Posforth Gill using the footbridge to the left of the road bridge.

A DALES FELLS HORSESHOE

Note the shortcut to the Cavendish Pavilion on your left, just before the footbridge.

Bear left into Strid Wood Nature Reserve along a broad track leading pleasantly upstream alongside the Wharfe. Soon the track bears half right uphill, passing an interesting shelter. Thereafter follow the path along the upper margin of the wood, ignoring paths going down to your left. There are glimpses of the Wharfe through the trees, including a good view of the Strid. Eventually the path leaves the wood at a stile and soon reaches the AQUEDUCT BRIDGE (067568). This provides fine prospects of the Wharfe as you cross the river.

Turn left (ESE) downstream to re-enter Strid Wood by a stile, thereafter crossing a wooden footbridge. Follow the path as it climbs to another high point, then take a left fork downhill. On entering a stand of mature beeches, double back down to your left to inspect the Strid. This narrow channel is particularly impressive when the Wharfe is in spate. Beyond the Strid there are fine sections of river and woodland before reaching the CAVENDISH PAVILION (077552).

Continue with the river on your left for an easy level short cut to Bolton Abbey.

Those with time and energy should turn left over the bridge, then right over a stile to keep the Wharfe on your right. At the next stile, turn left to the road where turn right over a footbridge alongside a ford. Continue up the road for only a few yards before turning half right onto a footpath that climbs to the top of the wood where the magnificent ruin of Bolton Abbey bursts into view. The path descends, crossing the footbridge or stepping stones to reach BOLTON ABBEY (072540). A visit is well worthwhile, before climbing the steps to the hole in the wall and the village.

The Devonshire Arms and Bolton Bridge may be reached by a half mile detour along the riverside path from the footbridge, useful for those on the Eastern circular route.

A DALES FELLS HORSESHOE

BOLTON ABBEY TO GRASSINGTON

DAY 16		grid ref	distance miles	total day	height metres	total day
BOLTON ABBEY	R	072 540				
Hare Head		050 553	2 1/8	2 1/8	200	200
Halton Moor	R	038 556	3/4	2 7/8	10	210
Halton Height		031 552	3/4	3 5/8	100	310
Embsay Crag		005 551	1 3/4	5 3/8	70	380
Embsay Moor Reservoir		998 548	3/8	5 3/4		
Crookrise Crag		988559	1 1/8	6 7/8	185	565
Waterfall Gill		987567	3/4	7 5/8		
Rylstone Cross		983576	3/4	8 3/8	50	615
Cracoe Fell obelisk		993588	1 1/4	9 5/8	100	715
Rolling Gate		001601	1	10 5/8		
walled lane		011609	7/8	11 1/2		
Thorpe	R	013618	5/8	12 1/8		
Linton	R	998628	1 1/4	13 3/8		
Linton church	R	005632	1/2	13 7/8		
GRASSINGTON	R	003642	3/4	14 5/8	40	755

This is the start for those on the Eastern Circular route.

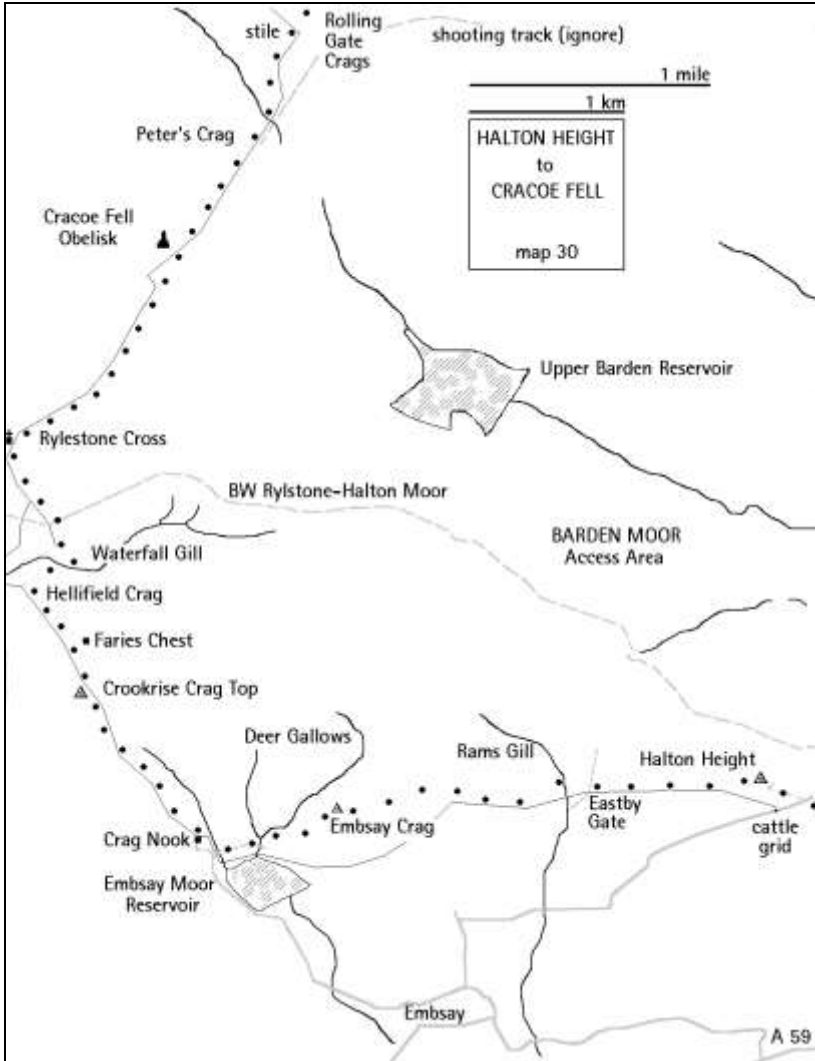
From the hole in the wall near to the post office at BOLTON ABBEY (072540), walk along the road (N) towards Burnsall. Pass under the stone arches and, just opposite the impressive crenelated gate house, turn left through a farm gate (BW Halton Height). Go up the cart track (NW) and, when it turns leftwards to a barn, turn right through the third of four adjacent field gates.

Now follow the finger post (bridleway) half left (NW) along faint tractor marks to pass two fenced ponds on your left. Through the gate in the wall ahead, turn right (N) across the pasture to use a gate leading into the wood. Within 100 yards the ascending track doubles back leftwards at a finger post. The way swings to the right and then to the left, before leaving the wood at a gate.

Here follow the finger post, along a well-defined path (WNW) across the pasture. Proceed (NW) beyond a gate in a wall coming in on your right. Splashes of blue paint on boulders mark the way as it crosses and re-crosses a cart track on Howsber to reach a small gate. Through the gate, turn left, keeping the wall closely on your left (W then SW) before following the track climbing half right (W) over the grassy dome of MIDDLE HARE HEAD (050553).

A DALES FELLS HORSESHOE

Admire the pleasing prospect of Barden Moor, Great Whernside and Simon's Seat, before proceeding (W) gently down the green track to the next gate. The track crosses some fine heather moorland and leads (W) to a gate onto the road at HALTON MOOR (038556). Turn left to cross over the cattle grid, then immediately left again, at a gate, (SE) along a green cart track. Following the wall on your left, the track loses a little height as it gradually curves to the right (SW) to provide fine views across to Beamsley Beacon and down Wharfedale.



A DALES FELLS HORSESHOE

Ignoring a gateway, continue alongside the wall noting a copse on the far side. When the copse ends, bear right (NW) away from the wall, climbing a path through bracken to reach Sphinx Rock.

In Greek mythology, the Sphinx was a monster with the head of a woman and body of a lion. The creature would ask a question of passers-by and, if they were unable to answer, would devour them. Therefore admiring only briefly the fine view, hurry past the Sphinx along the rim of Low Crag for perhaps 100 yards before turning right (N) across pathless ground. Aim to cross the road to the foot of an excellent green track rising half left (W).

This keeps High Crag on your right, before turning distinctly right for the final pull up to the substantial round cairn and trig point on HALTON HEIGHT (031552). The splendid prospect includes your route over Embsay Crag, Crookrise and the obelisk on Cracoe Fell.

Continue due W along a thin track to a plantation, beyond which keep the boundary wall on your left. At Eastby Gate, *ignore the ladder stile and gate in the wall*. Therefrom keep some 50 yards away from the wall to avoid wet ground and find a sheep track crossing Rams Gill. Re-join the wall before bearing away half right (W) again, on this occasion to reach the top of EMB SAY CRAG (005551), another fine viewpoint.

Follow the path (SW) down through heather and bracken, bearing right at a blue marker post to join Moor Beck on your right. EMB SAY MOOR RESERVOIR (998548) is now over the wall on your left. Beyond Moor Beck a green way (W) with blue marker posts reaches a gate and stile leading onto Crag Nook farm road. *Do not cross the stile*, but turn right (NW) uphill keeping the wall on your left. Use one of the stiles across the wall, thereafter following a thin path along the edge of the escarpment to the trig point on CROOKRISE CRAG TOP (988559).

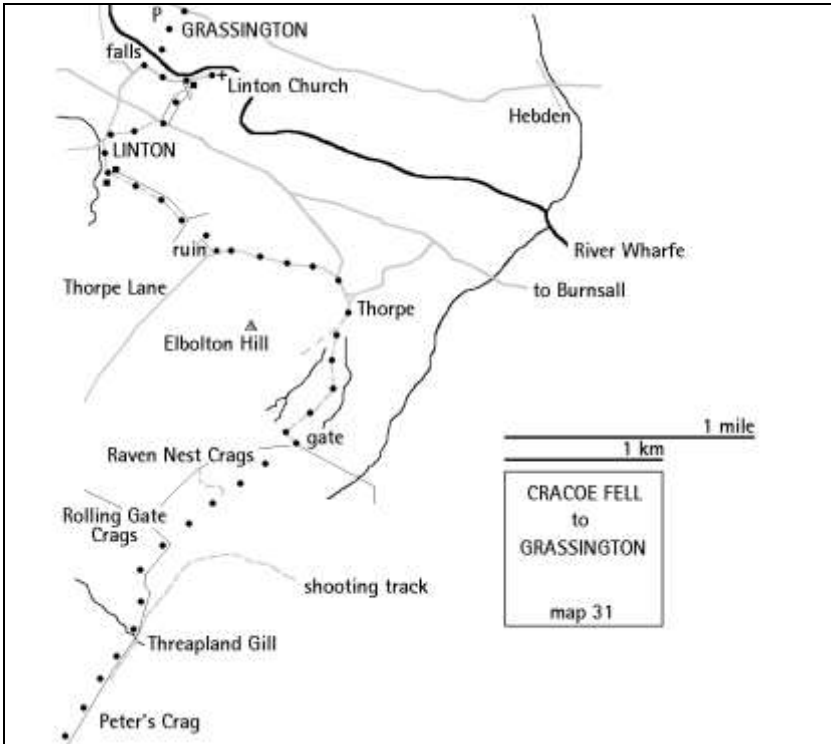
Use the nearby stile back across the wall and turn left (NNW). Keep the wall on your left, soon passing a ruined fold and impressive gritstone blocks, including the Fairies Chest, on your right. On reaching a lower tier of gritstone blocks, Hellifield Crags, forsake the wall to follow the path rightwards (NE). The path drops down to cross WATERFALL GILL (987567) just above the attractive fall.

Scramble steeply up the far bank towards a cairn, in fact the end of a wall. Keep the wall on your left, crossing the Rylstone to Halton Moor bridleway to climb steadily (NW then N) towards RYLSTONE CROSS (983576). Inspect this at close quarters by a short detour over the ladder stile.

A DALES FELLS HORSESHOE

Thereafter continue, uphill (NE) with the wall on your left, eventually crossing another ladder stile to the war memorial on CRACOE FELL (993588). Proceed downhill, bearing NE, with the wall on your right to enjoy the views towards Grassington and Wharfedale. *Ignore a ladder stile/gate in the wall.*

Continuing beyond Threapland Gill, keep the wall on your right as it swings northwards. At ROLLING GATE (001601), cross the ladder stile, forsaking the wall when it turns away leftwards,



Now bear NE over pathless moorland, keeping along the crest of a slope to your left. *Resist the temptation of a sunken track leading down the slope.* Instead continue bearing NE to reach an area of old workings at Raven Nest Crag. Pick your way down the slope to a gate giving access to the walled lane (011609) leading down to the buildings at THORPE (013618). Bear left at the triangle, up the lane and past the houses to turn left (W) into Thorpe Lane (Unfit for Motor Vehicles).

A DALES FELLS HORSESHOE

In about half a mile, *ignore the narrow bridleway on your right to the B6160*. Soon afterwards, just before a ruined barn, take a stone step stile on your right (FP Linton). Follow the wall on your left (NW) down into a hollow and over a brow, passing a finger post and copse on your left. Thereafter drop downhill to a ladder stile/gate giving access to a cart track.

Keep the wall on your right to The Grange farm, where go between the buildings and turn right. Through the farm entrance, the lane leads (N) into the pretty village of LINTON (098628). Keep the river on your left to the T-junction, where turn right for only a short distance.

When the road divides, take the right fork (W), passing the Youth Hostel entrance, to meet the Grassington to Burnsall road at the next T-junction. Turn right for 50 yards then left over a stile (FP Linton Church and Linton Falls) into a very narrow barbed trod.

The disgraceful barbed wire may threaten your new jacket as you proceed downhill. Turn left at the bottom of the field to the farm, where turn right along the lane for the short detour (E) to the 12th century LINTON CHURCH (005632).

Retrace your steps, continuing (W) along the road, to the last cottage on your right where a finger post indicates your way down a narrow ginnel. This turns right to reach the footbridge alongside the highly impressive Linton Falls. Over the footbridge, climb straight up the paved path (Sedber Lane), to the car park, where turn left into Hebden Road. It is only a short distance before the right turn into the Main Street of GRASSINGTON (003642).

A DALES FELLS HORSESHOE

GRASSINGTON TO HUBBERHOLME

DAY 17		grid ref	distance miles	total day	height metres	total day
GRASSINGTON	R	003 642				
Grass Wood end	R	981 658	2	2	20	20
Grass Wood top		989 657	5/8	2 5/8	100	120
Dales Way		996 664	5/8	3 1/4		
Conistone Pie		988 687	1 5/8	4 7/8	55	175
Highgate Leys Lane		986 705	1 1/2	6 3/8	80	255
Kettlewell	R	969 723	2	8 3/8		
Tor Mere Top		971 764	2 3/4	11 1/8	418	673
Buckden Pike		961 788	1 7/8	13	84	757
Buckden Rake	R	941785	1 3/4	14 3/4		
Cray	R	942792	5/8	15 3/8		757
Scar House		921789	1 1/2	16 7/8	40	797
HUBBERHOLME	R	926783	5/8	17 1/2		797

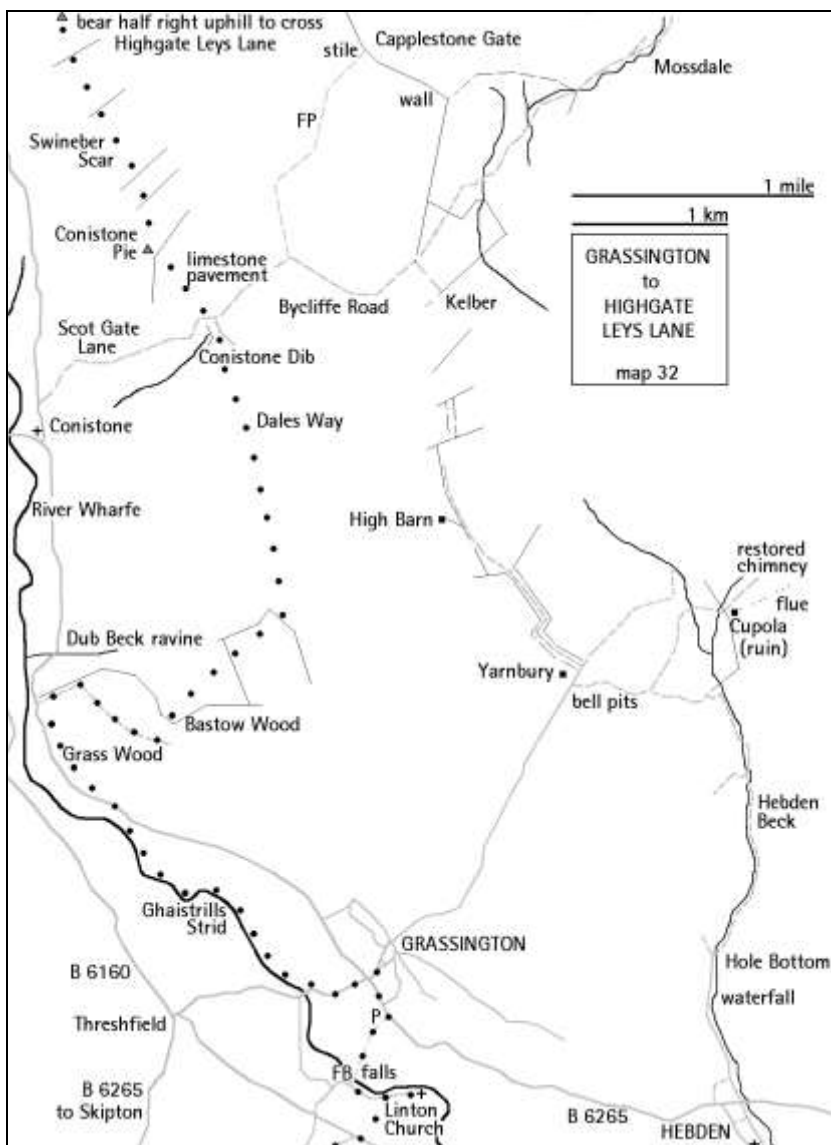
From GRASSINGTON (003642), turn right (SW) at the bottom of the main street, walking down the road towards Threshfield (signpost Skipton) to reach Grassington Bridge. *Do not cross the bridge* but take a short lane on the right, (*ignoring the footpath uphill*), to a gate leading to pastures alongside the Wharfe. The distinct path closely follows the Wharfe (NW) upstream through a gate and over a footbridge. Beyond two more gates, a gap on your left leads onto limestone slabs just below the attractive Gaistrills waterfall.

The path continues over three stiles, thereafter winding between trees to enter a level pasture. Over a step stile, the path keeps between the river and a wooded limestone scar on your right.

Approximately 100 yards beyond the stile, bear half right up a slanting path. *Ignore the track off to your left leading back down to the river.* Cross the lane, via gates, into Grass Wood.

Follow the main woodland track as it turns left (NW) to keep parallel with the road. Bear right when the next path comes in from the road. Stay (NW) on the main path, ignoring a track up to your right. Keep level for a while before dropping down to join the cart track coming from the final roadside gateway at the end of GRASS WOOD (981658).

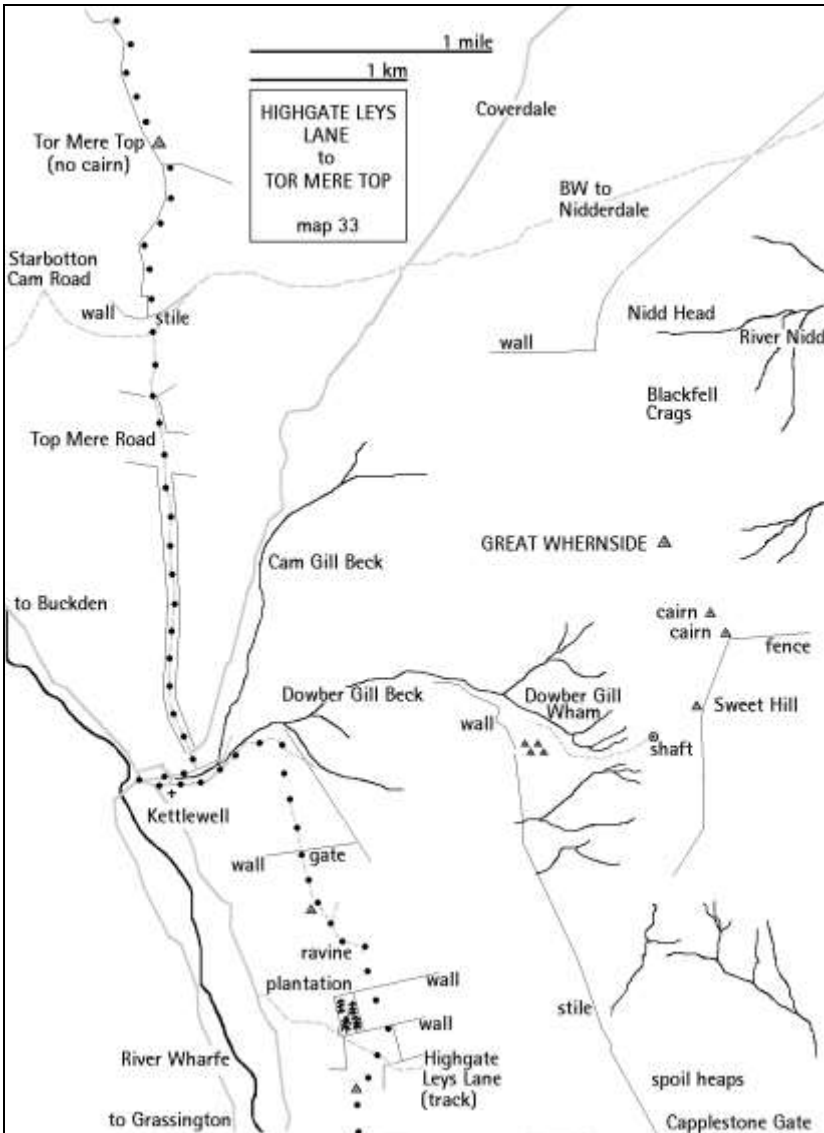
A DALES FELLS HORSESHOE



Turn right (NE) up the broad track, soon climbing alongside the perimeter wall before turning right. Follow the main track (SE) away from the wall, steeply uphill, ignoring paths to left and right, to reach a four-way finger post. Turn left (FP Bastow Wood) along a distinct path (NE), leaving the main wood by a ladder stile in the perimeter wall (989657). Thereafter the path winds (NE) through scattered trees, passing a small cairn before reaching a ladder stile.

A DALES FELLS HORSESHOE

Beyond this continue forward (E) for 200 yards, then bear half left (NE) across the pasture, joining a fairly distinct green track to meet the Dales Way at a ladder stile (996664). Continue over the ladder stile (N), cross a broken wall and pass through a small gate. The excellent green way now crosses three stiles, passing an excellent lime kiln on your left before reaching a three-way finger post.



A DALES FELLS HORSESHOE

Continue (NNW) straight on (FP Kettlewell) to Conistone Dib, *where ignore the ladder stile on your left*. Enter a short walled lane over four stone slabs to pass through the gate ahead. Cross straight over Scot Green Lane at a quadruple finger post.

Here leave the path, bearing half right up the limestone escarpment, proceeding NNW along the edge of the limestone pavement forming the scarp. This gives an airy view up the dale. Rejoin the Dales Way at the next stile, this giving access to CONISTONE PIE (988687).

There is a splendid view from this characterful outcrop, into Littondale and Wharfedale, where Kilnsey Crag is prominent across the valley. The distinct path continues (NNW) over more stiles keeping a limestone scarp on your right and Swinebar Scar below on your left. Meet a cairn as the right hand escarpment disintegrates some fifty yards before a wall corner on your left.

Here bear half right (NE) up tractor marks *aiming above the right hand end of the plantation ahead*. Continue climbing to cross (i.e. do not join) the cart track of HIGHGATE LEYS LANE (986705), then beyond a low escarpment to reach a wall corner. There should be a stile here, over the wall coming up from the plantation (not obvious on my last visit). Proceed straight on (NNW) over this substantial wall, trending very slightly downhill to the next cross wall, where again there should be a stile.

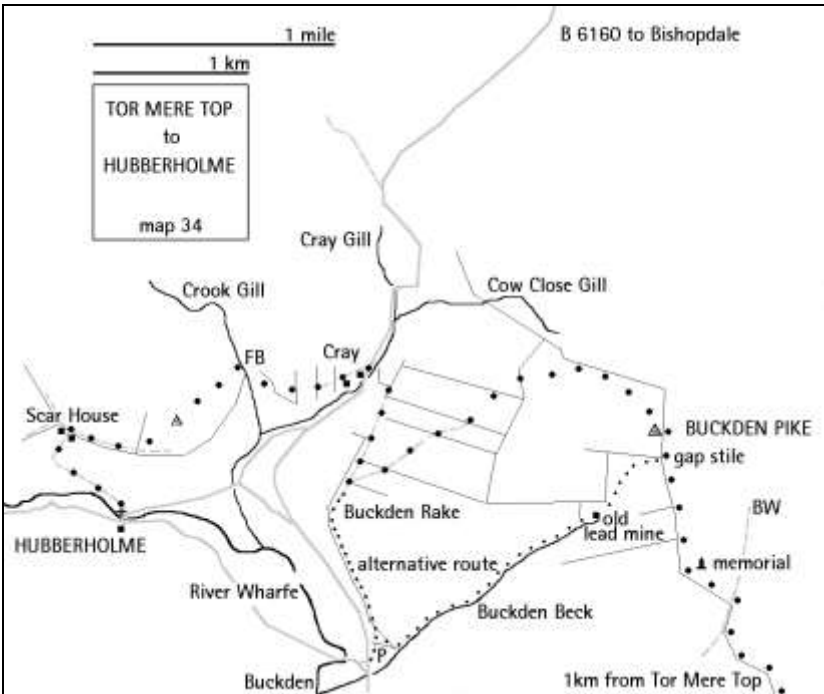
Beyond this, skirt around the top of a gully, joining green tractor marks along the edge of a scar. Take the left, lower fork when the tractor marks divide, to by pass a large cairn on your left, before passing (NNW) through a gate in the next cross wall. Enjoy the fine views down to Kettlewell before meeting the bridleway at a finger post/gate above Dowber Gill Beck.

Turn left (W), descending the bridleway, a distinct cart track, to reach the lane leading down to KETTLEWELL (969723). You should make a short detour to explore this classic Dales village. If not, turn right at the church alongside the King's Arms and next right again at the post office (Leyburn 1 in 4).

The road climbs steeply to the left. Leave the road as it swings back to the right keeping straight ahead (NNW then N) up the stony Top Mere Road (BW Starbotton and Coverdale). Kettlewell provides a pleasing retrospective prospect and on gaining height, note a fine view down Wharfedale and over to Great Whernside on your right. The route passes through two gates into an unenclosed section.

A DALES FELLS HORSESHOE

Here continue forward (N), as the left hand wall drifts away, to join a wall on your right. Beyond a third gate/small kissing gate the track levels out on Cam Head.



Leave the BW just before it veers to the right and meets the BW coming in on your left from Starbotton at a tripartite finger post. Instead climb straight ahead (N) over a prominence to cross a ladder stile at a T-junction of walls. Thereafter an often wet path keeps the wall never far away on your left. Beyond a further ladder stile over a cross wall, surmount the featureless summit of TOR MERE TOP (971764). Great and Little Wherside provide the view.

Continue the ascent (NNW) with the wall on your left, noting Pen y Ghent popping up over the Horsehead ridge on your left. Beyond an awkward hurdle in a cross fence traverse more boggy ground. *Ignore the gate carrying the Walden Road BW.* Hereabouts there is a fine view down to Walden towards Pen Hill. Pass the Polish airmen's memorial to reach the summit of BUCKDEN PIKE (961788), where a ladder stile gives access to the trig point and neatly built cairn/seat.

If bound for Buckden see the box below. For Cray or Hubberholme, leave the summit heading N for 100 yards to a cross wall, before turning down left (NW) to keep the wall on your right

A DALES FELLS HORSESHOE

Ahead are fine views of Langstrothdale and the tiers of Yockenthwaite Moor. Turn half left (a little S of W) at a finger post (BW) across indistinct wet ground. Beyond a gate, the now distinct path descends pleasantly (SW) through gaps in three cross walls, affording a bird's eye view of Cray and Hubberholme. Through a further gate the BW descends (W) alongside a wall on your left to meet Buckden Rake (941785), a distinct cart track.

Buckden may be reached from the summit by retracing steps. Turn back right (S) over the ridge wall to turn right (W) through a gap stile alongside the first cross wall. Continue half left (SW) beyond the disused lead mine to join the delightful Buckden Beck down to the village. Leave BUCKDEN via the car park at the north end of the village where a gate gives access to Buckden Rake. Rejoin the main route when the rake levels out beyond a gate.

Turn right along Buckden Rake (NNE), keeping the wall on your left via two gates onto an unenclosed green way. This leads through two broken walls to reach a gate and gap stile at a wall corner. Fifty yards beyond, at a tripartite finger post, turn left through a small gate (W) down a steep path. Follow the wall on your right down to the stepping stones across Cray Gill and the White Lion at CRAY (942792).

Go straight across the road, closely passing the inn on your left, along a waymarked cart track. Keep farm buildings on your left and go straight on (W) at a tripartite finger post. Alongside High Close, follow (W) a finger post (Scar House and Yockenthwaite) through the first of four waymarked gates across gently rising pastures.

Through the final gate pass a barn on your right as the path trends half right to the footbridge over Crook Gill. Over the bridge the path turns left alongside the wall, but preferably climb straight ahead to a cairn on a low scar. There is an excellent view down Wharfedale.

Continue forward, dropping down half left (SW) to rejoin, at a broken cross wall, the path to SCAR HOUSE (921789). Follow the wall on your left (WNW) to the rear of this delightful old house (a former Friends Meeting House). Here a tripartite finger post indicates your route leftwards towards Hubberholme.

Keep the house on your immediate left, passing between a barn and the house to turn left (SSE) down the access road. This winds down beyond a ladder stile/gate before reaching HUBBERHOLME (926783) via a gate alongside the church. Do not omit a visit to this fine Norman church with its rare rood loft and carvings of mice on the pews.

A DALES FELLS HORSESHOE

HUBBERHOLME TO COUNTERSETT

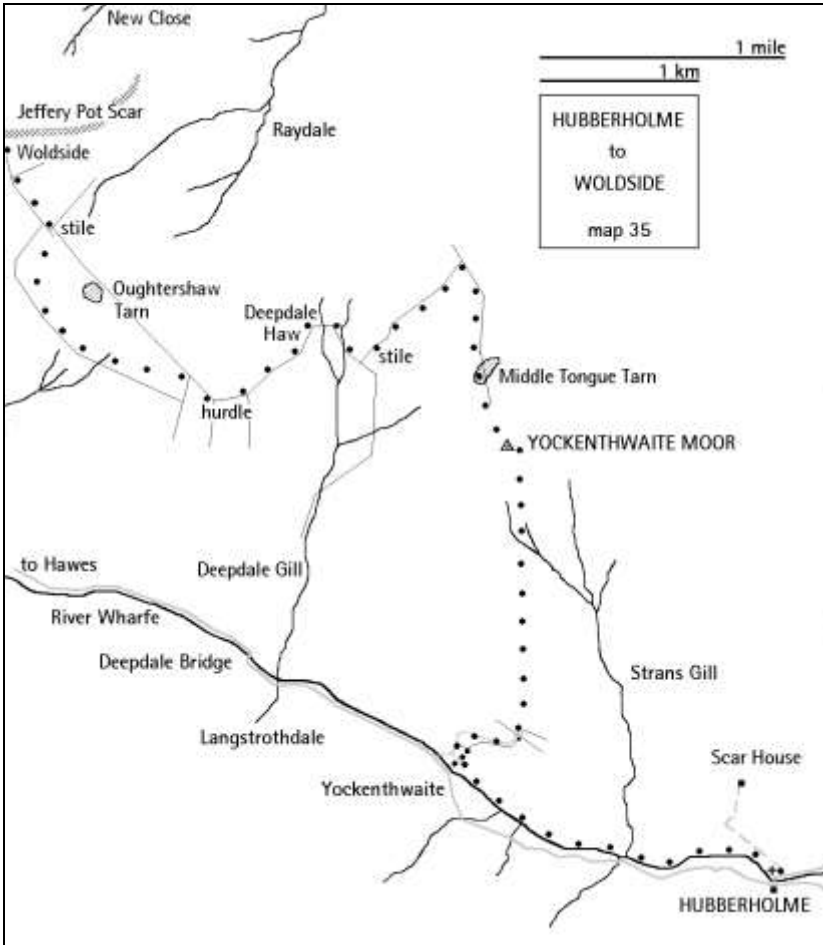
DAY 18		grid ref	distance miles	total day	height metres	total day
HUBBERHOLME	R	926783				
Yockenthwaite	R	905791	1 5/8	1 5/8	60	60
Yockenthwaite Moor		909811	1 1/2	3 1/8	353	413
wall beyond 634m, turn L		907823	3/4	3 7/8	10	423
Deepdale wall T-junction		899817	5/8	4 1/2		
Deepdale Haw		893817	1/2	5	28	451
fence bear R		892 815	1/8	5 1/8		
Jeffery Pot Scar		876 831	1 3/4	6 7/8	30	481
Fleet Moss Edge		864 831	1	7 7/8		
Oughtershaw Road	R	858 834	1/4	8 1/8		
Long Slack Gate	R	860 838	1/2	8 5/8	43	524
Cam High Road	R	863 854	1 1/8	9 3/4		
Drumaldrace		874 867	1 1/8	10 7/8	73	597
Cam High Road BW		886 873	7/8	11 3/4		
COUNTERSETT	R	921 877	2 1/2	14 1/4	10	607

From HUBBERHOLME (926783), return through the gate to the right of the church, turning immediately left (W) around the back of the church onto the Dales Way (finger post). The well-defined path keeps the river on your left, via a series of stiles and gates all the way to Yockenthwaite. On approaching the farm buildings at YOCKENTHWAITE (905791), turn right away from the river through a gap stile. Then go left through two gates to walk between two farmhouses with Yockenthwaite Bridge ahead.

Just before the bridge, turn up to the right (N) on to the access road to a third farmhouse, Top Farm. When this turns right towards the house, leave the Dales Way at a tripartite finger post, following the finger post (to Cray and Hubberholme) up the green track. This soon turns right (E) along a cart track leading above the intakes.

When this reaches a fence, *ignore the gate giving access to a footpath on your right*. Instead continue up the cart track, following the wall on your right around a left hand bend to just beyond a barn. Here climb straight on through the gate in a facing wire fence to follow the intake wall around to the right. When almost immediately the tractor marks divide, take the left fork (N) uphill away from the wall. Continue up the moor, bearing due N when the tractor marks fade. With luck you will cross the upper reaches of Strans Gill, thereafter entering wet ground.

A DALES FELLS HORSESHOE



Trend slightly left until you spot the trig point of YOCKENTHWAITE MOOR (909811) in a sea of peat hags. In mist you will have needed good luck and good judgement. In clear weather there is an extensive view with a full skyline. Start in the east with Great Whernside, then clockwise to the Horsehead ridge, the Three Peaks, Great Coum, Calf Top, the Howgills, Mallerstang, Nine Standards and Rogan,s Seat.

From the trig point bear NNW over deep hags until your salvation, a hurdle at the end of a wire fence comes into view. Go around this to keep the fence on your right as it heads in a northerly direction through (yes, through) Middle Tongue Tarn. It eventually meets another fence coming in on your right before becoming a wall (at 634 metres).

A DALES FELLS HORSESHOE

Keep the wall on your right for only a few yards before meeting a cross wall (907823). Turn left here (SW) to keep the cross wall on your right. Follow the wall around bends, bearing generally SW with Ingleborough on the horizon.

Shortly before a T-junction of walls above Deepdale Gill (899817), go over a stile, keeping the wall on your left down to the T-junction. Turn right (NW), keeping the wall closely on your left as it bends leftwards (W then SW) over the top (at 608metres) of DEEPDALE HAW (892817), another viewpoint. Great Shunner Fell lies to the NNW, followed anticlockwise by Drumaldrace, Mallerstang, Dodd Fell, Cam and Wherside.

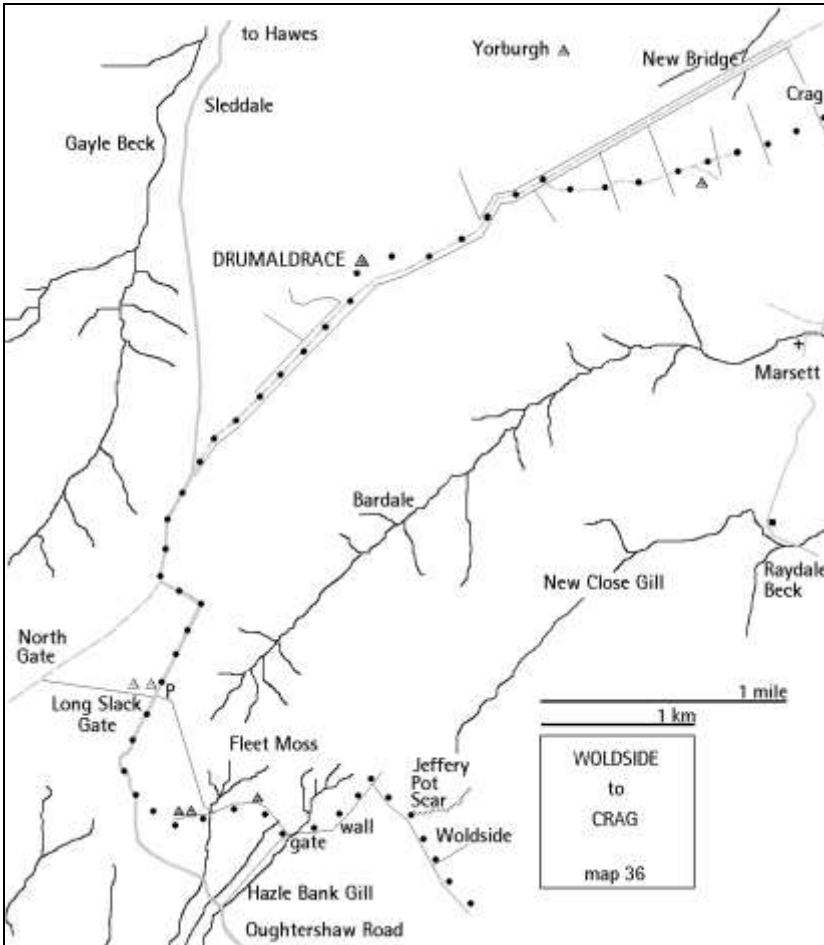
Beyond Deepdale Haw the well-maintained wall turns right, (NW) becoming dilapidated and reinforced by a barbed fence (892815). At this point go over a hurdle joining the fence and wall, to keep NW downhill with the broken wall and fence on your right. Raydale and Semerwater appear down to your right. Negotiate a broken cross wall then use a stile over a further broken cross wall/fence. Here take a wide loop half left around the boggy hollow containing OUGHTERSHAW TARN (884821). Except in drought conditions, a direct line alongside the fence is quite appalling.

Beyond the tarn, trend back rightwards through an area of shakeholes to the point where the wall resumes alongside the fence. Keep (NW) between the wall on your left and fence on your right. A stile soon gives access to the foot of the steep but dry slope up and over the top of Woldside. Beyond a broken cross wall, still keep the wall closely on your left to pass (NW) along the rim of the impressive JEFFERY POT SCAR (876831). There is a fine prospect NE down Raydale towards Addleborough. To the north, Great Shunner Fell appears beyond Drumaldrace.

Continue alongside the wall to a T-junction of walls. The strength-sapping delights of Fleet Moss lie straight ahead. Avoid this mire at the small cost of a diversion to your left (SSW), keeping the wall closely on your left as it curves rightwards (W) downhill, crossing Hazle Bank Gill before reaching a gate. Turn right through the gate (NW) to keep a dilapidated wall and fence on your right. Negotiate Chaldron Gill, thereafter passing a cairn (now trending W) before reaching Mireling Gill at FLEET MOSS EDGE (864831), where the broken wall and fence part company.

Keep with the wall (W) along the edge of the slope to reach twin cairns. There are fine views over Oughtershaw to Cam and Ingleborough. From the cairns leave the wall, bearing NW along the contour to reach the road (858834).

A DALES FELLS HORSESHOE



Turn right (N) for half a mile up to the road summit at LONG SLACK GATE (860838), where there is a parking area on your right and twin cairns on your left. Continue along the road around a left hand bend. *Ignore the footpath into Bardale on your right.* Follow the road to the right (N) at the next bend where the road to Cam joins on your left. Enjoy the fine views into Sleddale and the skyline beyond. Clockwise from Dodd Fell Hill the view includes High Seat, Great Shunner, Buttertubs and Lovely Seat.

Just before the road drops steeply down into Sleddale, turn half right (NE) along a cart track, passing through a gate (BW Bainbridge). This is CAM HIGH ROAD (863854), an excellent Roman Road; it becomes a gently rising walled green lane.

A DALES FELLS HORSESHOE

Descending to a further gate, the left hand wall turns away alongside a bridleway. Here leave the Roman Road turning half left between the bridleway and the Roman Road along a thin track rising towards the summit of Drumaldrace. This turns up leftwards and then makes a final right turn before reaching the cairn on DRUMALDRACE (874867). There is a wonderfully distant all round view from this centrally placed summit.

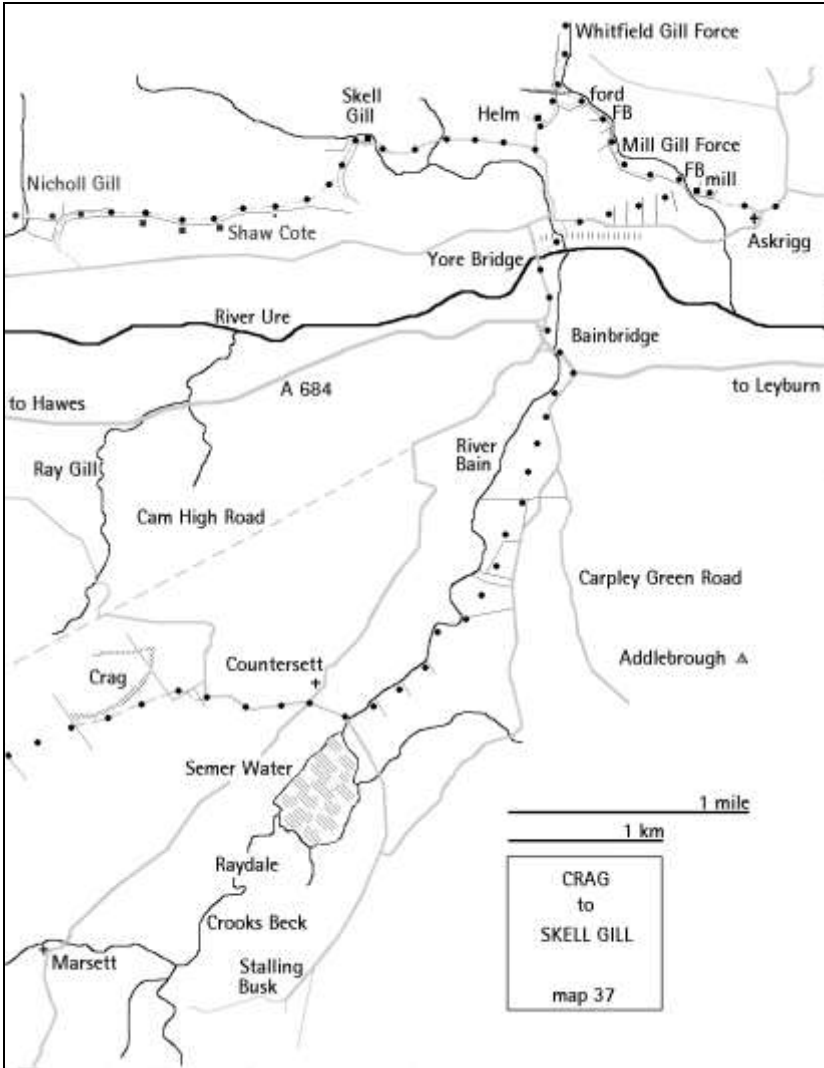
Anticlockwise in appearance from Lovely Seat to the north are Great Shunner, High Seat, Wild Boar and Baugh Fell with the Howgills beyond. Then Great Knoutberry and Dodd Fell Hill; the latter obscuring Whernside before Ingleborough, Pen y Ghent (rising above the Horsehead ridge), Yockenthwaite Moor, Buckden Pike, Great Whernside, Penhill and Addleborough complete the picture. If the visibility is particularly good the Howgills or even Lakeland fells may form the western horizon with the Cleveland Hills to the far east.

From the cairn bear ENE, (Penhill and Addleborough in view ahead), along another thin track leading back to the Cam High Road. Here turn down left (ENE), enjoying the fine views of Raydale and Semerwater. Beyond a gate, enter a walled section where the terrain forces even the Roman road into a right-left zigzag. Some 250 yards beyond the zigzag, turn right (SE) through a gate in the right hand wall (BW Cragside Road, 8868

Follow the distinct bridleway as it trends leftwards (E). *Ignore the FP to Marsett to your right.* Instead proceed (ENE) through a gate in a cross wall and on through the second (broken) wall. When tacks divide, detour along the right fork to a large cairn overlooking Bardale.

Return to the BW, *ignoring another footpath to Marsett at the next cross wall.* Continue forward (ENE) through the gate in the fourth cross wall to reach the high point of your route over Crag, with another good view. Semerwater bursts into view at the fifth wall.

A DALES FELLS HORSESHOE



Beyond here, the now distinct track winds down below limestone crags and on through further gates to meet Cragside Road. Turn right (E) down the road. A field path zig zags down through the pastures but is hardly worthwhile as the road section is short, quiet and affords good views. On reaching the cross roads, turn left into COUNTERSETT (921877). However if your destination is Bainbridge, go straight on at the cross roads (sign post Stalling Busk). The lane drops steeply down to Semerwater Bridge.

A DALES FELLS HORSESHOE

COUNTERSETT TO SEDBUSK

DAY 19		grid ref	distance miles	total day	height metres	total day
COUNTERSETT	R	921877				
Bainbridge	R	934 904	2	2	60	60
Yorebridge	R	933 907	3/8	2 3/8		
Mill Gill		943 912	5/8	3	20	80
Askrigg	R	948 910	3/8	3 3/8		
Mill Gill Force		939 915	3/4	4 1/8	40	120
Whitfield Gill Force		934 922	3/4	4 7/8	90	210
Helm	R	934 917	3/8	5 1/4		
Skell Gill	R	923 915	3/4	6		
Litherskew		895 911	2	8	50	260
SEDBUSK	R	883 912	3/4	8 3/4	10	270

From COUNTERSETT (921877), return to the cross roads on the brow of the hill, turning left (E, sign post Stalling Busk) steeply downhill to Semerwater Bridge. Now turn left (NE), through a gated gap stile at the far end of the bridge. Keep the River Bain on your left over two step stiles and a small foot bridge.

Beyond a ladder stile/gate, ford a small beck before climbing straight up (NNE) the facing pasture. (*Ignore both the leftward bending river and rightward trending wall to your right.*) Instead use a gap stile on the brow just to the right of a gate. Continue forward through two further gap stiles to reach the summit of Bracken Hill, from where there is a splendid retrospective view of Semerwater and Bardale.

Leave the summit (NE) along its left hand edge, to find a gap stile in a wall corner. Now follow the waymarked path (N) down a long pasture, affording a fine view to the head of Wensleydale. The field path trends NNE, parallel to the Carpley Green Road (*Ignore a gated gap stile onto this lane*). This gives a good prospect of the river and Bainbridge before reaching the main road at a ladder stile/gate. Turn left over the bridge, admiring the falls upstream. Turn right onto the village green noting the old stocks.

From the village green in BAINBRIDGE (934904), take the Askrigg road (N), passing the Rose and Crown on your left. At the far side of Yore Bridge (933907), take the gap on the right at a finger post, thereafter bearing half left (ENE) along a distinct path across the pasture to reach a footbridge. Do not cross but turn left through the abutments of the dismantled railway.

A DALES FELLS HORSESHOE

Soon turn right over an arched footbridge, and then continue straight on over a fenced cart track to pass through a gated gap stile. Thereafter keep a wall on your left to reach the Askrigg road at another gated gap. Turn right (E) along the road for 50 yards to a stile and finger post on your left.

Through the stile, bear half right (ENE) over a brow with a pleasant prospect across Wensleydale. Pen Hill is down the dale, Addleborough just opposite with Yockenthwaite Moor in the background. Drumaldrace and Dodd Fell complete the panorama in the upper dale. The route passes through a series of six gap stiles leading to a footbridge over Mill Beck (943912). Over the bridge turn right (E) towards the mill, here turning left under the leat to a stile, thereby passing the building closely on your right.

A paved path leads across the pasture to a gate giving access to the lane into ASKRIGG (948910). From Askrigg retrace your steps past the mill and over the footbridge. Through the gated gap stile, turn right (W), soon to enter a wood via another gated gap stile. Climb up through the wood with the wall closely on your left. When the path divides, take the short detour along the right fork to view the impressive MILL GILL FORCE (939915). Retrace your steps to the junction, turning up right to reach a tripartite finger post on the brow of the hill. *Ignore the stile to Helm on your left.*

Instead bear half right (N), passing through three gap stiles to reach but do not cross a footbridge. Instead turn left (NW) uphill with a wall on your left. Soon pass through a gap in the wall to continue (NW) downhill, now keeping the wall on your right until a further gap stile gives access into a pasture.

Take careful note of this location, the point of your return from the detour to Whitfield Gill Force. Here a faint green bridleway crosses your route, down from your left to a small metal gate and ford on your right.

For now continue forward with the wall and river on your right, passing a finger post to cross a small stream on stepping stones. Continue uphill through the wood over a step stile to keep a broken wall and fence on your left. *Ignore the right fork (FP Askrigg via Low Straits) leading down to a footbridge and small waterfall.*

Instead, within a few yards when just above the footbridge, take the next right fork. This rough path follows the contour to the base of WHITFIELD GILL FORCE (934922), another beauty when in spate. Resist the temptation of the higher path. It is a dead end and dead loss with no view!

Retrace your steps to join the aforementioned bridleway. Here double back up to your right (W) along a faint grass cart track. This climbs between a wall on your left and a row of hawthorn to your right, i.e. away from the small metal gate and river. Pass a wall corner and a barn in the left hand wall to reach and turn left (S) through a gateway. Keep the wall closely on your left over the brow and down to HELM (934917). Use two gates to pass the buildings on your right, thereafter bearing left (S) down the tarmac access road.

A DALES FELLS HORSESHOE

In 150 yards turn right (W) along the tarmac lane towards Skell Gill. Raydale provides a good view to your left. On reaching the bucolic environs of SKELL GILL (923915) continue over the bridge, (*ignoring the footpath on your left to Brackenber*) to beyond the last dwelling where the tarmac ends.

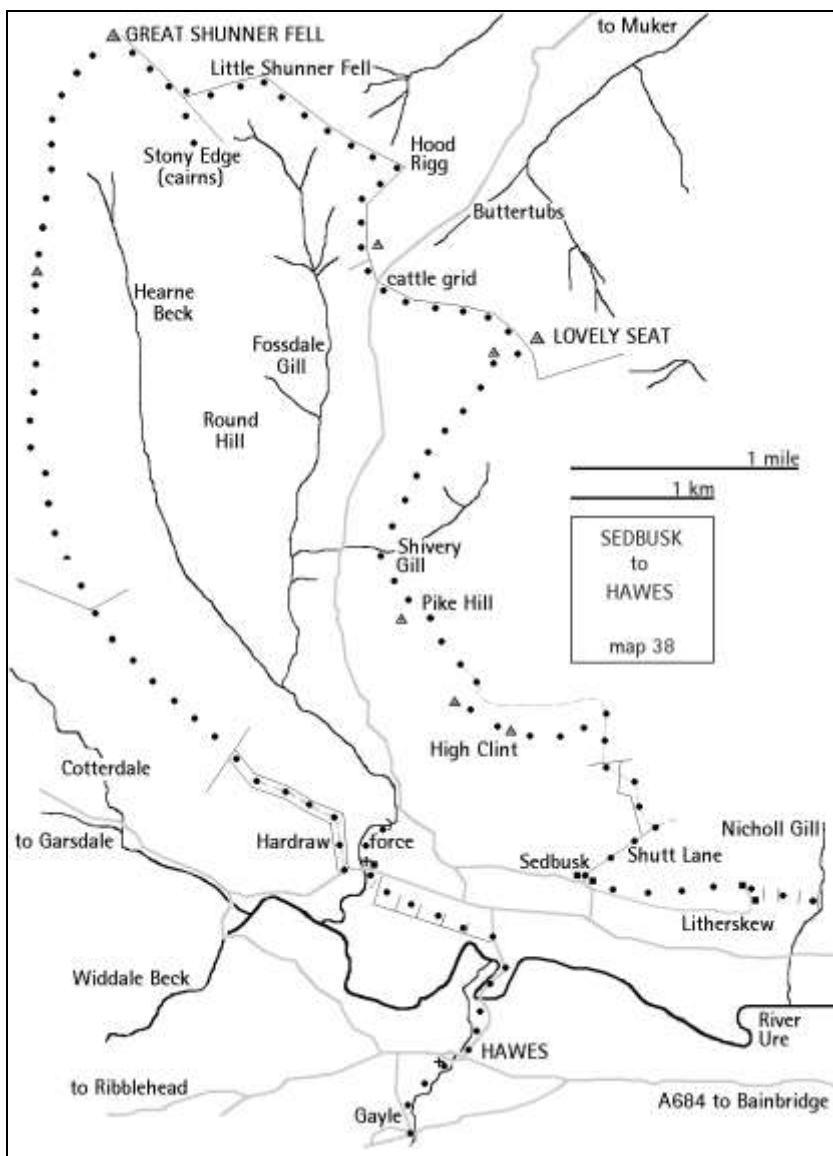
Go forward into a stony walled lane, bending to right and left. Just before reaching a ford, turn left (S) into another walled lane, that becomes a green way. Pass through a gate to keep a wall on your left (SSW) onto the brow of a hill where there is another fine prospect of Wensleydale. From the brow *leave the cart track as it bends away leftwards*, instead bearing half right downhill (SW) to meet a wall.

Keep this on your left as you proceed up the dale (W) along a distinct bridleway. Pass three farmhouses on your left to enter a walled green lane. Just as the lane bends leftwards, take a stone step stile through the right hand wall. Now keep the wall on your left through the first meadow to cross Nicholl Gill.

Here find the first of six gap stiles leading across the fields towards LITHERSKEW (895911). On your approach, aim half way between the two groups of buildings to find the last stile. Proceed towards the right hand buildings, there finding a finger post indicating your route (W) alongside a barn.

Keep this closely on your right, thereafter passing through a series of ten gap stiles marking the route across pastures and through a mature copse. Beyond the copse, keep a wall on your right to enter SEDBUSK (883912), turning up to the right at the VR post box to reach the village green.

A DALES FELLS HORSESHOE



A DALES FELLS HORSESHOE

SEDBUSK TO HAWES

DAY 20		grid ref	distance miles	total day	height metres	total day
SEDBUSK	R	883 912				
Shutt Lane		888 915	3/8	3/8	60	60
High Clint		875 924	1 1/2	1 7/8	174	234
Shivery Gill		868 936	1	2 7/8		
Lovely Seat		878 951	1 1/4	4 1/8	150	384
Buttertubs Pass	R	868 955	3/4	4 7/8		
Hood Rigg		869 964	5/8	5 1/2	60	444
Little Shunner Fell		858971	3/4	6 1/4	68	512
Stony Edge (cairns)		855 965	5/8	6 7/8	10	522
Great Shunner Fell		849 973	5/8	7 1/2	66	588
Crag End Beacon		843 956	1 1/4	8 3/4		
Hearne Top (gate)		847 933	1 1/2	10 1/4		
Bluebell Hill (walled lane)		858 921	1	11 1/4		588
Hardraw	R	867 912	7/8	12 1/8		588
HAWES	R	875 899	1 3/8	13 1/2	10	598

Leave SEDBUSK (883912) from the top of the village green, turning right (NE) up Shutt Lane, a well-surfaced walled cart track. In half a mile, just before the lane ends, *ignore the facing gate*. Instead turn left (NW) at the ladder stile/gate (888915). Follow the excellent green way (N) up a long steep pasture, bearing left beyond a small copse to pass through a gate into the final pasture. Here, bear half right (NW) to reach High Pasture Gate in the intake wall.

Then climb straight up the broad gully (N) to the left of a facing limestone crag. Follow the track beyond a finger post for about 200 yards, before leaving the bridleway by climbing steeply leftwards (W) to the edge of the escarpment of HIGH CLINT (875924).

There is an extensive view from the first cairn, extending from the Cleveland Hills in the east, southwards to Pen Hill, Harland Hill, Great Whernside and Buckden Pike, with Drumaldrace obscuring Yockenthwaite Moor. Dodd Fell Hill, Cam, Ingleborough, Whernside, Blea Moor, Great Knoutberry Hill, Baugh Fell, the Howgills, Wild Boar, High Seat and Great Shunner Fell fill the western arc. Lovely Seat completes the picture to the north. Proceed (WNW) along this excellent rim, enjoying a bird's eye view of Hawes and the meandering Ure, to reach the second cairn.

A DALES FELLS HORSESHOE

Ignore twin cairns just beyond at a lower level. Instead bear half right (N), maintaining your contour to re-join the bridleway running a little way back from the edge. Resist the temptation of a direct assault on Lovely Seat from High Clint. That is unless you enjoy an unremitting struggle through wet peat and deep heather!

Instead turn left along the distinct track (NW) in the direction of Great Shunner Fell. *Do not follow tractor marks down to your left.* Instead maintain your height, crossing a gully to a way marker post. Note a line of four cairns marking Pike Hill a little way over to your left to reach another marker post. Now follow a thin path (NW) between shakeholes to reach, just beyond another post, the pleasing limestone gully of SHIVERY GILL (868936).

After crossing the gill, *ignore both a good cart track and the footpath leading down leftwards to the road.* Instead bear a little N of NE (40°) across Lovely Seat Mea. This area of pathless wet mat grass provides relatively easy progress compared with that through the deep heathery peat hags over to your right. Cross several drainage dikes, aiming for a tall cairn on the skyline.

On gaining this, bear half right (NE) for the short stroll to the summit cairn on LOVELY SEAT (878951), stepping over a fence on your way. Enjoy another excellent view from the Cleveland Hills in the east to the Lakeland skyline in the west. The Three Peaks are prominent to the southwest with the Bowland Fells to the right of Ingleborough. Nine Standards and Rogan's Seat form the northern horizon.

On leaving the summit, step back over the fence. Turn right (NW) to keep the fence on your right (trending WNW) all the way down to the cattle grid at the summit of BUTTER TUBS PASS (868955). *The fluted potholes giving the name to the pass are half a mile down the road to your right and are not worth the effort.*

Cross the road to follow the fence (initially NNW), keeping it on your right. Continue (now N) over a stile in a cross fence, before eventually bearing right (NE) with the fence to Hood Rigg (869964). Here turn left (WNW) still with the fence, passing through Grimy Gutter Hags to reach the summit of LITTLE SHUNNER FELL (858971). Here turn left again (WSW) towards a cross wall. Use a stile across the fence just before reaching the wall, re-crossing after the wall end meets the fence.

Make a worthwhile detour half leftwards to visit the 40 to 50 cairns on Stony Edge (855965) before returning to accompany the fence (NW) to the summit of GREAT SHUNNER FELL (849973). The extensive view is not dissimilar to that described from Lovely Seat.

Those on the Northern circular Route join here.

A DALES FELLS HORSESHOE

Those following the Eastern circular route should reach Thwaite by following the north bound Pennine Way (NE then E). On meeting the road, turn right for Thwaite. Thereafter consult Day 11.

Follow the Pennine way (SW then S), making rapid progress over the now well-paved wetter sections. Pass Crag End Beacon (843956) to reach the tripartite finger post at Hearne Top (847933). Here turn half left (SE) to the ladder stile/gate, thereafter following an excellent cart track winding downhill and affording a good prospect of Wensleydale.

Beyond the next ladder stile/gate, the track descends Bluebell Hill (858921) via a walled lane to reach HARDRAW (867912). Turn left to The Green Dragon, where pay the small entrance fee to visit Harddraw Force in the grounds behind the pub.

From the Green Dragon, go straight across the road to rejoin the PW footpath alongside the bridge. This bears half left (ESE) within a few yards to follow a paved then metalled footpath across pastures through a series of gap stiles. The route passes a copse on your right alongside a fine meander of the Ure before meeting the road.

Turn right (S) along the road, crossing the Ure for the fourth and last time on the Horseshoe, to take a gap on the far left of the bridge. Keep the river on your left for a hundred yards until a step stile gives access to the road. Straight across the road, a kissing gate leads onto a paved path across the field to HAWES (875899).

Beyond the old railway bridge, go straight across the road to follow the one-way traffic system up towards the village centre. After the road crosses a river, take one of several cobbled paths rising on your left to the church.

A DALES FELLS HORSESHOE

HAWES TO HORTON

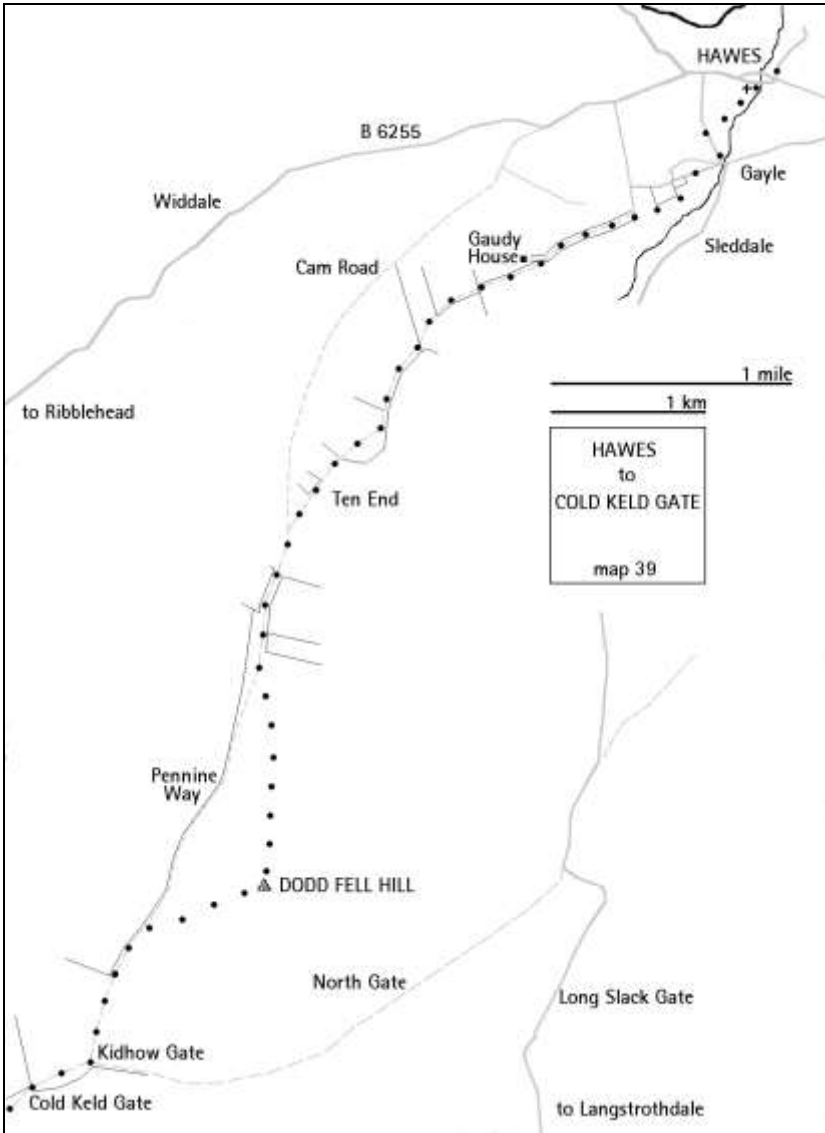
DAY 21		grid ref	distance miles	total day	height metres	total day
HAWES	R	875 899				
Gayle	R	870 893	1/2	1/2	20	20
Ten End		843 869	2 3/8	2 7/8	300	320
final intake wall on L		841 861	1/2	3 3/8	10	330
Dodd Fell Hill		841 846	1	4 3/8	98	428
gate bear SSW		832 841	5/8	5		
Kidhow Gate		830 834	1/2	5 1/2		
Cold Keld Gate		826 833	1/4	5 3/4		
Cam West End		814 824	1	6 3/4	20	448
Cam High Road, gates		816 822	1/4	7		
Cam End		802 804	1 3/8	8 3/8		
Gayle Beck	R	787 804	1	9 3/8		
Thorns Gill bridge		778 794	1	10 3/8		
Back Hools		782 794	1/4	10 5/8	25	473
Nether Lodge		793 778	1 1/4	11 7/8	10	483
God's Bridge		798 776	3/8	12 1/4	15	498
Browgill Cave		800 777	1/8	12 3/8	30	538
Dry Lathe		802 777	1/8	12 1/2	40	568
Old Ing	R	804 774	1/4	12 3/4	10	578
Birkwith Cave		804770	1/4	13		
stream		804 765	1/4	13 1/4		
Sell Gill Holes		812 744	1 1/2	14 3/4	10	588
HORTON	R	810 721	1 1/2	16 1/4		588

From the top end of the churchyard in HAWES (875899), follow the paved PW footpath (SW) to Gayle. Sleddale is in view ahead, Drumaldrace to your left and your objective of Dodd Fell Hill to your half right.

At GAYLE (870893), turn left (S) along the road to reach but not cross the bridge, noting the pleasing falls upstream. At the bridge, turn right (SW) along a cobbled ginnel leading to a lane (W) bordered by fine old cottages.

Beyond the last cottage on your left, at a finger post, turn left through a metal kissing gate. Immediately bear half right (SW) past a wall corner to reach (WSW) a gated gap stile, thereby re-joining the official Pennine Way. Keep the wall on your right across the next pasture then straight across the next field to reach a tarmac lane.

A DALES FELLS HORSESHOE



Turn right for only ten yards then left (WSW) up a distinct rising farm access track. On reaching the final pasture before Gaudy Farm, take a ladder stile/gate on your left to continue uphill with the wall on your right. Beyond the first ladder stile/gate keep the wall on your left to a second gate, thereafter keeping a broken wall to your right. Beyond the third gate (SW), the wall is on your left! Note the fine retrospective view, with High Seat, Great Shunner and Lovely Seat all prominent.

A DALES FELLS HORSESHOE

Beyond another stile, at a cairn, the path veers to the right. The cairned path, gradient easing, crosses a broken wall before reaching a fine limestone perch, this giving a fine view of Widdale across to Great Knoutberry Hill. The next gate leads onto TEN END (843869), a promenade (SSW) alongside a broken wall. *Ignore a track leading leftwards.* Instead continue to join, at a finger post, the bridleway coming up from Widdale. The bridleway enters (S) a walled lane, beyond which the final intake wall turns away leftwards (841861).

In poor visibility, follow a bearing due S from here, crossing much wet ground to reach the trig point of Dodd Fell Hill. In clear weather, continue (SSW) along the PW for perhaps another half mile before climbing half left to search for the morose summit of DODD FELL HILL (841846).

This is the least attractive of the Dales summits. Wet hummocks of mat grass foreshorten the admittedly extensive view. Like Drumaldrace, the fell occupies a central position. Sadly the route taken across the limestone shoulder of Dodd Fell Hill by the Pennine Way is decidedly better than this trek over the summit. However aims must be fulfilled!

Leave the summit bearing SW, aiming to the left of Wherside, to rejoin the PW. Beyond a gate (832841) the right hand wall turns away downhill. The unenclosed track bears SSW, the stature of Ingleborough growing steadily, to reach KIDHOW GATE (830834). Turn right (WSW) along the tarmac, noting Langstrothdale down to your left and Great Knoutberry over to your right, to reach COLD KELD GATE (826833).

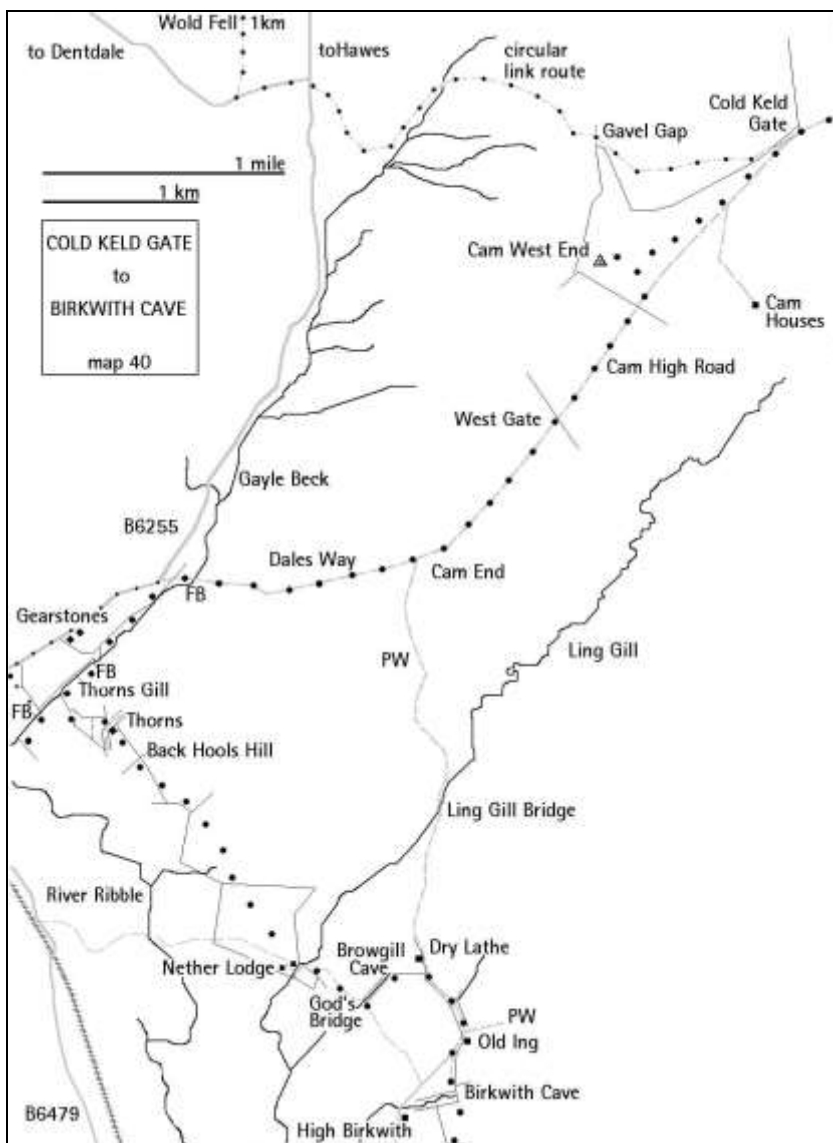
*Through Cold Keld Gate, those following **the Northern circular route** should go into a cul-de-sac on your right, passing through a gate at the right hand end. Now turn left to follow faint tractor marks in a westerly direction, noting the profusion of crinoid fossils in the rock beneath your feet. The track narrows to a sheep track, dropping down NW to GAVEL GAP (813812) where negotiate the wall.*

Continue NW to join Jam Sike, trending W then SW. Leave Jam Sike to follow a track (W then NW) to the road junction at Newby Head (795836). Follow the Dent road due W for a quarter of a mile to Newby Head Gate (790835).

Here leave the road, turning right (N) to ascend a wide green lane, at first unenclosed on your left, then beyond a gate totally enclosed until the next gate. Follow the ensuing unenclosed green way across the shoulder of Wold Fell, from where there is an optional detour up left to the summit wall from where there is an extensive view. The green way descends to join a wall, thereafter kept on your left through a dip to reach Arten Gill Moss (792861). Thereafter consult Day 6 for the route to Garsdale Station.

Those on the western circular route join here.

A DALES FELLS HORSESHOE



Continue (SW) along the tarmac to where the track divides. Leave the PW at this point, climbing up the bank on your right to a prominent cairn. Continue (SW) along the plateau on faint tractor marks to a second cairn. Now bear half right (WSW) over uneven ground to the untidy summit cairn of Cam, from where there is an excellent prospect of Dentdale and Lakeland.

A DALES FELLS HORSESHOE

Continue in the same direction, crossing a cart track in a groove, to reach the prominent tall cairn on CAM WEST END (814824). Enjoy the fine view of the upper reaches of Ribblesdale, the Three Peaks and Dentdale.

Follow the track in the groove SE for an easy passage back to rejoin the PW, turning right (SW) down the Cam High Road through twin gates (816822). The Dales Way soon joins from the left. Proceed beyond the next gate (West Gate) to reach CAM END (802804).

Here ignore the PW turn off to your left. Instead continue straight on down the old Roman road and Dales Way (WSW) eventually trending half right (W) to cross the substantial ford and footbridge over GAYLE BECK (787804).

In days gone by it was possible to follow the route shown on map 40 from beyond the next ladder stile/gate to turn half left (SW) to negotiate wet ground where springs issue from the base of limestone outcrops. Thereafter it was possible to cross a wire fence and follow Thorns Gill (the continuation of Gayle Beck) on your left down to a footbridge. River erosion and fencing now preclude this route.

From the latter footbridge, it was possible to negotiate railings on the far side in order to then keep the entirely charming Thorns Gill closely on your right. Sadly these railings are now fiercely barbed.

From the barbed railings, this out of bounds section of Thorns Gill has tumbling waterfalls in a narrow gorge containing the entrance to Kapnot Cave. At a zigzag in the channel there is a fine glimpse of Ribblehead Viaduct. Beyond a dilapidated wall end and a neglected barn, Thorns Gill Cave engulfs much of the water of the gill.

Beyond a further decayed wall, it was possible to reach the most delightful bridge of the whole Horseshoe. Fortunately the detour described below crosses over this bridge and those inclined to trespass upstream and downstream are able to view the delights described above. This necessary detour along the busy Hawes to Ingleton road adds a ¼ mile to the day total and a further half mile for the possible trespass described below.

Therefore, from the footbridge over Gayle Beck proceed over two ladder stiles/gates, *please see small dots on map*, turning left along the road for 200 yards to pass the Far Gearstones farm entrance then around a left hand bend for a ¼ mile to pass Gearstones. From here continue on the left hand verge for a further ¼ mile, *ignoring the first footpath* and passing a small barn over the wall to reach Ribble Head House.

A DALES FELLS HORSESHOE

Here take the footpath down through the small pasture before the farm buildings, thereafter keeping a wall on your left through a couple of pastures to reach and cross the bridge over THORNS GILL (778794).

Those inclined to trespass would turn left following Thorns Gill upstream beyond a couple of dilapidated walls to view the features described in the box above before returning to the bridge for a further detour downstream for 100 yards to a cross wall, from where in dry conditions there is a view of the resurgence from Thorns Dub Hole of the infant Ribble, enjoying the view of the idyllic bridge on their return. These worthwhile detours would add almost half a mile to the day total.

Otherwise from the end of the bridge, bear half left (E) along a fairly distinct green way that turns half rightwards (ESE) to pass a broken wall corner on your left. Continue through a gateway and gap in the next two broken walls. Thereafter keep the wall on your left, aiming E for the disused buildings at Thorns, where a gateway gives access to a junction of green lanes.

Immediately cross a small brook to go half left into the facing green lane for just a few yards. Now turn right (SSE) through a small gate alongside an outbuilding (FP Nether Lodge) to cross a ladder stile in the wall ahead. Climb forward (SSE) keeping the wall on your left.

Before going through the gateway on the brow of BACK HOOLS (782794), pause to admire the excellent panorama from this lowly height. Clockwise from Ribblehead Viaduct, Wherside, Blea Moor, Cam Head, High Greenfield Knott, Pen y Ghent, Ribblesdale, Moughton, Simon Fell and Ingleborough. Continue downhill, keeping the wall on your left to just beyond a barn, where turn left (E) into a tiny enclosure to cross the wall over a stone step stile.

The distinct path crosses a gully before veering right (SE) to keep the wall over to your right. Beyond a ruinous lime kiln go across a ladder stile/gate at T-junction of walls on Tile Hill. The wall on your right drifts away as the path continues forward (SSE) to ford Crutchin Gill in a juicy hollow, before climbing to a duck board and stile over the cross fence at Carrs.

Now bear half left (SSE), traversing more damp ground to reach two adjacent finger posts and the buildings at NETHER LODGE (793778). Continue forward (FP Birkwith) between the buildings into the grassy farmyard. Exit through a double farm gate to turn left across the wooden railway-sleeper bridge over Ling Gill Beck.

A DALES FELLS HORSESHOE

Immediately turn left again to a ladder stile/gate where turn right (E) at the finger post (FP High Birkwith). Follow the good cart track climbing gently (SE) to GOD'S BRIDGE (798776). This natural limestone arch spans the impressive Brow Gill Beck.

Cross the bridge via the ladder stile/gate to turn up left (NE), keeping the wall and beck on your left to reach the resurgence from BROW GILL CAVE (800777). A safe exploration of the cave is possible, for some 50 yards, if the beck is not in spate. Note the well-preserved lime kiln above the cave, a fine example.

Continue (E) uphill with the wall on your left to a ladder stile giving access to the Pennine Way near Dry Lathe (802777). Turn right (SE) along the stony, walled lane to reach a gate alongside the impressive Dry Laithe Cave (known as Calf Holes) on your left. Climb but do not cross the stile to view the stream falling into the chasm. It follows an underground passage to emerge at Brow Gill Cave.

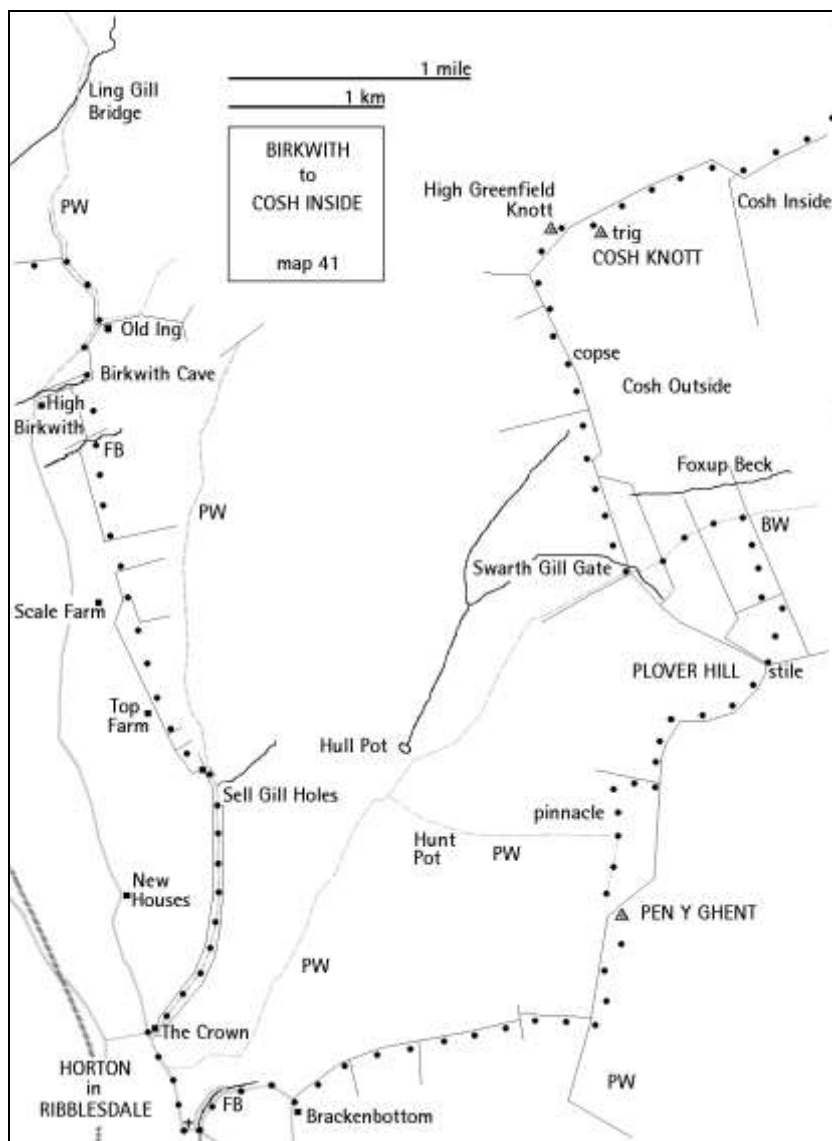
Continue (S) along the muddy lane to OLD ING (804774) where, leaving the Pennine Way, turn right (SW) through a gate onto the farm access track. Before the track drops steeply downhill, take the left fork (S) to follow the wall on your left. *For now, ignore the gate in the wall.* Just beyond the gate, a facing stile gives access to the spectacular outflow from BIRKWITH CAVE (804770). Take care!

Return over the stile to turn right through the aforementioned gate. *Do not follow the distinct cart track.* Instead bear half right to the wire fencing above the cave entrance. Now bear half right again into the first of five long pastures. Keep the wall on your right, bearing S, to the far end to find a stile and footbridge over a stream (804765).

Proceed in the same direction keeping a low scar on your left and a wall, for the most part, never far away on your right. The fairly level green way, trending SSE, crosses four more stiles/gateways. Note Top Farm over the wall in the fifth pasture. The sixth pasture is short. Beyond the sixth ladder stile, aim for the ruin of Sell Gill Barn to find the seventh stile hiding in a corner behind the barn.

Over the stile, turn right (S), soon re-joining the Pennine Way. Beyond a gate, make a short detour leftwards to see the interesting SELL GILL HOLES (812744). Thereafter simply follow the walled lane (S then SW) to reach The Crown Hotel at HORTON IN RIBBLESDALE (810721). Here turn left (S) along the road for one third of a mile to reach the church.

A DALES FELLS HORSESHOE



A DALES FELLS HORSESHOE

HORTON TO LITTON

DAY 22		grid ref	distance miles	total day	height metres	total day
HORTON	R	810 721				
Brackenbottom	R	817 723	5/8	5/8	48	48
Gavel Rigg		836 728	1 3/8	2	250	298
Pen y Ghent		839 734	3/8	2 3/8	164	462
pinnacle		838 743	5/8	3		
wall >R		841 748	1/2	3 1/2	35	497
Plover Hill		849 752	1/2	4	45	542
Foxup Moor		846 761	5/8	4 5/8		
Swarth Gill Gate		838 758	1/2	5 1/8		
Cosh Knott Well		832 778	1 1/2	6 5/8	100	642
Cosh Knott		837 780	3/8	7	52	694
col		862 789	1 3/4	8 3/4		
Horsehead		887 780	1 7/8	10 5/8	69	763
Horsehead Gate	>R	889 776	1/4	10 7/8		
wall corner		894 768	5/8	11 1/2	14	777
Sugar Loaf		894 766	1/8	11 5/8		
wall corner		894 768	1/8	11 3/4	9	786
col		899 767	3/8	12 1/8		
Moss Top		907 764	1/2	12 5/8	25	811
Birks Fell cross wall		918 764	7/8	13 1/2	8	819
Old Cote Moor Top		926 748	1 1/8	14 5/8		
BW gate		925749	1/8	14 3/4		
path bends to right		917 739	7/8	15 5/8		
LITTON	R	907 741	5/8	16 1/4		819

From nearby the church at HORTON IN RIBBLESDALE (810721) cross the road bridge to turn left (NE) along the tarmac lane. The lane keeps Douk Gill on your left before bending away rightwards to reach a barn on your left at BRACKENBOTTOM (817723).

Here turn left (NE) through a gateway immediately before the barn to cross a stile just to the left of the middle of three facing gates. Now climb with the wall on your left, using stiles over three cross walls to reach the final stile over the ridge wall on GAVEL RIGG (836728). Over the stile, turn left (N) for the steep but first class ascent of the now well engineered path to the summit of PEN Y GHENT (839734).

A DALES FELLS HORSESHOE

The splendid panorama stretches southwards to Fountains Fell, then clockwise to include Pendle Hill, the Bowland Fells, Ingleborough, Morecambe Bay, southern Lakeland, Whernside, the Howgills, Baugh Fell, Wild Boar Fell, Great Shunner Fell, Lovely Seat, Buckden Pike, Great Whernside and then finally Darnbrook Fell.

Leave the summit cairn and trig point by the ladder stile over the wall, following the Pennine Way (NW then N) down the escarpment. Leave the PW when it turns left at a finger post. Continue straight forward (N) closely alongside the base of the cliff for 200 yards to view the impressive limestone pinnacle. Botanists will appreciate, in early April, the purple flowered saxifrage clinging to the escarpment.

Continue beyond the pinnacle until it is possible to scramble up, continuing along the rim of the escarpment to a cross wall. Turn right alongside the wall (E) for 200 yards to rejoin the ridge wall, turning left (N) over a stile. Follow the ridge wall on your right (N), then around a right hand bend (841748) bearing ENE over boggy ground to the stile on the summit of PLOVER HILL (849752).

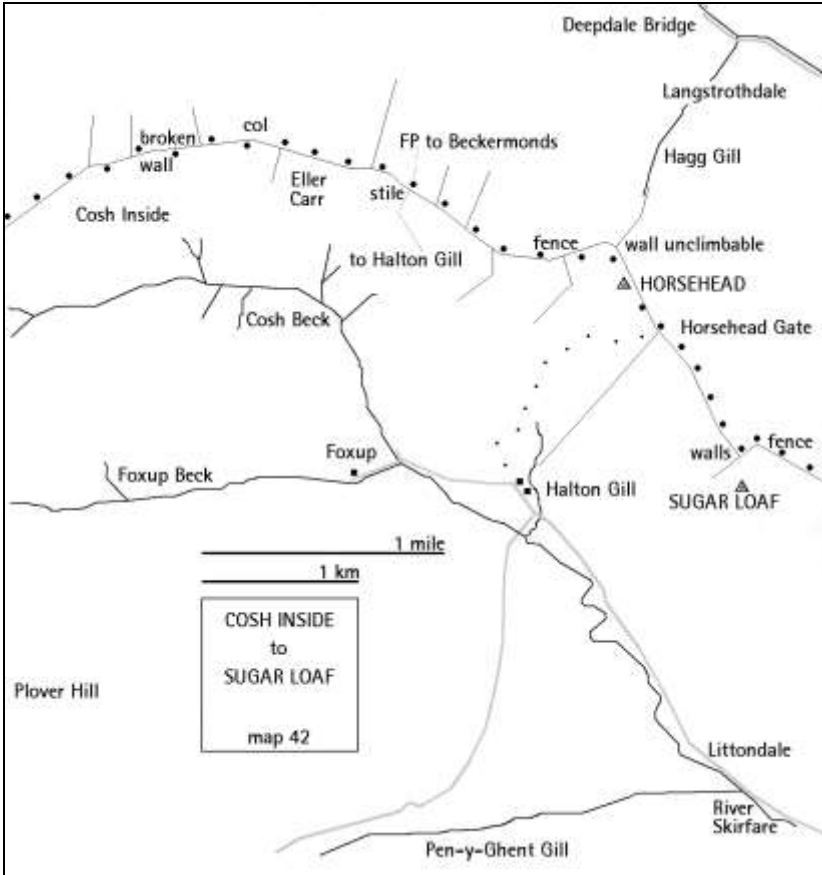
Cross the stile at the summit junction of walls, turning left (FP Foxup) to follow the waymarked path (N). This joins a wall on your right before dropping steeply down FOXUP MOOR (846761). The path descends through a gap in a cross wall. Turn left (WSW) along the BW as it comes through a gate in the wall on your right (FP Horton).

Follow the BW along a distinct and fairly level course, *counting the gateways through the cross walls*. Ford the often dry Swarth Gill just before the *third* dilapidated cross wall (reinforced by a fence) at SWARTH GILL GATE (838758). Immediately through the gap, turn right (NNW) to re cross Swarth Gill.

Thereafter keep the wall on your right, negotiating a cross wall, to eventually pass a small plantation on the far side of the wall. Pass through the broken wall on the approach to the broken wall corner of Cosh Knott Well (832778). Here cross the ridge wall, turning up right (ENE) to the splendid cairn on High Greenfield Knott (588m), from where there is a magnificent view of Ribbleshead. Return over the wall to go through a dip before gaining the trig point on COSH KNOTT (599m, 837780).

Continue ENE, initially keeping the broken wall on your left. *When the wall divides* (beyond 602m), cross over the wall to follow the leftward fork of the ridge wall, keeping it on your right. *When the wall divides again*, step back over the wall to follow the rightward fork of ridge wall, keeping it on your left.

A DALES FELLS HORSESHOE



Thereafter dodge either side of the broken wall during the gentle descent to the col (862789). Here the well-maintained boundary wall between Eller Carr and Cosh Inside forces you to keep the wall on your right (ESE). *Ignore the ladder stile carrying the Halton Gill to Beckermonds footpath*, from whereabouts the elements of Yockenthwaite Moor are on display with Great Shunner peeping over the top.

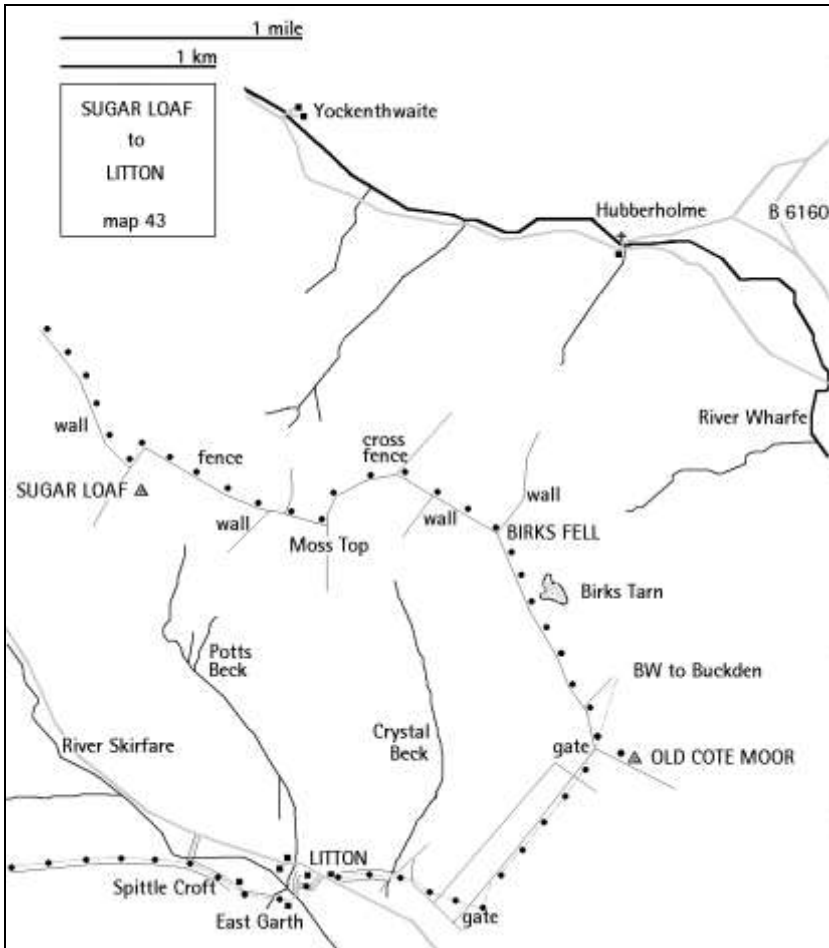
Instead continue (SE) along a now distinct path still keeping the wall on your right to cross a broken cross wall. On reaching a band of limestone, step over a further broken cross wall fortified by a fence. The westerly view is good; Cam, High Greenfield Knott, Ingleborough, the distant Bowland hills, Plover Hill, Pen y Ghent, Fountains and Darnbrook Fell. Keep the wall (trending E) on your right until, when the trig point on Horsehead comes into view, a fence reinforces the now dilapidated limestone wall.

A DALES FELLS HORSESHOE

Step over this fence as soon as possible in order to avoid a substantial and awkward cross wall ahead. From the trig point on HORSEHEAD (887780), Baugh Fell, Dodd Fell Hill, Great Shunner, Lovely Seat and Rogan's Seat make an appearance in the northwest to northern arc.

From the trig point keep the wall on your left (SE) to Horsehead Gate (889776). Here cross the Yockenthwaite to Halton Gill bridleway, using the gate to keep the ridge wall on your right.

Those wanting a shorter day could use the bridleway to reach the road at either hamlet, returning the following day.



A DALES FELLS HORSESHOE

Follow the ridge wall (SE) as it crosses the highest point of the ridge at 609metres. The highest ground is probably just over the fragile wall. Do not bother climbing over; there is no cairn and no view!

However within fifty yards, at a wall corner, meet and step over a wire cross fence (894768), bearing half right (S) over the broken down wall towards the summit of Sugar Loaf some 200 yards away. The neat green limestone hill of SUGAR LOAF (894766) demands a visit for the fine prospect down into Littondale.

Return to the wall corner (894768) and re-cross the fence. Thereafter continue (NE) with the fence on your right, soon following it around to the right (ESE) to enter peat hags in the col (899767) from where Sugar Loaf is prominent.

When, on the approach to Moss Top, a wall comes in, bear a little left to keep the wall on your right. Use a hurdle to easily surmount the next cross wall, thereafter reaching MOSS TOP (907764) at a T-junction of walls.

Turn left (N) keeping the wall on your right as it makes a right hand turn (NE). The replacement of the wall by a fence indicates more peat hags. Soon, after the wall resumes, use a hurdle over a cross fence, still keeping the wall on your right (now SE) to reach a substantial cross wall. This at 610 metres is the high point of BIRKS FELL (918764). Carefully climb over the wall. The distinct path indicates that many have already done so but a stile would be helpful.

Continue (SSE) along the ridge noting the ruin of a hut built into the wall just before passing Birks Tarn on your left with Buckden Pike in view behind. Beyond the next broken cross wall, cross the bridleway (925749) between Litton and Buckden for the short detour to the trig point (607metres) and cairn on OLD COTE MOOR TOP (926748).

The level view extends to all points of the compass. Great Whernside is prominent to the east, with a fine prospect of Ribblesdale to the south west where Parson's Pulpit, Rye Loaf and Pendle form the horizon beyond Darnbrook Fell.

Return to the bridleway to turn left (SW) through the gate (925749), thereafter enjoying a fine descent into Littondale. The distinct path follows the wall on your right through a gate in a cross wall. *Ignore a gateway in the right hand wall.* Here the track swings left then right (917739) to pass (WNW) through a second gateway from where there is a grand prospect of Litton.

Negotiate three gates and a footbridge to go forward (W), at a finger post, into a walled green lane. Pass through a final gate into a stony lane leading through a farmyard to meet the road alongside The Queen's Arms in LITTON (907741).

A DALES FELLS HORSESHOE

LITTON TO ARNCLIFFE

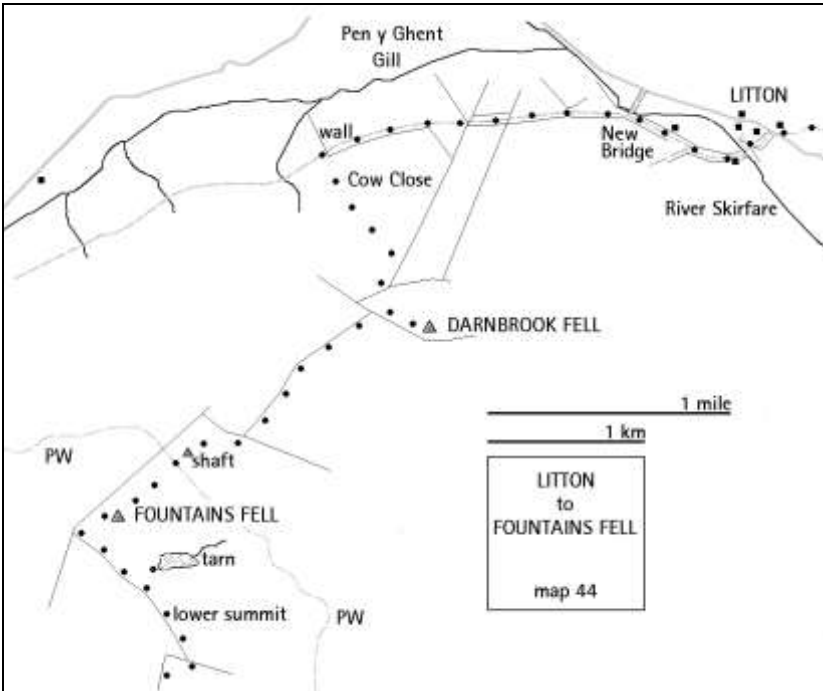
DAY 23		grid ref	distance miles	total day	height metres	total day
LITTON	R	907741				
New Bridge		898742	5/8	5/8		
Cow Close		878739	1 1/4	1 7/8	160	160
broken wall		881730	5/8	2 1/2	190	350
Darnbrook Fell		885728	1/4	2 3/4	24	374
small gate		882729	1/8	2 7/8		
col		876724	1/2	3 3/8		
stile at wall T-junction		872721	3/8	3 3/4		
Pennine Way crosses		868720	1/4	4	66	440
Fountains Fell		864716	3/8	4 3/8	18	458
lower summit		869707	3/4	5 1/8	10	468
Knowe Fell		866686	1 5/8	6 3/4		
BW		877683	3/4	7 1/2		
road, Tennant Gill farm R		882691	3/4	8 1/4		
Malham Tarn access	R	888673	1 1/4	9 1/2	25	493
end of wood, Monk's Rd		897671	5/8	10 1/8		
above Middle House Fm		907678	3/4	10 7/8	90	583
stile, Middle House Hill		909689	7/8	11 3/4	20	603
Monk's Rd, Dew Bottoms		916697	5/8	12 3/8		
ARNCLIFFE	R	932718	1 7/8	14 1/4		603

From the Queen's Arms in LITTON (907741) take the road towards the village (WNW), turning left just before the first building (the Post Office) along a BW (finger post BW and ford). Past a barn conversion on your left, the track swings rightwards then left at a T-junction. Within a few yards turn right over the usually dry ford, then right (WNW) again, to pass East Garth on your left.

If the Skifare is in spate, retrace your steps to the road, turning left through the village. Continue along the road for half a mile before turning left along the cart track over New Bridge. Through the gate at the bridge, bear right.

The track fords a beck to enter a section of walled lane. *Thereafter ignore the cart track rising to your left.* Instead continue forward (WNW) on a level track, keeping a wall, on your right.

A DALES FELLS HORSESHOE



Beyond a gate, follow the finger post by the barn at Spittle Croft into the walled lane to reach *but not cross* NEW BRIDGE (898742). Continue (W) through a facing gate, keeping the wall on your left up a rising cart track. *Ignore the footpath across the fields to Nether Heselden.*

The track passes (W) through two gates forming a fold as an impressive view towards Halton Gill develops. In addition note a fine retrospective prospect of Litton before a facing gate gives access into a walled section. Beyond the next gate, the now excellent green way levels out. Pen y Ghent appears ahead.

When the left hand broken wall becomes more substantial, *ignore a tempting gate on your left.* Instead proceed beyond another gated cross wall to reach a gateway. From here a fence replaces the left hand wall and the track is unenclosed on your right.

Here turn left (SE) through a metal field gate in the fence to ascend the rough pasture of COW CLOSE (878739). Climb steadily SE to find and follow the wall on your left, eventually reaching, at the top of Cow Close, a broken wall fortified by a fence (881730).

A DALES FELLS HORSESHOE

Easily step over the latter, walking forward (S) for 200 yards through peat hags to reach the ridge fence/wall somewhere near to a small gate. *Ignore this for now.* Instead turn left (SE) to keep a short section of wall then fence on your right for 300 yards to the lonely peaty summit of DARNBROOK FELL (885728).

A stone plinth supports the trig point. A pleasant view of Fountains Fell, Pen y Ghent, Plover Hill and the Horsehead Ridge combine with the chattering skylark and the limpid call of the Golden Plover to make this an excellent fell top.

Retrace your steps NW alongside the fence for 300 yards, crossing the fence/short section of wall at the small aforementioned gate (882729). Keep the fence on your right for only a few yards before turning left (SW) alongside a cross wall. This is in fact the ridge wall between Darnbrook and Fountains Fell. Keep the wall closely on your right across the col to reach a stile at a T-junction of walls (872721).

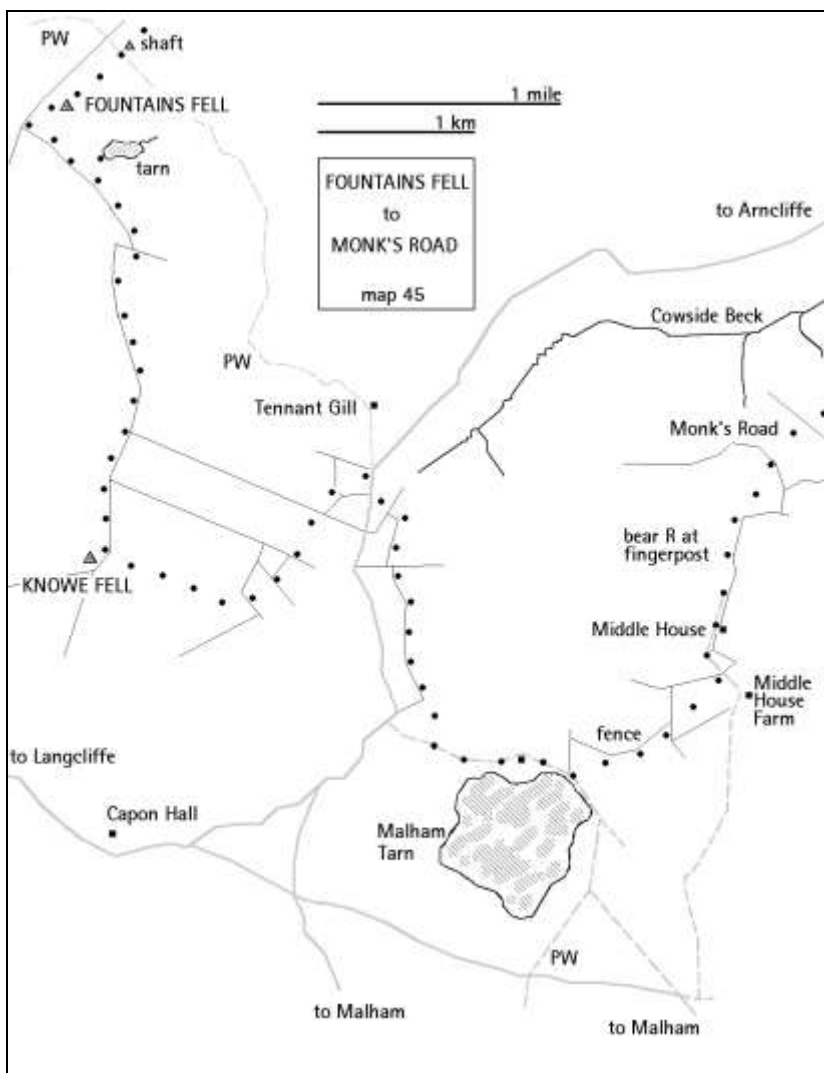
Over the stile turn right (W), keeping the wall on your right until it makes a dog leg to right then left. Hereabouts follow faint tractor marks leading SW towards a tall cairn on the skyline. (*In mist, simply keep the wall closely on your right.*) This cairn (at 650m) stands amidst disused mine workings and shafts (868720) at the spot where the Pennine Way reaches its high point on Fountains Fell.

Follow the tractor marks to cross the PW some 50 yards SE of this tall cairn. (A short detour to the cairn and old workings is worthwhile.) The tracks lead SW past another fenced shaft on your left and the "igloo" as described by Wainwright on your right. Thereby keep the wall some 50 yards over to your right for a third of a mile to reach the substantial cairn on the true summit (at 668m) of FOUNTAINS FELL (864716).

There is another fine panorama, anticlockwise from Rye Loaf Hill in the south west to Grizedales and the subsidiary summit of Fountains Fell. Great Whernside and Buckden Pike form the eastern horizon, with Horsehead and Darnbrook Fell appearing in the foreground. Plover Hill and Pen y Ghent lie to the north with Ingleborough and Bowland completing the picture to the west.

From the summit cairn walk N towards Pen y Ghent for a few yards to re-join the tractor marks, turning down left (SW) with the wall close by on your right. Just beyond a ruin the tracks meet a cross wall and substantial padlocked gate. *Ignore this gate*, instead turning left (SE) to keep the cross wall closely alongside on your right. This provides a surprisingly dry passage across otherwise rough wet ground.

A DALES FELLS HORSESHOE



From the hollow, before the wall rises gently towards the subsidiary summit (869707), detour left to see Fountains Tarn, a fine lonely sheet of water. Return to the wall keeping it on your right over the brow until it descends gently (S) to a cross wall forming a T-junction of walls. Carefully cross at the T-junction, (stile required) bearing right then left around a dog-leg. Thereafter the wall, in a poor state of repair, accompanies a non-barbed fence.

A DALES FELLS HORSESHOE

Follow the fence and wall down the broad ridge (generally S) as a fine prospect develops eastwards from Great Whernside to Parson's Pulpit, Malham Tarn and beyond to Airedale. From the trig point on KNOWE FELL (866686) there is an excellent view west to Bowland, northwest to Morecambe Bay, then to Ribblesdale, the Three Peaks and finally Pendle Hill to the southwest.

From the trig point, step over the fence and broken wall. Plunge downhill ESE, aiming for Malham Tarn, across lines of shake holes and drainage dikes. On reaching a very extensive area of shake holes in fine surroundings, proceed towards a wall in view ahead as Malham Tarn sinks below the horizon. Just before reaching the wall turn left (NE) along a fairly distinct path (877683), keeping the wall over on your right to cross a ladder stile in the first cross wall.

Follow distinct tractor marks (NE) to a finger post, *here leaving the track when it veers to the right*. Instead keep straight on (NE) to the next cross wall. Beyond the ladder stile keep a wall on your left to a gate into open pasture.

Again ignore the tractor marks trending to the right. Instead go straight forward then slightly left (NE) into a shallow groove to cross a stone step stile hidden in the final cross wall. Go forward between a dismantled wall on your left and a fence on your right. Bear half right (ENE) through the gateway in a cross fence to follow a faint track across the pasture to a gate in the far corner giving access to the Arncliffe to Langcliffe road (882691). Tennant Gill farm access is just to your left.

Go straight across the road to turn half right (SSE) along the southbound Pennine Way. The distinct path leads diagonally across the undulating pasture to a wall with a stile/gate and PW sign. Turn left over the stile to follow the cart track (E) uphill alongside the wall on your right to reach a wall corner where turn right at another PW sign.

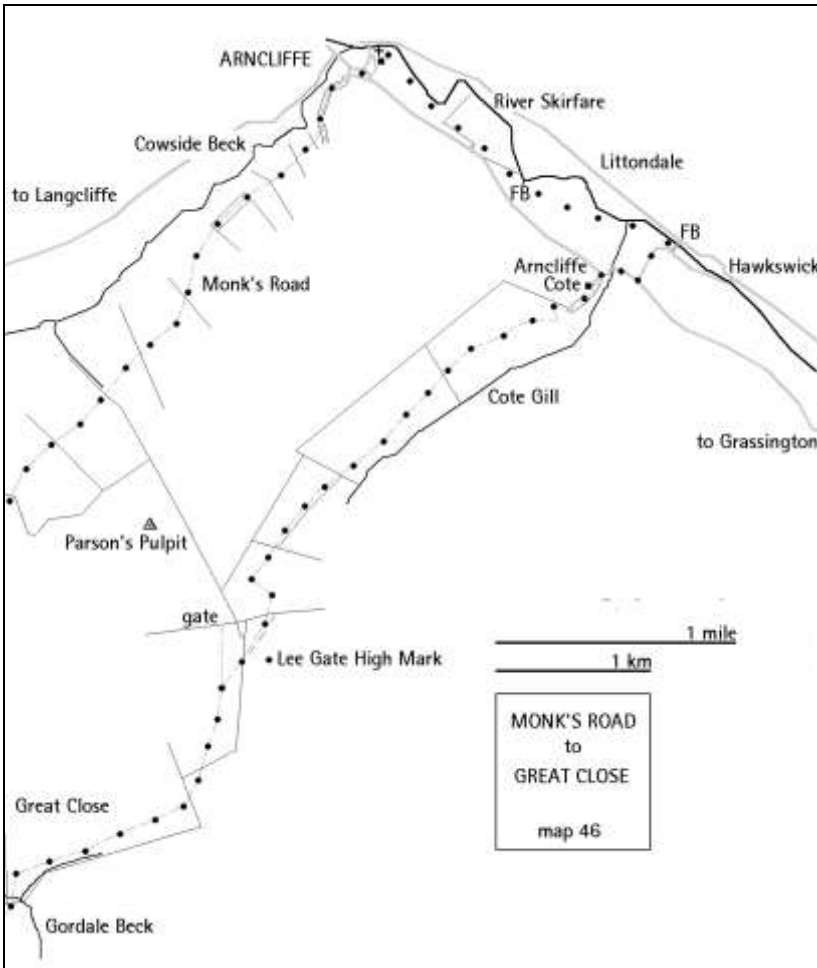
Follow the wall (S) more or less on your right to cross a stile alongside a tree, passing a farm over to your right. The wall finishes at a ladder stile/gate, from where the now unenclosed track leads beside trees to reach the Malham Tarn access road (888673). Here turn left (SE) along the road into the charming wood, eventually winding closely past the house on your right.

When the wood ends (897671), turn left (ENE) uphill (FP Middle House) on a faint green track (the Monk's Road), away from the Malham Tarn shore. Join a wire fence on the brow of the hill, keeping it closely on your left to cross a stile in a cross fence.

A DALES FELLS HORSESHOE

Thereafter bear half left (NE) up a rising thin track to join the cart track coming up from Middle House farm at a ladder stile/gate (907678). Over the stile, follow the cart track (NW) uphill, keeping close to the wall on your right on the brow, and then bending around (NE) to the right to pass the copse containing the buildings of Middle House on your right.

Continue beyond Middle House, ignoring a small gate in the wall, along the rough track to cross a broken wall before reaching a finger post where the route divides. Take the right fork, (BW Arncliffe) for a while (NNE) keeping the wall on your right, that is until the wall heads slowly away towards the escarpment up on your right.



A DALES FELLS HORSESHOE

Now continue forward (NE) along a faint green way marked by the odd cairn. Pass a small tarn on your left, just before reaching a ladder stile in the cross wall ahead (909689) noting the National Trust Malham Tarn Estate sign.

From here Parson's Pulpit, the highest ground hereabouts, appears to your half right. Ignore the thin track leading towards this summit. A visit is hardly worthwhile. The view therefrom is not exceptional, the trig point has been demolished and there is a wall to climb. Tomorrow's view from Lee Gate High Mark is very similar.

Keep forward over the next two ladder stiles to where the BW inexplicably becomes a footpath (916697) traversing a grassy limestone shelf below Great Clowder. The path crosses a broken wall and the next ladder stile to descend below tiers of limestone.

Peep over the fence into the valley of the meandering Cowside Beck, where Fountains Fell and the whaleback of Darnbrook Fell frame the picture. Beyond the next ladder stile, keep between a wall and fence with Old Cote Moor on the horizon.

The crossing of two more stiles heralds one of the most breathtaking views of the Horseshoe. This is typical Yorkshire Dales scenery. Distant sombre moors, wooded limestone escarpments, walls, barns, ravines, winding rivers and green pastures all contribute before the eye comes to rest on the architectural gem of Arncliffe. In May, take care not to tread on the locally abundant crop of Bird's Eye Primrose.

The Monk's Road path veers left over a small limestone scar before the last ladder stile gives access to a mole field and a gated gap stile into a green lane. Turn left along this rather stony lane to enter ARNCLIFFE (932718) by The Falcon. Here turn right towards the monument on the village green.

A DALES FELLS HORSESHOE

ARNCLIFFE TO SETTLE

DAY 24		grid ref	distance miles	total day	height metres	total day
ARNCLIFFE	R	932718				
Hawkswick, Out Gang Ln		952707	1 5/8	1 5/8		
Arncliffe Cote	R	947704	1/2	2 1/8	30	30
Lee Gate High Mark		926679	2 3/8	4 1/2	280	310
Street Gate	R	905656	2	6 1/2		
Gordale		915640	1 1/4	7 3/4		
Janet's Foss	R	912633	1/2	8 1/4		
Malham	R	901629	1 1/4	9 1/2		
Malham Cove pavement		898641	1 1/4	10 3/4	110	420
stile, top of dry valley		891649	5/8	11 3/8	50	470
Langscar Gate	R	888 649	1/4	11 5/8	23	493
gateway		881 649	3/8	12	50	543
Nappa Cross		875 640	3/4	12 3/4	80	623
metal gate		872 639	1/8	12 7/8	7	630
Grizedales summit		868 644	3/8	13 1/4	33	663
Stockdale Head		868 639	1/4	13 1/2		
Rye Loaf Hill		864 633	1/2	14	50	713
Stockdale track		861 638	3/8	14 3/8	20	733
base of Attermire Scar		842 640	1 1/4	15 5/8		
Attermire Cave		842 642	1/4	15 7/8	60	793
fingerpost		827 641	1 1/8	17		
SETTLE	R	820 637	3/8	17 3/8		793

From the village green in ARNCLIFFE (932718), just beyond the monument and disused water trough, take a narrow lane leading (N) down to the church. The latter is one of the finest buildings on the Horseshoe and repays closer inspection. From the church gate, follow the finger post (Hawkswick) down the drive (E) between two large gate posts. Pass the vicarage on your right, following waymarks between the house and a ruin on your left to a gated gap stile giving access to pastures alongside the Skifare.

Keep the river closely on your left, passing through a gate then over a stile when the river bends away leftwards. Thereafter bear half right (SE) across a pasture to cross a ladder stile to follow a wall on your right. Pass through a double gap across the end of a walled lane, continuing across the next pasture to rejoin the wall on your right.

A DALES FELLS HORSESHOE

When this meets the river, go through a gateway in the wall to pass a small barn on your right, soon crossing a small bridge, guarded by stiles, alongside another large meander of the Skirfare. Hereabouts the wooded limestone escarpments interspersed with bracken are quite delightful.

Continue forward (ESE) through pastures, beyond a field gate in a cross fence, to rejoin the Skirfare at a ladder stile. Enjoy the good retrospective view upstream. After crossing a small bridge spanning a gully, keep closely alongside the bubbling Skirfare, crossing stiles to reach the metal bridge. *Do not cross*, instead turn right (SW) up the ginnel to turn right along the narrow OUT GANG LANE (952707). Where this meets the "main road", turn right (NW) towards Arncliffe, passing the entrance to Hawkswick Park caravan site.

Follow the road around a left then right dog leg before turning left (SSW) along the tarmac access into ARNCLIFFE COTE farm (947704). Keep all the buildings on your right through the farm yard. The tarmac becomes a rough walled lane at a gate, signpost "footpath only".

At the next gate/ladder stile, make sure that your dog reads the dire warning. The track leads through a sheep fold, turning up right alongside a wall but soon swinging back leftwards away from the wall. *Your route now follows an excellent green way for some five miles, over Lee Gate High Mark and down to Gordale.*

Follow the tractor marks (W) uphill, swinging left (SW) over a small stream on a limestone bed to reach a gate in a cross wall. Beyond the gate, the gradient eases before the next rise. *Here ignore the tractor marks veering away half right uphill.* Instead take the easier slope to your left. *(It is possible to contour along the rim of the steep slope above the impressive Cote Gill)* The faint green way eventually fords a small stream just before the next gate.

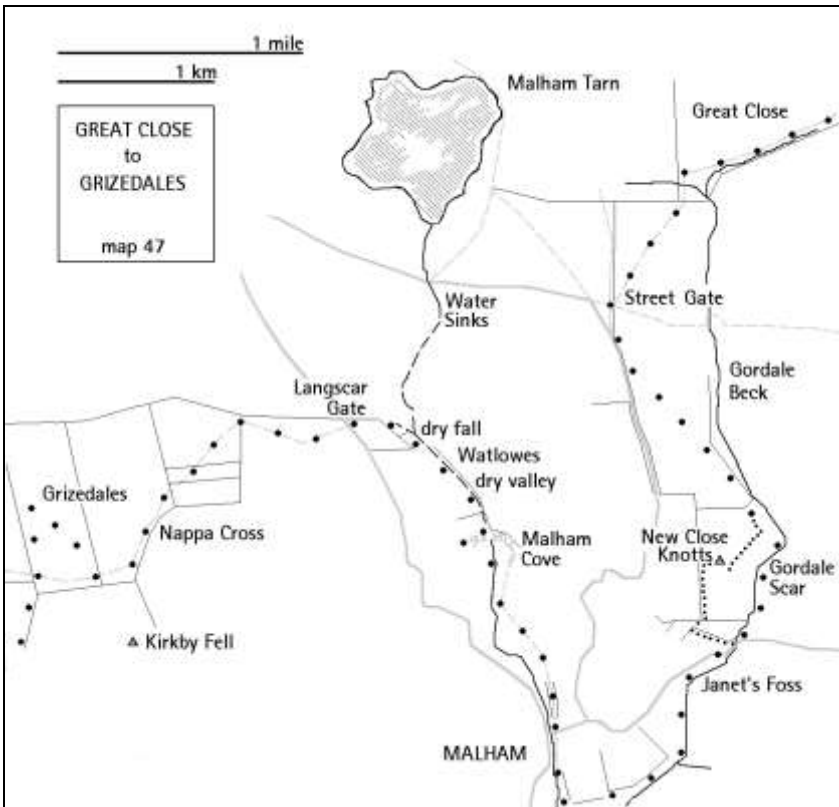
Through the gate, continue climbing (SW) alongside a dilapidated wall on your left. Note the impressive lime kiln on your right just before reaching a finger post on the brow of Low Lineseed Head. Proceed through a gateway, bearing half right to reach another finger post. From here the rising track zigzags to left and right to reach High Lineseed Head with its extensive view back towards Great Whernside and Buckden Pike.

Beyond a gate in a cross wall, (presently a wooden palate between two impressive standing stones), the track keeps another dilapidated wall on your left.

A DALES FELLS HORSESHOE

Make a detour half leftwards (S) for 100 yards over and beyond this wall to visit the pleasant grassy limestone knoll of LEE GATE HIGH MARK (926679). The all round view includes (to the northwest and just a few feet higher) Parson's Pulpit. Rejoin the dilapidated wall to pass through a small gate in the next cross wall, thereafter bearing half left (SW) to a finger post.

From here an acute right turn along tractor marks provides a detour to Parson's Pulpit. Use a field gate in a cross fence, keeping the wall never far away on your right to reach the summit cairn, the site of the former trig point. The detour adds 1 3/4 miles and has little merit.



From the finger post, the route continues (S) along a distinct green way with Barden Moor prominent to the south east. Pass through two more field gates, turning half right (SSW) beyond the first, half left (still SSW) beyond the second into Great Close. Follow tractor marks (WSW) pleasantly downhill, with Knowe Fell forming the facing horizon and Great Close Hill in the foreground.

A DALES FELLS HORSESHOE

Joining a wall on your left, *ignore the stile over it*, instead descend to a field gate in the bottom left hand wall corner. This necessitates a paddle through the ford formed by Gordale Beck and Great Close Mire.

Beyond the gate, follow tractor marks half right (SW) over a brow to reach another wall corner at STREET GATE (905656). Go through the gate, turning left (S) along a track with the wall on your left to join the road to Malham. Within a few yards (before reaching a cattle grid), turn left over a stone step stile (FP Gordale).

Now bear half right (SE) along a fairly distinct track across the level pasture. Pass between clints on your left and a large cairn on your right. From a second cairn on the clints, note the obelisk on Cracoe Fell. Keep a barbed fence on your left, negotiating a cross wall using the stone step stile. Make a detour leftwards for a few yards away from the path to view the magnificent ravine of GORDALE (915640) a unique limestone gorge with yew trees clinging to the cliffs.

Beyond the warning notice drop steeply down steps into Gordale Scar where a spectacular waterfall tumbles through a hole in the impressive rock wall. *HERE A 20 FOOT DESCENT OF A ROCK FACE REQUIRES CARE.* There are ample hand and foot holds in the tufa covered buttress. Do not cross the main stream until you reach the base. However, the bottom six feet may be awkward. *If you are in any doubt, then retrace your steps. There is an excellent alternative route, described in the box below.*

Clamber back up the steps to the warning notice. Before reaching the stile double back leftwards along a sheep track. This affords a fine view into the chasm. Follow the thin track around to the right, climbing to join and follow a dilapidated wall to its highest point on New Close Knotts.

Here turn right away from the wall to reach a cairn on the highest ground. The view includes Pendle Hill, prominent down Ribblesdale. Continue beyond the cairn to find a wall. Turn steeply down leftwards (S), keeping the wall on your right.

Alongside a sheepfold at a T-junction of walls, pass through a small gate. From here bear half right (SW) along a line of boulders forming a rudimentary boundary for some 200 yards to reach a wall corner. Here turn left over the ladder stile, following the wall on your left (ESE) downhill to reach Gordale Bridge (in truth, bridges, old and new). Turn left along the lane for 100 yards to the gate giving access to the distinct path into the impressive base of Gordale Scar.

A DALES FELLS HORSESHOE

From the base of the buttress, go across the stream to follow the distinct path (S) away from Gordale Scar. Turn right along the road for 100 yards to Gordale Bridge. Continue along the road for a further 200 yards, to where, just opposite a ruinous barn, a kissing gate on your left gives access to the delightful JANET'S FOSS (912633). Therefrom the path leads through a pleasant wooded gorge with, in late spring, a carpet of pungent ramsons.

Follow the well-made path through pastures (S then W), ignoring any bridges over the beck on your left. Negotiate two kissing gates before reaching Mires Barn before turning right (N) along the Pennine Way to MALHAM (901629).

From Malham cross Monk Bridge over Malham Beck, that is the road bridge towards Gordale but within 50 yards leave the road. Use a track between Lister's Arms on your left and the Youth Hostel on your right. Follow the public footpath (N) through a kissing gate, along a walled lane then across pastures. The distinct path, winding through ancient enclosures, crosses a couple of ladder stiles before the magnificent face of MALHAM COVE (898641) reveals itself.

The path descends to a gate giving access to a pretty slab bridge over the stream issuing from the base of the towering cliffs. From the base, retrace your steps to climb the well-made staircase, crossing the ladder stile onto the Malham Cove pavement. Enjoy the view but take care! It would be a pity to miss the satisfaction of completing the Horseshoe.

Turn left (NE) to follow the recently re-routed Pennine Way into the dry valley of Watlowes, keeping the old wall on your right and soon negotiating a cross wall. Eventually climb an excellent flight of steps, noting the dry waterfall on your right.

At the top of the steps, *ignore the PW as it turns right towards the top of the dry waterfall*. Instead keep the wall on your left over a ladder stile, going forward for a few yards only before turning left (W) over another ladder stile (891649). Now keep the wall on your right to reach the road, over a stile in the fence, alongside the cattle grid at LANGSCAR GATE (888649). *Do not cross the cattle grid*, instead go straight across the road through a field gate.

Keep the wall on your right, noting the appearance of Knowe and Fountains Fells as you climb (W) towards a gateway in a cross wall (881649). Through the gateway turn half left (SW) away from the wall along distinct tractor marks in the grass. There is a good retrospective view of Malham Tarn as you climb to pass through the first of three gates.

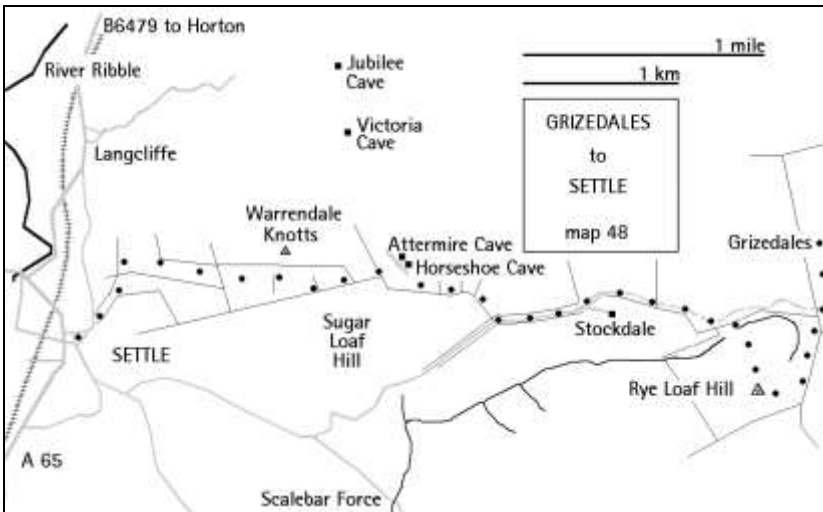
A DALES FELLS HORSESHOE

From the third gate the route swings back leftwards (SSW) to join the wall containing the old standing stone of NAPPA CROSS (875640). Proceed beyond the cross for some 200 yards to meet the BW at Nappa Gate. Note a prominent cairn on your right, with Kirkby Fell straight ahead. Turn right (WSW) along the green bridleway, (tripartite finger post 'Stockdale Lane').

Rye Loaf rises to your half left, the summit of Grizedales to your half right. Turn right (NNW) through the next, vertically barred, metal gate (872639), leaving the bridleway. Keep the wall on your right to its highest point, where Pen y Ghent maybe seen ahead. Now bear half left (WNW) away from the wall, over rough ground to reach the summit of GRIZEDALES (868644).

There is no cairn on this grassy limestone knoll. However it is the highest ground hereabouts, giving an extensive view. To the south, Pendle and the south Pennines lie beyond Rye Loaf Hill, with the Bowland Fells in the far west. You should, by now, be able to recognise many of the remaining summits. There is even a glimpse of the Howgills in the north western arc.

From the summit, bear N for only a few paces before doubling back leftwards (S) down tractor marks. These rejoin the bridleway at a gate in the cross wall at STOCKDALE HEAD (868639). Through the gate, turn left (S) alongside the wall for only a few paces to pass through a facing gate. Thereafter keep the wall closely on your left (SSW) to circumvent a bog before leaving the wall for the final stiff pull (W) to the gritstone summit of RYE LOAF HILL (864633).



A DALES FELLS HORSESHOE

This, your final summit, sports a cairn, a shelter, a trig point and another fine view, not dissimilar to that from Grizedales. Note the shake holes in the fields to the west. Bear N from the summit, dropping steeply downhill to cross the ravine of the infant Stockdale Beck.

Now turn half left to join a wall, keeping this on your right until, just before a cross wall, turn right through a gate. *Now ignore tractor marks leading to another gate on your left.* Instead climb the slope ahead for 50 yards to turn left (WNV) down the distinct bridleway (861638).

This by passes Stockdale Farm, passing through a couple of gates to reach the tarmac of Stockdale Lane. Continue (W) along the tarmac for 600 yards. *Leave the lane as it turns down to your left,* instead taking a gate (NW) on your right (FP Settle 2 miles).

Keep the wall on your left along a distinct path, passing through three gates to find yourself abreast with ATTERMIRE SCAR (842640) up to your right. Scramble steeply up to the entrance of the aptly named Horseshoe Cave, a magnificent last viewpoint including Pendle and the Bowland fells beyond Warrendale Knotts.

It is possible to visit the nearby Attermire Cave (842642). Care and agility are required. These attributes may be in short supply at the end of a hard day with a heavy pack. From Horseshoe Cave, continue (NW) along the base of the scar for 100 yards to climb a grassy gully. Turn left along a narrow terrace to find the large entrance, sadly a morass of sheep droppings!

Scramble carefully down to re-join the distinct path on grass, following it through a gateway (WSW) then up over a ladder stile. Continue beyond a gap and a wall end (W) to reach a gate. Thereafter keep the wall on your right, until when it turns away rightwards, carry straight on downhill.

Ingleborough makes a final appearance to your right, as if to nod approval at your achievement. Re-join the outward route at the finger post pointing back to Malham. Here turn left (S) down the rough Bank Lane, descending Constitution Hill to celebrate your return to the market square in SETTLE (820637).

A DALES FELLS HORSESHOE

THE THREE CIRCULAR ROUTES

Those walkers preferring to complete the walk in three separate circular sections could follow three loops, using the two short links described below. The first link is between Great Shunner Fell and Thwaite, simply following the Pennine Way.

The second crosses Newby Head at the summit of the Hawes Ribbleshead road to link the Cam High Road and Arten Gill Moss. Simply follow the full route days in the tables below, which are those days shown in brackets.

Eastern Circular Route (125 miles, 5214 metres) begins and ends at Bolton Abbey, page 94, in Wharfedale not far from good rail connections in Skipton.

Western circular Route (134 miles, 6541 metres) begins and ends in Settle, page 13.

Northern Circular Route (100 miles, 5836 metres) begins and ends at Garsdale Station, page 43, on the Settle to Carlisle line.

day	Eastern Circular Route (Horseshoe days in brackets)	miles in day	from Bolton Abbey	metres in day
1	BOLTON ABBEY to GRASSINGTON (16)	14 5/8	14 5/8	755
2	GRASSINGTON to HUBBERHOLME (17)	17 1/2	32 1/8	797
3	HUBBERHOLME to COUNTERSETT (18)	14 1/4	46 3/8	607
4	COUNTERSETT to SEDBUSK (19)	8 3/4	55 1/8	270
5	SEDBUSK to MUKER (20 and 11)	12 1/8	67 1/4	600
6	MUKER to CARPERBY (12)	15	82 1/4	475
7	CARPERBY to HORSEHOUSE (13)	12 5/8	94 7/8	538
8	HORSEHOUSE to HEBDEN (14)	16 1/2	111 3/8	612
9	HEBDEN to BOLTON ABBEY (15)	13 3/4	125 1/8	560
TOTAL		125 1/8		5214

Day 5 Sedbusk to Muker

Sedbusk to Great Shunner Fell	7 1/2 miles	588m
Great Shunner Fell to Thwaite	3 3/8 miles	12m

From Great Shunner Fell simply follow the north bound Pennine Way (NE then E). On meeting the road, turn right for Thwaite. Thereafter consult Day 11.

Thwaite to Muker	1 1/4 miles
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A DALES FELLS HORSESHOE

day	Western Circular Route (Horseshoe days in brackets)	miles in day	from Settle	metres in day
1	SETTLE to CLAPHAM (1)	14 7/8	14 7/8	790
2	CLAPHAM to CHAPEL LE DALE (2)	10 7/8	25 3/4	640
3	CHAPEL LE DALE to INGLETON (3)	13	38 3/4	596
4	INGLETON to BARBON (4)	17 1/2	56 1/4	841
5	BARBON to COWDUB (5)	13 1/2	69 3/4	819
6	COW DUB to HORTON (6 and 21)	16 1/2	86 1/4	640
7	HORTON to LITTON (22)	16 1/4	102 1/2	819
8	LITTON to ARNCLIFFE (23)	14 1/4	116 3/4	603
9	ARNCLIFFE to SETTLE (24)	17 3/8	134 1/8	793
TOTAL		134 1/8		6541

Day 6 Cowdub to Horton

Cowdub to Arten Gill Moss

1 3/4 miles

286m

When the walled lane alongside Arten Gill turns away leftwards, go through a facing gate in the right hand wall and turn down rightwards with the wall on your right along the Pennine Bridleway. Beyond the dip of the infant Arten Gill, climb alongside the wall; until it makes a distinct right upturn towards the summit of Wold Fell.

By now the path has developed into a rising green way on limestone grassland, and it is easier to follow this forward to its brow, from where make a short ascent to the right over grassy clints to the summit wall. It is not easy to decide on the highest point (probably beyond the summit wall), but there are splendid views of the Three Peaks and the Ribble valley with Pendle Hill in the distance. Over the wall there is a glimpse of the Lakeland skyline beyond Dentdale and the Howgill Fells.

Return to and continue along the green way, following it down through a gate in the wall descending from the summit, where it becomes a wide enclosed green lane. Beyond a further gate the track is bound only on the left and descends uneventfully to Newby Head Gate (790835). Turn left (E) along the road for a quarter of a mile to the Hawes to Ribbleshead road junction at Newby Head (795836) where turn right for only a few metres.

Cross the road to follow a sign-posted track SE then SSE then E to join Jam Sike. Turn left (NE), upstream, following it as it turns E then SE to reach the wall at Gavel Gap (813812). Negotiate the wall to continue on a thin track (SE then E). Join a wall on your right, soon taking a gate through this wall. Here a walled lane gives access to the Cam High Road at Cold Keld Gate. Turn right (SE), thereafter consulting Day 21.

Arten Gill Moss to Cold Keld Gate

4 1/2 miles

194m

Cold Keld Gate to Horton

10 1/4 miles

160m

A DALES FELLS HORSESHOE

day	Northern Circular Route (Horseshoe days in brackets)	miles in day	from Garsdale	metres in day
1	GARSDALE STATION to SEDBERGH (6)	10	10	448
2	SEDBERGH to CAUTLEY (7)	11 7/8	21 7/8	1171
3	CAUTLEY to AISGILL MOOR (8)	15 1/2	37 3/8	1291
4	AISGILL MOOR to KIRKBY STEPHEN (9)	14 3/4	52 1/8	610
5	KIRKBY STEPHEN to TAN HILL (10)	13 1/4	65 3/8	818
6	TAN HILL to THWAITE (11)	11 7/8	77 1/4	392
7	THWAITE to HAWES (11 and 20)	9 3/8	86 5/8	450
8	HAWES to GARSDALE STATION (21 and 6)	14 1/4	100 7/8	656
TOTAL		100 7/8		5836

Day 7 Thwaite to Hawes

Thwaite to Great Shunner Fell 3 3/8 miles 440 m

In Thwaite, turn right at Kearton's Guest House towards Keld.. Continue along the road for a quarter of a mile before turning left along the south bound Pennine Way to the summit of Great Shunner Fell. Thereafter consult Day 20.

Great Shunner Fell to Hawes 6 miles 10m

Day 8 Hawes to Garsdale Station

Hawes to Cold Keld Gate 5 3/4 miles 428m

Through Cold Keld Gate, go into a cul-de-sac on your right, passing through a gate at the right hand end. Now turn left to follow faint tractor marks in a westerly direction, noting the profusion of crinoid fossils in the rock beneath your feet. The track narrows to a sheep track, dropping down NW to GAVEL GAP (813812) where negotiate the wall.

Continue NW to join Jam Sike, trending W then SW. Leave Jam Sike to follow a track (W then NW) to the road junction at Newby Head (795836). Follow the Dent road due W for a quarter of a mile to Newby Head Gate (790835). Here leave the road, turning right (N) to ascend a wide green lane, at first unenclosed on your left, then beyond a gate totally enclosed until the next gate.

Follow the ensuing unenclosed green way across the shoulder of Wold Fell, with an optional detour up left from the brow to the summit wall for an extensive view on a clear day. The green way eventually descends to a wall, thereafter kept on your left through a dip to reach Arten Gill Moss (792861). Thereafter consult Day 6.

Cold Keld Gate to Arten Gill Moss 4 1/2 miles 40m

Arten Gill Moss to Garsdale Station 4 miles 188m

A DALES FELLS HORSESHOE

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