

## FOR A SAFE, ENJOYABLE WALK

☺ Walk clothing should be a synthetic “breathable” material, it is likely to be more comfortable when wet and quick drying. To minimise blisters/ankle injuries, 2 pairs of socks and properly broken-in walking boots are recommended.

☺ Your day sack should contain essential items and anything else you wish to take. Essential items include spare gloves, hat, jumper, breathable waterproofs, filled unbreakable flask/water bottle of at least 2 litres capacity, *(You may need every drop, If you have a dog with you, remember the extra water and collapsible/unbreakable bowl)* first aid kit and any medication you may need. Finally take a torch with spare bulb/batteries in case of a delay that results in you finishing after dark and a sun hat & sunscreen for those bright sunny days.

☺ Remember the map and compass you never know when they may be needed.

☺ To help preserve the countryside and maintain good relations with landowners follow paths as closely as possible.

☺ If a gate can't be opened, make sure you're on the correct route. Then carefully climb over it at the hinged end to avoid unnecessary damage.

☺ Always follow the country code.

☺ When using un-pathed roads, keep in single file on the right hand side except when approaching right hand bends when you should walk on the left.

☺ If using un-pathed roads at night there should be a torch at the front and back of your group and you should wear a reflective strip/outer clothing. Shine the torch towards the ground a few metres ahead of, or behind you. to avoid blinding drivers of approaching vehicles.

☺ If you have a dog with you, make sure he/she is under your full control and wearing an identity tag *(a legal requirement)*. Never allow your dog to run off, bark or annoy other people/animals

*(farmers can legally shoot dogs that worry their animals)*. He/she should always be close to you on a short lead when crossing fields containing animals/ livestock. From 1<sup>st</sup> March - 31<sup>st</sup> July, this also applies to open country to minimise disturbance to ground nesting birds and other wildlife.

☺ If livestock blocks your path, walk round them slowly. ALWAYS give their hindquarters a wide berth; a kick can be fatal. NEVER make sudden movements that could startle or frighten them. NEVER walk between an adult and its young. If you feel threatened, particularly if you have a dog with you, DON'T RUN it will encourage them to chase. If necessary let your dog off the lead to make his/her own escape *(DON'T just let go of the lead, it could catch preventing your dog from escaping)*. The herd probably sees your dog rather than you as the threat

☺ Always heed any local warnings/restrictions that may be in force.

☺ Make sure every item of kit can be used properly by at least one member of your group. In an emergency your life may depend on it.

### The Countryside Code

- Be safe plan ahead and follow any signs
- Leave gates and property as you find them
- Keep to public paths across farmland
- Leave livestock, crops & machinery alone
- Use gates and styles to cross fences, hedges and walls
- Protect plants and animals, and take your litter home
- Guard against all risk of fire
- Keep dogs under close control Consider other people

### Please remember

Leave only footprints  
Take only photographs  
Kill only time

## UPPER WHARFEDALE & LITTONDALE A WALK IN THE YORKSHIRE DALES

**Distance Walked:** 13½ Km (8½ miles)    **Height Climbed:** 480 mtrs (1,575feet)

**Grade:** Moderate    **Map:** Explorer OL30

**Summary:** A circular walk from Kettlewell along the Dales Way and over Old Cote Moor with fine views of the valleys of Wharfedale and Littondale.

**Terrain:** A mixture of valley and hill walking with a steep ascent and descent over ground that can be boggy and slippery especially after rainfall. Dogs may need to be lifted over some of the stiles and navigation skills are required in low cloud and winter conditions.

**Start:** Kettlewell public car park NGR: SD967722    Sat Nav: N54:08:46 W02:03:03



## THE ROUTE

From the car park, cross the bridge, then immediately turn right through the gate followed by a second right to head along the riverside. This is the Dales Way (1) - *an 84 mile, National Trail from Ilkley to Bowness on Windermere. Opened in 1968 it follows rivers within the Dales making it less demanding than some long-distance routes.* The path is generally well defined but can be boggy in places as it follows the river upstream, passing a number of field barns.

*These barns provided winter accommodation for livestock. Hay for feed was stored in the roof above and the stock fed and milked there each day. Modern farming methods have made many such buildings redundant yet they are an integral part of the landscape. A number have now been converted to self-catering accommodation for visitors to the Dales.*

You follow a cart track as it diverges from and returns to the river. But after crossing two stiles in close succession, the track continues ahead and you go right aiming for the right hand end of the stone wall and cross a further stile in a wire fence before heading back to the river. You now cross a further two stiles and a small footbridge to reach a bridge over the river.

*This leads onto a path into Starbotton (2) - a delightful village containing some 17<sup>th</sup> century cottages including a 1665 date stone opposite the Fox and Hounds*

At the bridge the Dales Way continues to Buckden, but you head up between two dry stone walls, bearing left past a ruined barn and continuing through a wood to reach open ground. Looking back you will see Starbotton to your left and across the valley the remains of old mine workings. On reaching a gate to the open moor, follow the sign uphill to your right through a gap in the wall. The path crosses a boggy piece of land and you keep straight on aiming just to the left of a ruined wall on the skyline.

On reaching the crest of the hill go through the gate and continue downhill on a path which curves through the heather. A number of cairns mark the way and eventually you go through a gap in a wall to drop down further before the village of Arncliffe (3), your next route point comes into view.

*Both Arncliffe and Hawkswick are in the Domesday Book, and after the Conquest, Littondale became a hunting forest belonging to the Percys of Northumberland. Richard Percy gave the forest to the monks of Fountains Abbey, who turned the focus of the Dale into sheep farming.*

Finally A gate in the wall ahead leads down a stony track through limestone outcrops (take care on this descent, particularly if the ground is wet) and farm buildings to the road. Turn left along the road, then right at the junction crossing the river to reach the village. Bear left after the bridge then left again by the stocks just past St Oswald's Church (4) to take the footpath signed Hawkswick which passes through two large stone gateposts.

*The first stone church to occupy this site was in the early 12<sup>th</sup> century. Its patrons, the De Arches family, were lords of Arncliffe under the Percys. The Church was apparently pulled down and rebuilt in 1500 and of this, only the tower remains. In the sanctuary, plaques commemorate several clergy including Thomas Lindley perpetual curate of Halton Gill for 70 years to 1847. He was the last curate to struggle over the hill to take services at Hubberholme.*

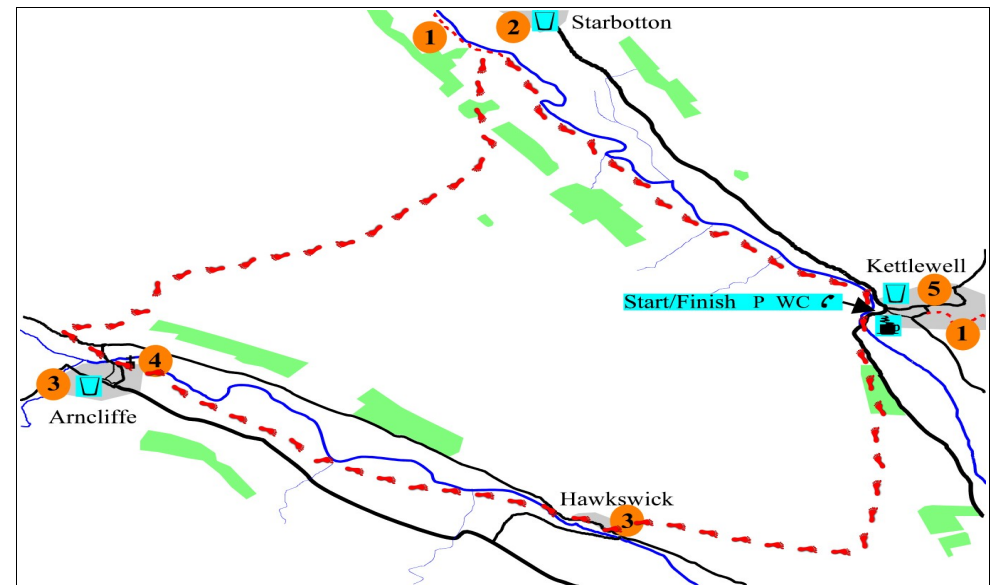
Go through the grounds passing to the left of the vicarage. Then through a kissing gate leading to a riverside path which you follow to a sharp left hand bend where the path goes straight on over a stile in the wall to a second stile in the next wall ahead. Cross this and head for another stile in the

right hand corner of the field. Now continue in the same general direction towards a barn, which you pass to the left, cross a footbridge over a stream and aim for the gate in the left hand corner of the field with a wall on your left. Once through the gate, head for the left hand edge of the wall ahead, which adjoins the river. Here you cross a stile and keep to the wall as you follow the riverbank to cross a further stile by a telegraph pole.

Cross a bridge, then a stile and keeping a fence to your left cross another stile, which leads back to the river. The next stile takes you back into the field with a fence on your left before returning to and following the river which you cross at the footbridge. You now turn right along the road to the hamlet of Hawkswick (3). Just past "Bramblewood" take the footpath on your

left signed "FP Kettlewell" to head uphill over a stile, straight on at a junction and bend right up a green cart track. Where it bends sharply left you go off to the right. There is no signpost at this point but you will recognise it by the stone paving at the start of the path. You eventually come to a cairn where you bear left up to a stone wall and stile. Cross the stile and take either of the two paths ahead, then drop down towards Kettlewell.

As you approach a woodland, pass to the right of a ruined building and continue down to your left on the stony track. Where the path splits in the wood, take the safer left hand fork. When you reach the road, follow the permissive path that runs parallel to it back to the car park. Kettlewell (5) has a selection of cafes and hostleries for post walk refreshments.



### MAP INDEX

	Your route		Woodland		Cafe/Tea Room
	National Trail		Town/Village		Car Park
	Public/Access Road		Lake/Reservoir		Public Toilets
	River/Stream/Canal		Named Peak		Public Phone
	Prominent/Named Building		Interest Point		Pub