

## 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

## MALHAMDALE A WALK IN THE YORKSHIRE DALES

**Distance Walked:** 13½ Km (8½ miles ) **Height Climbed:** 260 mtrs (853 feet)

**Grade:** Moderate **Map:** Explorer OL2

**Summary:** discover the unique attractions of Malham one of the most visited villages in the Yorkshire Dales. It has been called a limestone spectacular and is justly famous for its Cove, Gordale Scar and Janet's Foss

**Terrain:** Level valley walking initially, then a steep climb to Weets Top. Mainly clear paths, boggy in places. Walkers wishing to ascend the stone staircase at Malham Cove to view the limestone pavement, should add 80 metres of ascent to the above

**Start:** National Park information centre car park, Malham

NGR: SD900626 Sat Nav: N54:03:35 W2:09:15



