

Along the Route

'Off Road' Technical Difficulty

- Easy: Generally a hard smoothish surface
 - Moderate: A more uneven surface
 - Technical: Rough, uneven going. Difficult!
- Generalisations only. Allowance for weather also required.

'Off Road' Path Type

- Bridleways (a black edging to a technical grade)
 - Byways & other 'Off Roads' (no edging)
- Bridleways are for cyclists, walkers and horse riders and are generally well signposted. In particular the Pennine Bridleway is often signposted PBW. Mountain bikers must give way to people on foot or horseback.

Uphill Indicator

Shown along the marked route. It's subjective but at least an indication of what is in store!

Points Uphill

- 1 Leg Warmer
- 2 Pulse Racer
- 3 Lungbuster

Gradients / Heights

- 310 Spot heights (metres) marked along the route
- 275 Contours (25 metre intervals)

Surface Descriptions

As annotated on the map - generalisations only. Allowance for weather also required.

'Off Road' Downhills

Note: Long arrow in downhill direction

This route guide includes subjective elements such as gradients, and generalisations such as surface descriptions (both these may change over time & will be affected by the weather). Maps and routes are for guidance only. It is up to you the cyclist to judge your own cycling competence, be aware of the conditions on the ground and be in control of your bicycle at all times. Whilst every effort has been made to ensure all the information presented is accurate we can not guarantee it is error free. In no event will any party involved in the making of this route guide be liable for any special, direct, indirect or consequential damages out of the use or inability to use the route guide.

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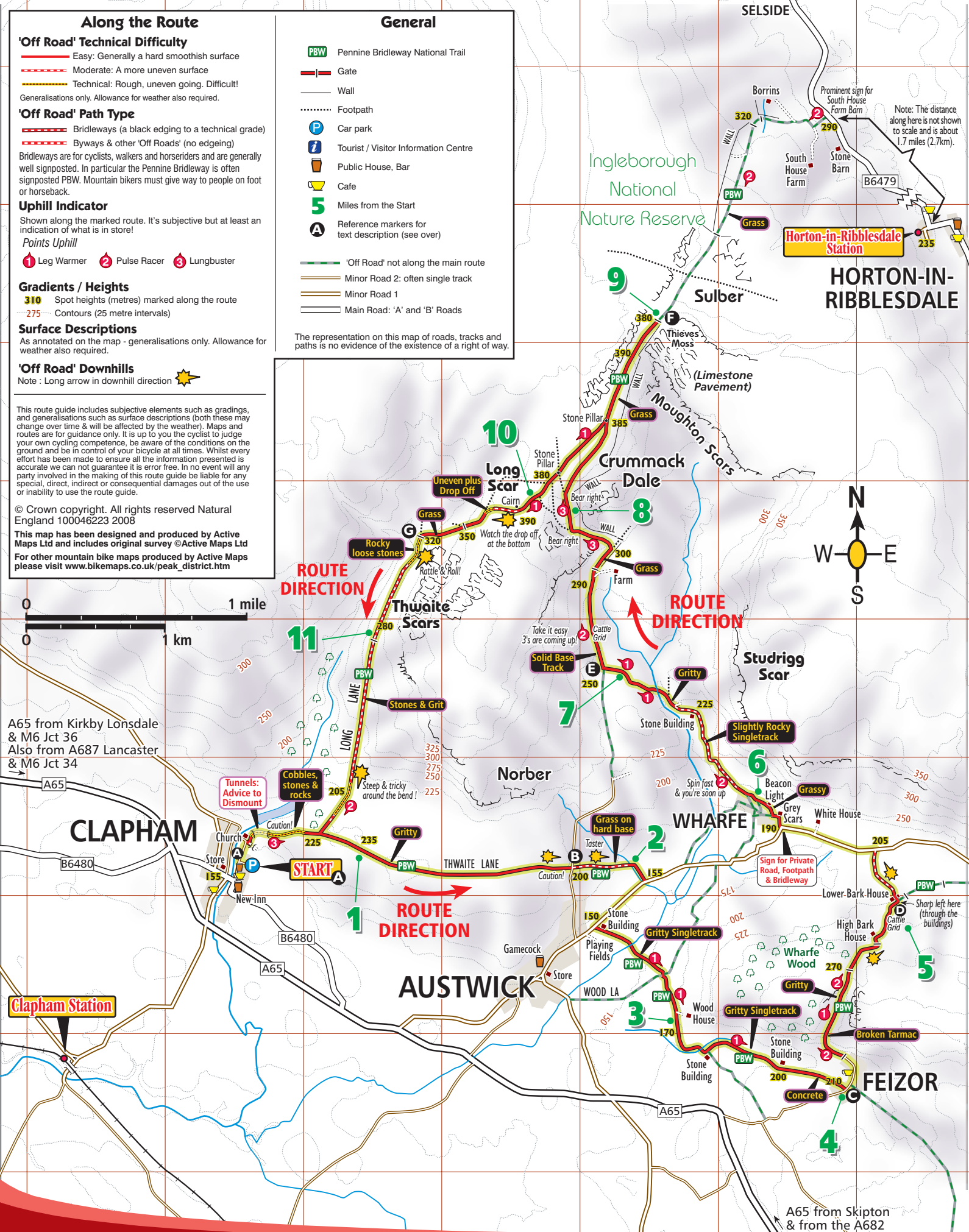
This map has been designed and produced by Active Maps Ltd and includes original survey ©Active Maps Ltd
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General

- PBW Pennine Bridleway National Trail
- Gate
- Wall
- Footpath
- P Car park
- i Tourist / Visitor Information Centre
- P Public House, Bar
- C Cafe
- 5 Miles from the Start
- A Reference markers for text description (see over)

- 'Off Road' not along the main route
- Minor Road 2: often single track
- Minor Road 1
- Main Road: 'A' and 'B' Roads

The representation on this map of roads, tracks and paths is no evidence of the existence of a right of way.



Try a Trail by Bike...

Crummack Dale Dabs

A circular Mountain Bike Route from Clapham that includes sections on the Pennine Bridleway National Trail.

This map is part of a series that can be downloaded free from www.nationaltrail.co.uk/penninebridleway



ROUTE LENGTH
12 miles
20 km

Pennine Bridleway

NATIONAL TRAIL



Crummack Dale Dabs

Mountain Bike Route

Route length: 12 miles / 20km. Rough Time 2½ to 5 hours.

A varied mountain bike route that starts on tracks from Clapham, to Austwick, Feizor and Wharfe then takes you out into the open country of limestone scars and pavements with views of Ingleborough and Pen-y-ghent forming a wonderful backdrop. There are a few technical sections but for the most part the surfaces will not be too demanding on your mountain biking skills. Most of the climbing comes between 4 and 8 miles (Feizor to Crummack Dale); so there is a nice warm up section (not counting the short climb out of the Clapham Tunnels!) and a long generally downhill finish. For an option of starting at Horton-in-Ribblesdale & adding 6 miles to the distance see the train information below.

START Clapham. Car park just up the road from the New Inn.

You are on the Pennine Bridleway National Trail in sections A, B, C, F & G.

The points below are referenced on the map

Exit Clapham Car Park and TR.

- A** TR immediately before church onto track & follow it round to the left (signed Austwick), through tunnels & up to top of steep climb. At track junction continue straight on & follow along then down to road junction (caution).
- B** Continue straight across onto track. Follow to road & TR. TL onto bridleway just after the 30mph sign. Proceed to & cross river. Follow to track junction and TL (do not take the grassy bridleway off to the left immediately before the junction).
- Follow straight on as it narrows to singletrack. Cross river then quickly BL at track fork by stone barn. Stay on this path to reach road at Feizor.
- C** TL onto road & climb through Feizor. Continue straight through a gate across the road & climb narrow lane. This soon turns to a track. Climb to gate across track then descend. BR at bend before first farm & onto second farm.
- D** Follow the track as it bends sharp left to go through the farm buildings and then descends to a road junction.
- TL onto road. Pass driveway for the 'White House'. Descend to a bend & TR onto track (signed 'Private Road, Public Footpath & Bridleway'). Follow round left bend by 'Grey Scars' cottage then BR at track split. Pass 'Beacon Light' cottage, then BR at next two track junctions.
- The path now leaves Wharfe & starts a narrow climb. Keep on the main path & pass an isolated stone building on your left. Keep heading straight on, cross river and onto a main track junction.

- E** TR & climb. When track bears right (private drive), go straight ahead on grassy bridleway & through gate. Keep wall on your right & about 100 metres before next gate TL & head up steep grassy path. The path is indistinct in this section (a good landmark is the wall on your right which you should keep roughly 100 metres from). Head straight up ignoring path splits to the left. The path then bears round to the right and gradient eases. The path splits again, keep straight on & follow to main path junction by a small stone pillar.
- For good views of the limestone pavement (geology feature) on your right continue straight on to the next gate (just after the gate the high wall on your right finishes).
- F** Now do an about turn and return along the path back to the stone pillar. BR at path split. Keep on this main path to arrive at another stone pillar. Keep straight on heading for a cairn on a small hummock.
- Pass near the cairn (which is a little way to your right) & now descend. At path junction BL & quickly arrive at gate. Straight through & down to next gate.
- G** Through this onto stony track descent. Follow for about 1.5 miles to track junction & TR. Descend down & through tunnels (caution: dark and beware of other users). TL onto road & back to car park.

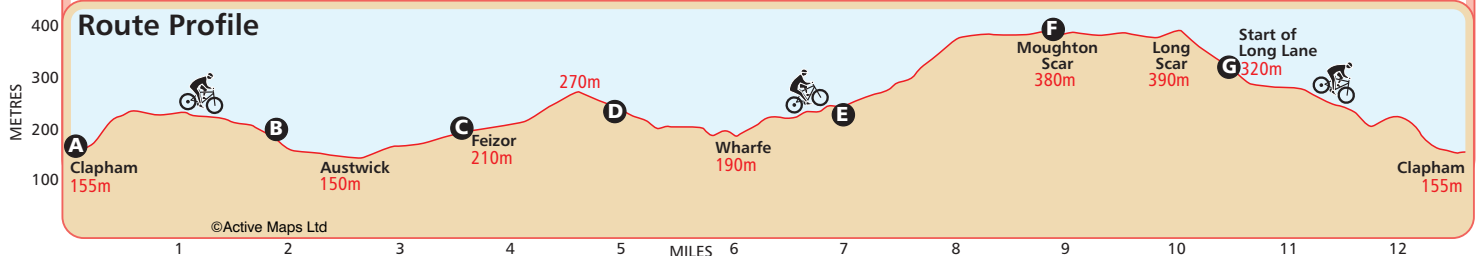
Refreshments

Clapham is a popular base for exploring the Dales and has a good selection of places to recharge after the ride or to top up before you start. There are a couple of cafes, the New Inn pub, a bar as well as a village store.

At Austwick there is the Game Cock Inn and a store, & at Feizor a cafe.

If arriving by train at Horton-in-Ribblesdale (see train info at bottom) there are a couple of pubs cafes and a store.

Abbreviations: TR-Turn Right, TL-Turn Left, BR-Bear Right, BL-Bear Left.



Travelling to the Area by Train

Clapham Station is one mile from the route and is suited for those travelling from Leeds or Morecombe. If travelling from Carlisle the route is accessible from Horton-in-Ribblesdale Station. If you use this station then be prepared to do an extra 6 miles making the ride 18 miles/29km. The extra mileage might suit some and if travelling from Leeds it is also possible to catch a direct train to Horton-in-Ribblesdale. See directions below & the map for picking up and following the route.

Clapham Station

A possible Saturday Itinerary*

From Leeds: Dep 10.19 • Arr Clapham 11.31
Dep Clapham 17.14 • Arr Leeds 18.39

From Morecombe: Depart 10.41 • Arrive Clapham 11.36
Dep Clapham 17.58 • Arr Morecombe 18.59

To pick up the route from Clapham Station

Out of the station exit and continue straight across (letter box on your left) and then quickly left at give way.

Continue for about one mile to junction with main road.

Straight across into Clapham. At T-junction TR, over bridge (New Inn facing you) then immediate left.

Continue up to the church then as from point **A** above.

Horton-in-Ribblesdale Station

A possible Saturday Itinerary*

From Carlisle: Dep 07.52 • Arr Horton-in-Ribblesdale 9.21
Dep Horton-in-Ribblesdale 15.53 • Arrive Carlisle 17.28

From Leeds: Dep 08.49 • Arr Horton-in-Ribblesdale 09.58
Dep Horton-in-Ribblesdale 15.56 • Arrive Leeds 17.07

To pick up the route from Horton-in-Ribblesdale Station

Out of the station exit and TL onto the B4679. After about 1.5 miles pass a stone barn on the left. Take the next left, signs for a bridleway and also South House Farm Barn.

At track split BR. Climb to next split and BL onto smaller track. Through gate and BL to next gate. Follow straight through. At path split head straight up and follow to gate. Straight through and onto next gate. You are now at point **F**.

Follow the main directions above but continue straight on to the stone pillar and not an about turn!

*please note this is for guidance only. Time taken on route will vary with individuals & train times may change. Please check with National Rail Enquiries for full service details (Tel: 08457 48 49 50 or www.nationalrail.co.uk). There is space for two bikes on the train & more at the conductor's discretion, on a first come first served basis (no booking required).