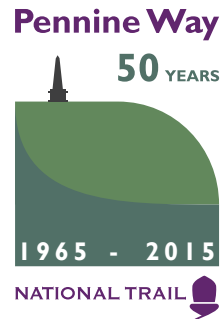


Walk the Way in a Day

Walk 19 Knock Fell from Dufton

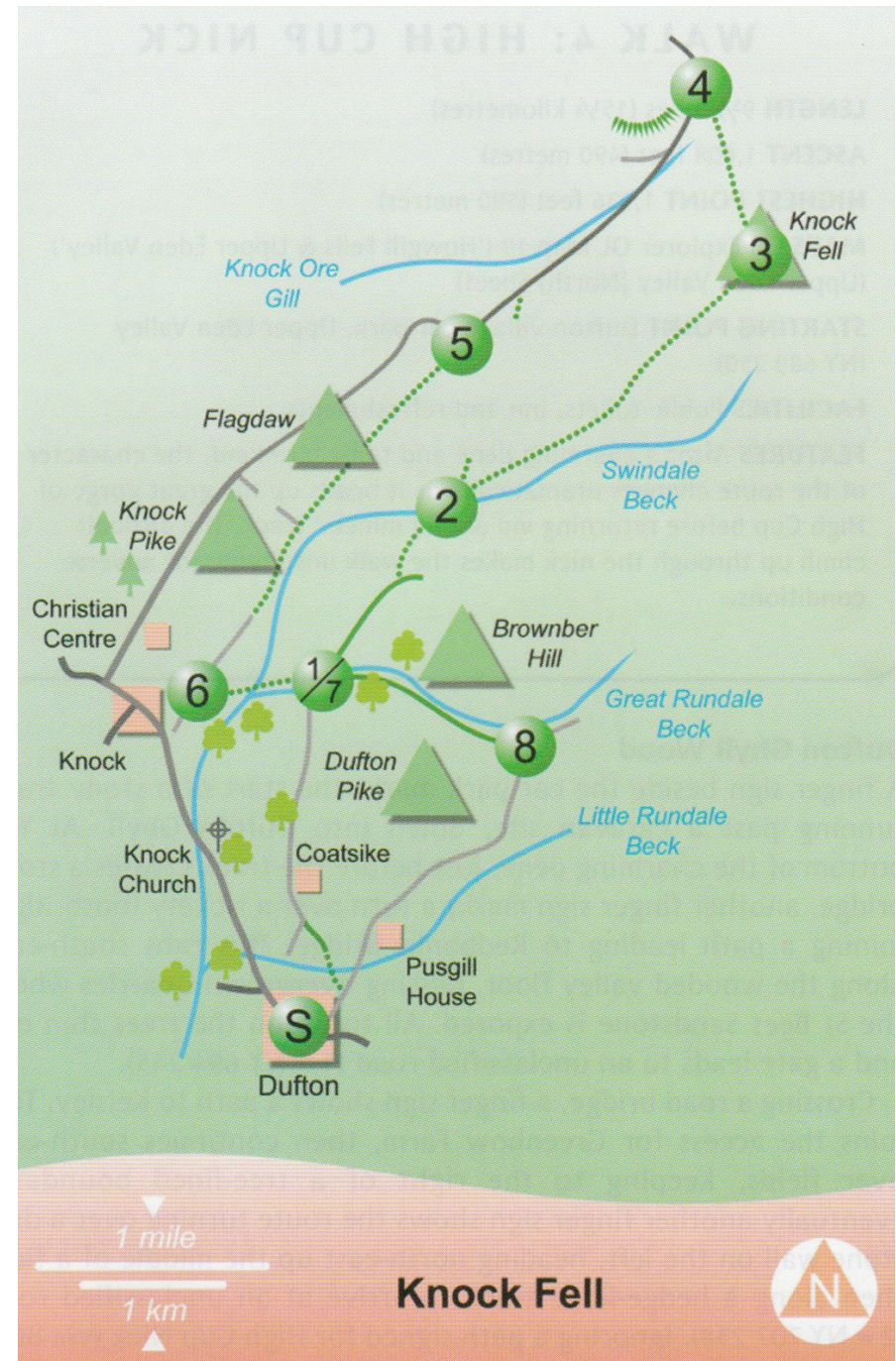
Another enjoyable hill walk, this time starting at the old lead-mining village of Dufton and following steep paths leading up onto Knock Fell. Descending on a radar station access road, the remainder of the return route runs around a pair of shapely peaks (Knock Pike and Dufton Pike).



| | |
|-----------------|---|
| Length: | 12¼ miles (19¾ kilometres) |
| Ascent: | 2,441 feet (744 metres) |
| Highest Point: | 2,605 feet (794 metres) |
| Map(s): | OS Explorer OL Maps 19 ('Howgill Fells & Upper Eden Valley') (Upper Eden Valley [North] Sheet) and 31 ('North Pennines - Teesdale & Weardale') (West Sheet) |
| Starting Point: | Dufton village car park, Upper Eden Valley (NY 689 250) |
| Facilities: | Public toilets, inn and refreshments. |
| Website: | http://www.nationaltrail.co.uk/pennine-way/route/walk-way-day-walk-19-knock-fell-dufton |

The Eden Scarp

Dufton is 3 miles (5 kilometres) north of Appleby-in-Westmorland, and is reached by carefully navigating the confusing maze of narrow roads east of the A66. From the car park, turn right and head along the road as it runs past Dufton Hall farm. Here a finger sign shows the Pennine Way turning off the road, joining a lane. Soon another sign marks a left turn onto a flagged path heading north-west beside a small stream. Eventually an old miners' track (Hurning Lane) is joined, passing through the farmyard at Coatsike farm before entering a leafy lane. Dropping into the valley of Great Rundale Beck, the stream is crossed by an old clapper bridge (1 = NY 692 273).



Dufton

Dufton ('dove farm') is one of a number of red sandstone villages tucked-in beneath the Eden Scarp. It remained a small agricultural community until the arrival of the London Lead Company, which donated the water fountain that stands on the village green. The fountain, which is less fussy than its counterparts at Nenthead and Middleton-in-Teesdale, bears a Latin inscription from Ovid's 'Metamorphoses' ("...there is a clear pool, whose waters gleam like silver..."). Two rows of lime trees on the village green frame the views of the high fells, although it is to the distinctive conical form of Dufton Pike (1,578 feet / 481 metres) that the attention is drawn.

Whilst it is only 2¾ miles (4½ kilometres) from here to the summit of Knock Fell, there is a total of 1,850 feet (564 metres) of ascent. The track follows a drystone wall north-east over rough pasture, with views of Knock Pike to the left, its symmetry marred by quarrying. Eventually a finger sign shows the Pennine Way leaving the track, joining a path running around a bluff and heading down into the valley of Swindale Beck. The lively stream is crossed by a footbridge that replaced one washed away in 2002 (2 = NY 700 285).

Heading steeply uphill, a sign marks the boundary of the National Nature Reserve. Pausing to look back, there are extensive views over the beautiful Upper Eden Valley. A couple of marker posts confirm the route, which runs up the left-hand side of Knock Hush. Arriving at the head of the hush-stream, an indistinct path heads north-east over tussocky grass. Passing a tall cairn at the plateau's edge (Knock Old Man), the path continues north-east, soon reaching the summit cairn (3 = NY 721 302).

Knock Fell

At 2,605 feet (794 metres), this is the fourth highest point in the Pennines. From the summit, a faint path heads north-north-east, soon swinging around to north-north-west. Scattered about the plateau are numerous cairns (or 'curricks') that were originally raised by shepherds to aid

navigation, but which are now a potential source of confusion in poor visibility. Keeping to the right of a scree field, head gently down a broad ridge. Passing a scree-covered mound that is home to a stone shelter, flagstones provide passage of mires and a line of old fence posts act as guides as the path continues down towards the radar station access road (4 = NY 717 314).

The tarmac track is followed for 1½ miles (2½ kilometres), providing an easy descent from the ridge. Initially it heads down between steep, scree-covered slopes, beside a busy little stream (Knock Ore Gill) that quickly gathers strength. Passing the turning for Silver Band mine, as the valley falls away sharply on the right, snow poles are replaced by crash barriers. A distinctive hush and the remains of a conveyor system that once carried lead ore down from Great Dun Fell can still be spotted on the far slopes. Ignoring a path signed for Dufton, when the access road turns to the right, a finger sign marks the start of a path to Knock (5 = NY 702 295). At this point there is a choice of ways.

Dufton Pike

The easiest option is to stay on the tarmac track as it becomes an unclassified road heading down to Knock then back to Dufton, a total of 4¼ miles (6¾ kilometres) of pleasant lanes, passing the beautiful St. Cuthbert's Church along the way. Whilst this option is enjoyable, there is a fine - albeit rather circuitous - route to Dufton, running around Knock Pike and Dufton Pike, following paths and lanes for 5¼ miles (8½ kilometres).

Leaving the access road, head south-west down a beaten path crossing rough pasture. Joining a quad track, this runs to the east of a promontory (Flagdaw) before contouring around the gorse-covered slopes of Knock Pike, above the valley of Swindale Beck. Heading across a field, a sunken lane is joined. Shortly before reaching Knock, a finger sign on the left shows a path to Dufton 'via Back of Pike' (6 = NY 683 273). Following a rough track, cross a fence stile and continue to the right of a drystone wall. Over a step stile, the path zigzags down into the dene of Swindale Beck, which is crossed by stepping stones close to its confluence with Great

Rundale Beck. Climbing steeply out of the dene, continue above the latter stream until arriving back at the clapper bridge crossed earlier (7 = NY 683 273).

This time join a grassy track heading east through a deep defile between Brownber Hill and Dufton Pike. Hazel and hawthorn climb the steep slopes on either side of the valley, which was formed as a glacial meltwater channel. To the left are views up a glaciated valley holding the headwaters of Great Rundale Beck. Ignoring a step stile on the left, follow the track until it meets a gate (8 = NY 704 268). From here a stony track heads south along the side of Dufton Pike. To the left is the valley of Little Rundale Beck. The track swings around to head south-west, entering a hedge-lined lane before passing Pusgill House. Ignoring the turning for the Pennine Way, retrace your steps back to the starting point.

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