

ENGLAND - THE DALES WAY

8-days / 7-nights **SELF-GUIDED** inn-to-inn walking holiday from Yorkshire to the Lake District and coast



What better welcome to the north of England than the beautiful Yorkshire Dales, the purest form of the English highland landscape, with its traditions and views which have remained virtually untouched for centuries. Soft rolling hills, limestone edges, green valleys with pristine waterfalls and an ancient abbey all feature in our walk here as well as the many interesting small market towns and villages proud of their heritage.

Walk the whole length of the much loved **Dales Way long distance path**, which runs right across the Yorkshire Dales National Park to Cumbria, following pretty river valleys, many with small ravines and rapids patrolled by kingfishers, swans and other birds on the lookout for brown trout lurking in the water. You walk through Wharfedale (where there is time to admire the ruins of Bolton Abbey) and then to Hubberholme, gradually gaining height to reach the Pennine watershed at Cam Fell (1700 feet / 520 metres). The way runs down Dentdale to the town of Sedbergh and across pastures to Bowness on Windermere. Along the way there are many beautiful spots for picnics, charming traditional pubs for lunch or refreshments, and always the lovely scenery of the Yorkshire Dales.

Cost from: \$1480 twin share per person Single room supplement from \$270 (limited, on request)

Departs: Daily from early April to early October

Starts: Ilkley, Yorkshire **Ends:** Bowness-on-Windermere, Lake District, Cumbria.

Grade: Moderate. The terrain becomes more undulating as you cross the High Pennines and enter the Lake District. Trails can be rough, boggy and muddy in places and you can expect mixed weather. There are a number of stiles and kissing gates to negotiate so good mobility is important.

Includes: 7 nights' bed & breakfast accommodation with ensuite facilities where available, inn-to-inn luggage transfers (1 bag per person, max. 20kg), route notes and maps (one set per room), emergency assistance.

Not included: Lunches, dinners, drinks and snacks, entrance fees, personal expenses.

Accommodation: The accommodation described is our usual choice on this tour. If not available, then we use alternatives, sometimes with a supplement, and you will be informed at the time of booking. Please note that most accommodation in Bowness has a 2-night minimum stay on weekends so please bear this in mind when choosing a start date or consider an extra night here. UK public holiday weekends (Easter, May bank holidays, August bank holiday) are very busy and should be requested well in advance.

Accommodation is on a bed & breakfast basis – sometimes a full cooked breakfast, other times continental-style. Please advise when booking if you have any special dietary restrictions. Lunches and dinners are not included.

Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations

Suggested Itinerary:

Day 1: Arrive Ilkley

From Manchester or London take the train to Leeds and change for Ilkley (journey time 1½ hours from Manchester, 3½ hours from London). If you arrive early you can walk to Cow and Calf rocks and Ilkley Moor, where you can find the 'White Well,' a tiny Victorian spa (2½ hours return). Or look around this attractive country town. All Saints Church was built on the site of a Roman fort and contains Anglo-Saxon crosses dating back to the 9th Century. Stay at a family-run Victorian riverside hotel, all rooms with ensuite.

Day 2: Ilkley to Burnsall

walking @ 13 miles (21km)

A beautiful walk tracing the River Wharfe. Perhaps plan to picnic at the ruins of Bolton Abbey. To continue, cross the Wharfe by stepping stones through the Duke of Devonshire's estate and into beautiful Strid Woods with The Strid, an incised gorge. The landscape opens up past Barden Bridge. Consider a detour to Appletreewick with its interesting local stone houses and two pubs. Arrive at Burnsall; perhaps dine in the superb Red Lion.

Day 3 Burnsall to Hubberholme

walking @ 16 miles (26km)

An upland and lowland day. Follow the Wharfe past attractive Linton to the market town of Grassington, with its cobbled streets and teashops. Then leave the river to head across dry stone wall fringed upland fields. There are great views over rocky scarps, over dales and limestone pavements, before you descend to the river at the old lead mining village of Kettlewell. Re-joining the river, thread your way through sheep fields to tiny Buckden. Rest on the green and perhaps have a drink before the final push to Hubberholme, where you stay in a cosy inn. On occasion you may stay in Cray, a tiny village about a mile and a half further on.

Day 4: Hubberholme to Cowgill

walking @ 14 miles (23km)

A challenging walk alongside the Wharfe towards its upper sections, the water spilling off limestone terraces and small waterfalls; ascend to the source of the Wharfe. Leave the river here and climb up and out of Wharfedale over Cam Fell. A steep ascent from Cam houses, the last farm in the Dale, brings you to a track and the highest point of the walk (1710ft / 521m). Descend along what was once a Roman road into Dentdale. Views hopefully of the three peaks, Penyghent, Whernside and Ingelborough. Cross over to Denthead and then see the magnificent viaduct on the Settle to Carlisle Railway. Descend along the River Dee to your inn at peaceful Cowgill.

Day 5: Cowgill to Sedbergh

walking @ 11 miles (18km)

An attractive valleyside and river crossing day – the Dee becomes wider and more 'fluid' as you go. After about 4 miles there is a welcome diversion in the village of Dent; the George and Dragon Pub serves real ale crafted by the local Dent Brewery. Following the river some more, ascend over a slight ridge and down into Garsdale, cross the river Rawthey and then climb to the small town of Sedbergh at the foot of the wildly undulating Howgill Fells.

Day 6: Sedbergh to Burneside

walking @ 16 miles (26km)

Follow the Rawthey then join the River Lune, walking past more viaducts from the Victorian era of engineering. At Crook of Lune there is a beautiful parabolic arch bridge, some 500 years old, with views to Howgill Fells. The Way now crosses through pastures, with views of the Howgills and also now towards the Lake District. You reach Black Moss Tarn before descending towards the 14th Century Burneside Hall, a Pele tower to protect inhabitants from the Scots and the 'Border Reivers'. Burneside is an industrial rather than tourist village, dominated by a paper mill. On occasion you may be staying at Kendal tonight; if so, a transfer is included.

Day 7: Burneside to Bowness

walking @ 10 miles (16km)

Follow the River Kent, past old mills and millponds, into Staveley village with its interesting bell tower. The walk becomes more rural and wilder in parts. A diversion to School Knott can reveal a great Lakeland panorama including Coniston Fells, Crinkle Crags and Scafell. Descend towards Lake Windermere and into Bowness on Windermere. Stay in a traditional Lakeland stone Victorian terrace house a few minutes' walk from Windermere.

Day 8: Departure day

Tour arrangements end after breakfast in Bowness. Walk or taxi to Windermere station, then train to Oxenholme where you change for Manchester or London.

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Contact Outdoor Travel for more details and reservations

- Call toll free on 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



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