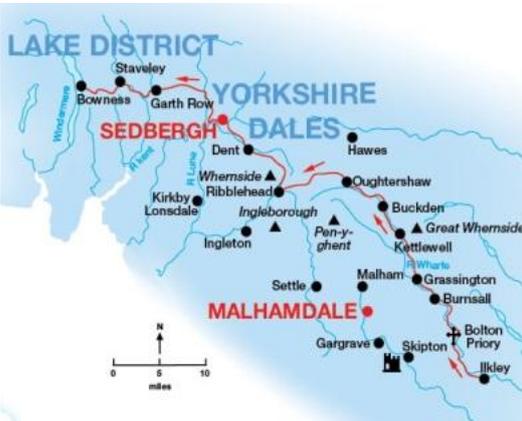


ENGLAND – THE DALES WAY IN YORKSHIRE & LAKE DISTRICT

8-day / 7-night centre-based GUIDED walking trail based at Malhamdale in the Yorkshire Dales



Meandering through the Yorkshire Dales along the valleys of the rivers Wharfe, Dee, Lune and Kent, this spectacular long distance footpath links the Yorkshire Dales and the Lake District, taking you from the market town of Ilkley to Bowness on the shores of Lake Windermere, through beautiful Dales and Lakeland landscapes.

This guided trail walking holiday covers the entire route of the Dales Way through Yorkshire Dales National Park, following valley paths through superb limestone scenery, high moorland and traditional stone villages, and the wildlife along the way is rich and varied. Highlights include Wharfedale with Bolton Abbey and the quaint villages of Grassington and Kettlewell, Lakeland views on the approach to Windermere and panoramas of the Settle to Carlisle railway with its impressive viaducts at Ribbleshead and Dent Head.

Cost from: **\$2045** per person, twin share Single room supplement on request

Departs: 28th June; 27th September, 2019

Includes: 7 nights in comfortable hotel room with ensuite bathrooms, full board (breakfast, picnic lunch & dinner), experienced walks leader, all transport between the trail and Malhamdale on walking days.

Not Included: Transport to / from the start / end of the tour, drinks and any personal expenses.

Grade: Moderate to Challenging: 80 miles (135km) in total, with 11 to 14 miles (18 to 23km) per day, with ascent of up to 1400 feet (430m). Terrain sometimes rough underfoot, some sustained ascents and descents and occasional sections of scree and some steep ground.



Accommodation: For the week you will be based in at Newfield Hall country house in Malhamdale. Retaining its 19th Century grandeur, this stately country house offers excellent accommodation and facilities, including an indoor heated swimming pool. It is a popular location for walking and leisure activity holidays. Premium rooms are available at additional cost – please ask when making your booking.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested itinerary:

Day 1: Arrival day.

Plan to arrive at Newfield Hall in the afternoon. There is a train station at Skipton, about 9 miles away with connections from London or Manchester Leeds - ask about cost and times for transfers if required.

Day 2: Ilkley to Burnsall

Walk @ 13 miles (21km) Ascent 1100 feet (340m)

We begin our journey on the Dales Way at the 17th Century bridge in Ilkley, then follow the River Wharfe and enter Yorkshire Dales National Park to view the ruins of the 12th Century priory at Bolton Abbey. We continue into the Strid woods, where the river becomes a torrent at Strid Gorge. The path opens up as we reach the bridge at Barden and travel to Howgill, below Appletreewick and on to the delightful village of Burnsall.

Day 3: Burnsall to Buckden

Walk @ 14 miles (23km) Ascent 1400 feet (430m)

Passing a limestone escarpment at Loup Scar, the path stays close to the river to the market town of Grassington, with its cobblestone streets. We leave the river as the pathway ascends above the valley floor. Scenic Wharfedale stretches before us as we continue towards the quaint village of Kettlewell. Keeping close to the floor of the valley once more, the Way continues past Starbotton to Buckden.

Day 4: Buckden to Gearstones

Walk @ 13 miles (21km) Ascent 1400 feet (430m)

A tougher day, the start is easy as we follow the river along Langstrothdale to Hubberholme, Yockenthwaite and Deepdale before we join the moorland path which climbs to join the Pennine Way beyond Cam Houses, the last farm on the Dales. At over 1,600 feet, this wild moorland is the highest point of the walk, with views across to the three peaks of Pen-y-ghent, Ingleborough and Whernside. We then descend to the road above Gearstones.

Day 5: Gearstones to Sedbergh

Walk @ 14 miles (23km) Ascent 1100 feet (330m)

On this stage we sample the delights of Dentdale, gaining access by passing through a viaduct on the Carlisle to Settle railway line. Largely following paths besides the Dee, we reach the unspoilt village of Dent. We continue along the Way to Dillicar and join an ancient bridleway with magnificent views over Sedbergh to the fells beyond.

Day 6: Sedbergh to the A6

Walk @ 14 miles (23km) Ascent 1350 feet (410m)

Beyond Sedbergh the Dales Way joins the River Lune, which we follow to Crook of Lune. Leaving the Yorkshire Dales National Park, we meander through pastoral countryside to Patton Bridge, passing Black Moss and Skelsmergh Tarns, and emerging on the A6 just south of Garth Row.

Day 7: A6 to Bowness

Walk @ 11 miles (18km) Ascent 1100 feet (340m)

For the final stage we reach the village of Burneside and trace the River Kent to Cowan Head and Hagg Foot. After some craggy embankments we reach Staveley and the Lake District National Park. Continuing via tracks and lanes to Fell Plain we climb to Crag House and Outrun Nook for the panorama of Windermere and the Lakeland Fells. We finish in the stone village of Bowness and transfer by coach back to Newfield Hall.

Day 8: Departure day

Tour ends after breakfast at Newfield Hall.

Outdoor Travel offer walking holidays along Wainwright's famous **Coast-to-Coast** trail, the **Cotswolds Way**, the spectacular **West Highland Way** in Scotland or the **Ring of Kerry** in Ireland. For longer walks in Europe consider the **Tour du Mont Blanc** in France, Switzerland and Italy, the **Way of St James** (*Camino de Santiago*), in France, Spain or Portugal to Santiago de Compostella or the **Via Francigena** – the pilgrims' Road to Rome.

Contact Outdoor Travel for details and reservations:

- Call Toll free 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia