Try a Trail...

Pennine Way NATIONAL TRAIL

NATURAL ENGLAND

The Southern Dales 20.7 mile (33.3km)

A two day walk on the Pennine Way through the distinctive limestone scenery and geological wonders of the southern Yorkshire Dales.

GET THERE BY TRAIN

Day 1 Gargrave to Malham - 6.6 miles *(with a recommended 2 mile detour)*

Overnight stay Malham

Day 2 Malham to Horton-in-Ribblesdale - 14.1 miles

Train travel Gargrave and Horton-in-Ribblesdale are both on the highly scenic Settle – Carlisle railway

Terrain Mostly easy riverside walking to Malham, then onto high moorland with an ascent of Pen-y-ghent (694m)

Highlights

The Dalesman Café in Gargrave; St Michael's Church in Kirby Malham; dry stone walling; Janet's Foss waterfall and Goredale Scar - just off the Pennine Way near Malham; Malham village, Cove *(with its peregrine falcons)* and Tarn; Fountain's Fell; Pen-y-Ghent mountain; Hull Pot; the Pen-y-ghent Café in Horton-in-Ribblesdale

A bed for the night

Malham has two campsites, a bunk barn and youth hostel, several bed & breakfasts, a couple of inns and a country house hotel. It's a popular spot though, so booking well in advance is recommended especially for a Friday or Saturday night. Getting single nights during busy bank holiday periods could prove difficult. The website **www.malhamdale.com** features all of the above accommodation.

Food & drink

The Dalesman and Pen-y-ghent Cafés are a bit of a must, especially as the latter is the first café you'll come to after leaving Malham. North of Gargrave, there's a farm shop tearoom just off the route in Airton and a pub also just off the route in Kirkby Malham. Both inns in Malham serve meals in the evening, along with a good selection of ales. Other eating-places are listed on the **www.malhamdale.com** website.

Make sure you stock up before you leave Malham as there are no refreshment stops until you reach Horton-in-Ribblesdale where, as well as the café, there are two hotels serving food.

Catching trains

Trains to Gargrave run from Leeds, Bradford, Morecambe/Lancaster and Carlisle. A train times booklet is available to carry with you and there's the www.nationalrail.co.uk website to check. The **www.settle-carlisle.co.uk** website also has train times and tells you much more about this historic route. You can call National Rail Enquiries on 08457 48 49 50 to check train times and remember services on Sunday are reduced.

Trains to Skipton are more frequent than to Gargrave, and from there you can catch Malham bound buses that stop in Gargrave. Timetables are on the **www.malhamdale.com** website

Following the trail

From Gargrave station head into the village and you'll see your first Pennine Way sign near the church. Keep following these wooden fingerposts all the way. In Horton-in-Ribblesdale, cross over the river to find the station.

For more information

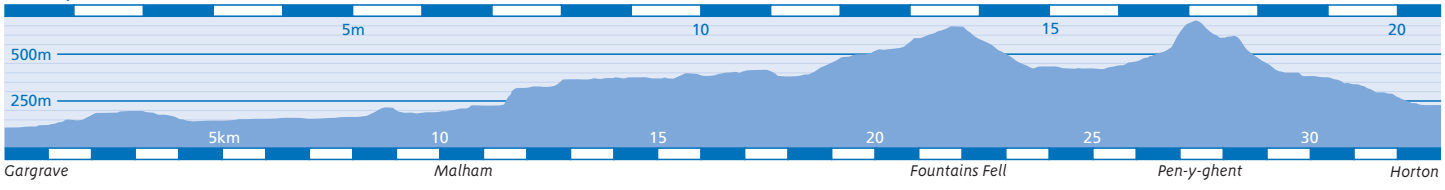
Yorkshire Dales
www.yorkshiredales.org.uk

Pennine Way
www.nationaltrail.co.uk/pennineway

The Mountain Code

- Carry a map and compass and know how to use it.
- Know the weather signs and local forecast; plan within your capabilities.
- Know simple first aid and the symptoms of exposure
- Take waterproofs and a fleece.
- Ensure somebody knows your planned route.
- Keep alert all day.

Route profile



Dry stone walling
The intricate network of dry stone walls is an eye catching and extensive man made feature of the Dales. Building them is an old craft for delineating boundaries between parcels of land or fields. No cement jointing is used and the finished result blends with the surroundings and, if built correctly, will last a lifetime or more.

Dry stone walls provide shelter and habitat for a wide range of animals and insects

Look out for the 'tail bobbing' Dipper where there's lots of rocks in the river. Dipper can swim and even walk underwater looking for food

The Leeds & Liverpool Canal took 46 years to build and, at 127 miles long, is Britain's longest canal

The Dalesman Café
Welcomes cyclists, walkers and civilians! It offers a wide range of teas and coffees, oodles of cold drinks, masses of home baked goodies, some seriously scrummy ice cream and the biggest range of sweets on the Pennine Way. It also has a signing in book for full way Pennine Way walkers.

In Roman times the river was crossed at Gargrave by means of a beautifully contructed paved ford which can still be seen downstream of the bridge when the river level is low.

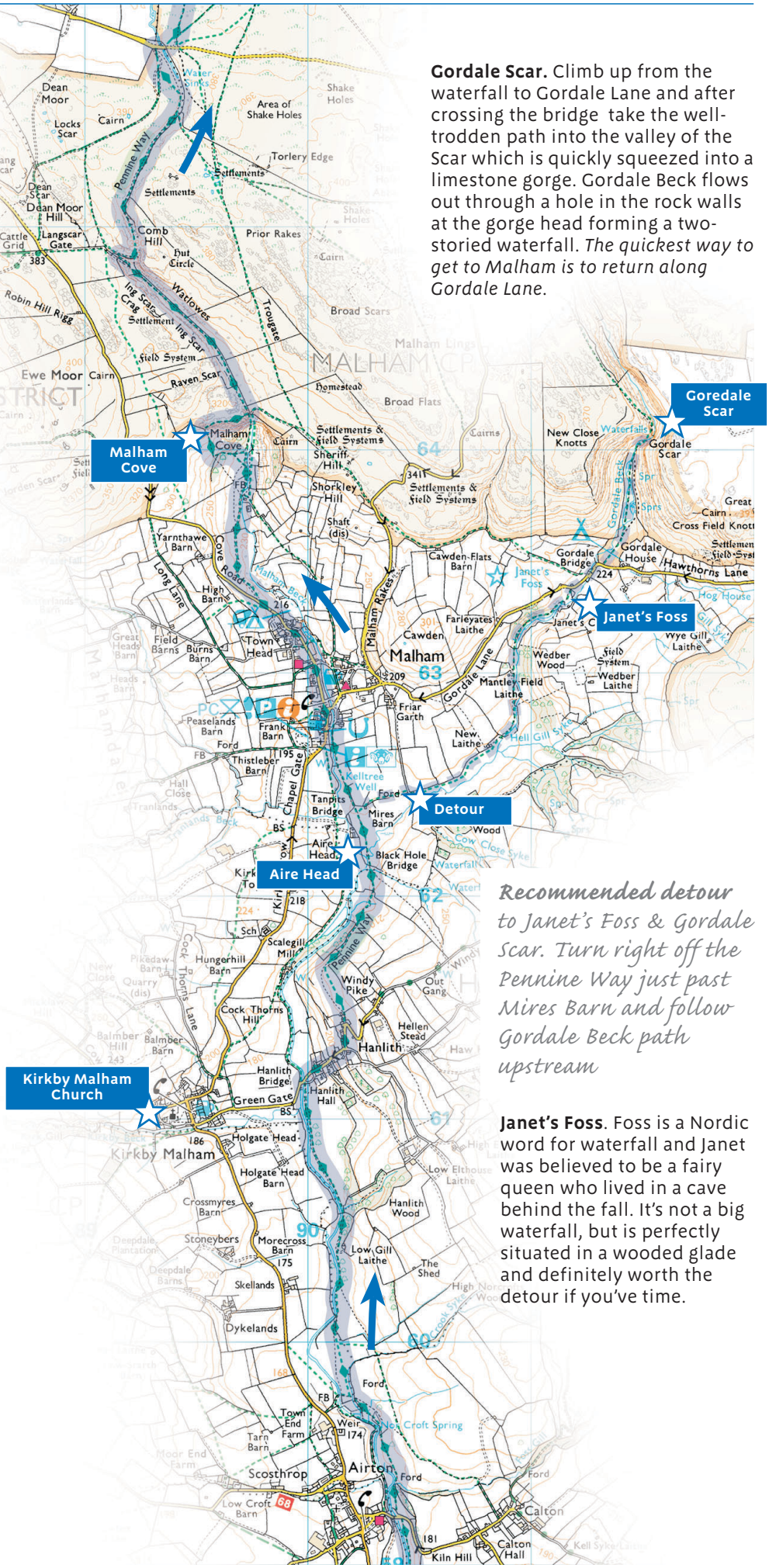
Peregrine falcon nest on cliff ledges in Malham Cove. An RSPB viewpoint (May to July) may help you see the spectacular hi-speed stoop (closed wings) to catch small or medium sized birds in flight.

Malham Cove.
A huge curving amphitheatre shaped cliff formation of limestone rock, the vertical face of which is about 260 feet high. At the top is a large area of deeply eroded limestone pavement, and brilliant views down Malhamdale and beyond.

Malham village. Whilst the houses of Malham are perhaps no more than 300 years old, the village was originally founded around 670 to 800 AD. All around on the fields and fells are remains of human activity and settlements from earlier times. You can see the medieval lynchets - terraces made by Anglican farmers to enable the land to be ploughed more easily. They also help to prevent rainfall running down the slope too quickly and washing away valuable soil.

The Malhamdale blacksmith
Bill Wild was Malham village smithy for almost forty years and an authority on natural history. He was a master craftsman, skilled in carving wood and working a variety of metals as well as being a skilled cartoonist and water-colourist. He's also famed for his ramshorn handled walking sticks mostly carved with birds and animals.

Cathedral of the Dales.
St Michael the Archangel Parish Church, Kirby Malham was built of millstone grit in a style known as Craven Perpendicular by the monks of West Dereham Abbey in the 15th Century.



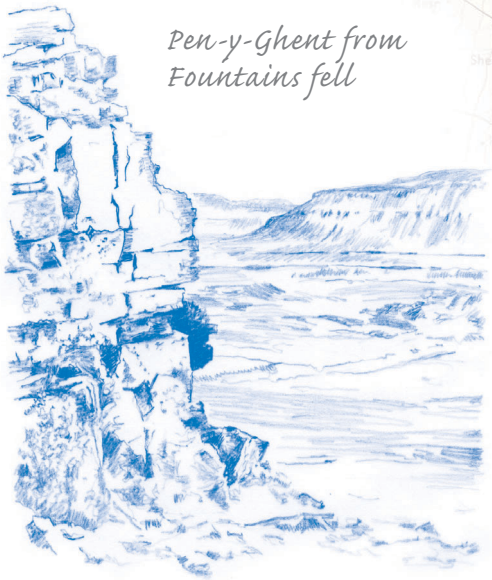
Gordale Scar. Climb up from the waterfall to Gordale Lane and after crossing the bridge take the well-trodden path into the valley of the Scar which is quickly squeezed into a limestone gorge. Gordale Beck flows out through a hole in the rock walls at the gorge head forming a two-storied waterfall. *The quickest way to get to Malham is to return along Gordale Lane.*

***Recommended detour** to Janet's Foss & Gordale Scar. Turn right off the Pennine Way just past Mires Barn and follow Gordale Beck path upstream*

Janet's Foss. Foss is a Nordic word for waterfall and Janet was believed to be a fairy queen who lived in a cave behind the fall. It's not a big waterfall, but is perfectly situated in a wooded glade and definitely worth the detour if you've time.

Malham Tarn
A unique glacial lake created around 12,000 years ago. It's the highest lake in England at 1240' (377m) and is now a National Nature Reserve and part of The National Trust's 7,200 acre Malham Tarn Estate. Important breeding site for wildfowl and waders and home to many rare plants and animals.

Fountains Fell
(668m 2192ft) Takes its name from Fountains Abbey which once had sheep runs throughout the area. The stony heaps and mineshafts on the summit are remnants of early 18th century coal mining.



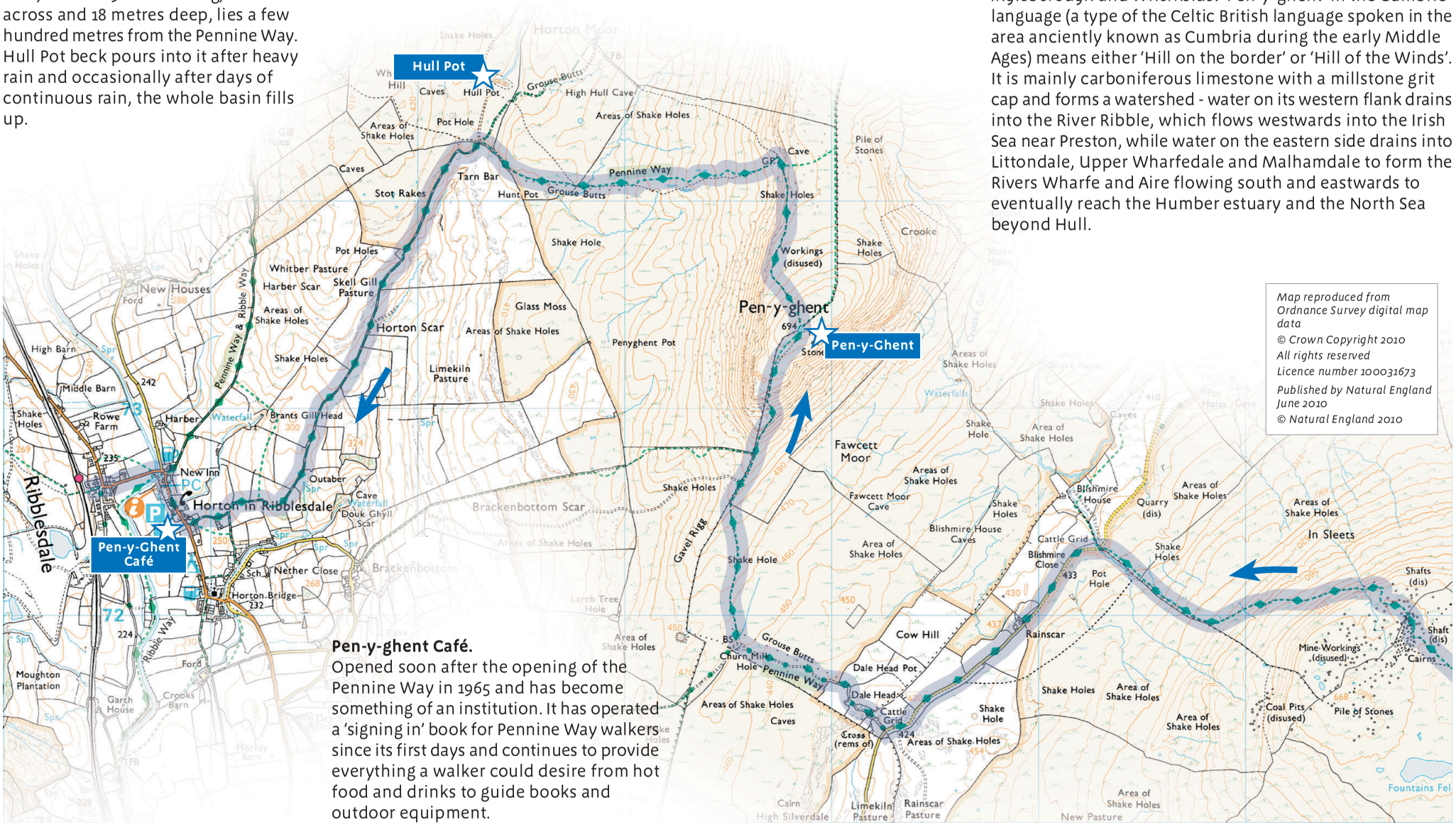
Pen-y-Ghent from Fountains fell

Charles Kingsley was inspired to write 'The Water Babies' whilst staying at Malham Tarn House (now the Field Studies Centre) in 1858.

Water Sinks
The River Aire flows out of Malham Tarn for a few hundred yards, then disappears through deep fissures in its limestone river bed at the appropriately named Water Sinks. It then makes its way underground to re-emerge at Aire Head, south of Malham village to become one of Yorkshire's major rivers at 71 miles (114 km); flowing through Leeds on its way to the Humber estuary.

Hull Pot
Shouldn't be missed. This unusual pot hole, which is 91 metres long, 18 metres across and 18 metres deep, lies a few hundred metres from the Pennine Way. Hull Pot beck pours into it after heavy rain and occasionally after days of continuous rain, the whole basin fills up.

Pen-y-ghent (668m 2192ft)
One of Yorkshire's **Three Peaks**, the other two being *Ingleborough* and *Whernside*. 'Pen-y-ghent' in the Cumbric language (a type of the Celtic British language spoken in the area anciently known as Cumbria during the early Middle Ages) means either 'Hill on the border' or 'Hill of the Winds'. It is mainly carboniferous limestone with a millstone grit cap and forms a watershed - water on its western flank drains into the River Ribble, which flows westwards into the Irish Sea near Preston, while water on the eastern side drains into Littondale, Upper Wharfedale and Malhamdale to form the Rivers Wharfe and Aire flowing south and eastwards to eventually reach the Humber estuary and the North Sea beyond Hull.



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Pen-y-ghent Café.
Opened soon after the opening of the Pennine Way in 1965 and has become something of an institution. It has operated a 'signing in' book for Pennine Way walkers since its first days and continues to provide everything a walker could desire from hot food and drinks to guide books and outdoor equipment.