

The Dales High Way Guided Trail

Trip style: Guided trails

Destination:  Yorkshire Dales

Trip code: MDL10SDB-LDA01

Grades: 1, 4

Carbon Footprint:  174kg CO2



HOLIDAY OVERVIEW

Covering 90 miles from Saltaire near Shipley, West Yorkshire to Appleby-in-Westmorland, Cumbria, the Dales High Way takes you across the gloriously high country of the Yorkshire Dales. Highlights along the way include Rombald's Moor for Neolithic rock carvings, Malhamdale for dramatic landscapes, and the Howgill Fell range for stunning scenery. You'll also pass beneath the Ribbleshead Viaduct and spend time in Appleby – the charming market town in the heart of the Eden Valley.

WHAT YOU'LL LOVE

- Walking the best of this upland trail
- Ascending Ingleborough, one of Yorkshire's Three Peaks
- Keeping your eyes peeled for a variety of wildlife
- Visiting the Victorian model village of Saltaire
- Admiring artworks by David Hockney at Salt's Mill
- Staying at Newfield Hall, our country house near Malham

WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary

TRIP SUITABILITY

This Guided Walking/Hiking Trail is graded 4 which involves walks /hikes over long distances in remote countryside and rough terrain. Sustained ascents, descents and some steep ground are encountered. You will require a good level of fitness as you will be walking every day. It is your responsibility to ensure you have the relevant fitness required to join this holiday.

Your fitness

This holiday has been designed for experienced walkers with a good level of fitness. Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking – whatever the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6-8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance

Time training will help ensure you enjoy your holiday to the max.

ITINERARY

Day 1: Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00 in 2026. Enjoy a complimentary cream tea at 16:30 and meet other guests.

Day 2: Saltaire to Ilkley

Commencing the 90-mile journey at the Victorian model village of Saltaire gives us the perfect opportunity to visit the iconic building Salt's Mill, a conversion of a textile mill into an Art Gallery containing works by David Hockney, cafes, and exhibitions. We then start the Dales High Way by crossing the River Aire and ascending gently to the high heather-clad Rombald's Moor which lies between Airedale and Wharfedale. It is made up of three local moors, the most famous of which, and our destination today, is Ilkley Moor. Continuing on good paths and just before we reach the highest point for today at Lanshaw Lad, we pass the stone circle known as the Twelve Apostles believed to date from the Bronze Age. After passing the Victorian bath house at White Wells we descend to the spa town of Ilkley. 7.5 miles (12.5km) with 1,150 feet (360m) of ascent and 1,100 feet (340m) of descent.

Day 3: Ilkley to Skipton

An impressive long craggy escarpment which dominates Ilkley and the Wharfe valley leads us by the Swastika Stone which has greeted travellers passing this way since the Iron Age, and on towards the Neolithic Piper Crag Stone which juts out above the moor edge. After crossing Addingham High Moor the route drops to join an old Turnpike Road (a toll road from 1755 to 1803 and known locally as the 'Roman road') above Addingham. The route ascends to Skipton Moor with its impressive vista, and then descends into Skipton, a busy market town known as the 'Gateway to the Dales' and which lies in the Aire Gap. 12 miles (19km) with 1,800 feet (560m) of ascent and 1,700 feet (520m) of descent.

Day 4: Skipton to Malham

We ascend out of Skipton up to the small peak of Sharp Haw on grassy terrain. The route descends to the village of Flasby backed by the shapely Flasby hills, and then follows the delightful beckside to the small hamlet of Hetton. Continuing over grassy terrain we ascend to Weets Top, where, on a clear day, the panoramic view is magnificent, and where the dramatic and spectacular change in the landscape of Malhamdale will be obvious. We descend to Gordale House and walk into Malham village by the beautiful waterfall of Janet's Foss. 13 miles (21km) with 2,250 feet (680m) of ascent and 1,950 feet (600m) of descent.

Day 5: Malham to Stainforth

Today our route takes us through some of the UK's most remarkable limestone scenery. Leaving Gordale Bridge we quickly arrive at Malham Cove which was cut back and formed by glacial melt waters that poured down the impressive dry valley of Watlowes. We pick our way over the limestone pavement at the top of the Cove and ascend gently through Watlowes dry valley before ascending more steeply towards Kirkby Fell. We continue through the limestone scenery via Attermire Scar and Victoria Cave (so named because it was rediscovered on the day of Queen Victoria's accession in 1837), and by Warrendale Knotts into the lovely Dales market town of Settle. From

Settle a fine riverside walk along the banks of the Ribble leads to the waterfalls and the 14th century packhorse bridge at Little Stainforth and ascend into the village of Stainforth. 10.5 miles (17kms) with 1,550 feet (460m) of ascent, and 1,600 feet (500m) of descent.

Day 6: Stainforth to Chapel le Dale

Our walk-through magnificent limestone scenery continues today as we ascend out of Stainforth on to the limestone plateau to pass Smearset Scar. After dropping into the southern end of the lovely and secluded valley of Crummockdale we ascend once more into a dramatic landscape of broad limestone terraces. Following an old drover's road, we continue round the southern flank of Simon Fell, through striking limestone pavements, and ascend by an easy but quite lengthy route to the summit of Ingleborough (724m). The rocky summit is vast and offers excellent views all around. We leave the summit by the same way and descend, initially very steeply but then on a paved path, to Chapel le Dale. 11.5 miles (18.5kms) with 2,600 feet (800m) of ascent, and 2,250 feet (680m) of descent.

Day 7: Chapel le Dale to Dent

The entire path today follows an ancient packhorse route, the Craven Way, which comes up from Ingleton. After leaving Chapel le Dale and passing by Bruntscar and Winterscales it is not long before we come to, and pass beneath, the awesome Ribbleshead Viaduct with its 24 arches, although it is a man-made structure it seems to enhance the natural beauty of the landscape. After passing a lonely signal box the path leaves the railway and ascends steeply around Whernside's northern flank, another delightful section of the walk, to arrive at Wold's End in Dentdale, where the valley opens below in all its stunning beauty. We continue along Deepdale Beck and the River Dee into the delightful village of Dent with its narrow-cobbled streets, founded by Norse settlers. 10.5 miles (16.5kms) with 1,250 feet (380m) of ascent, and 1,750 feet (540m) of descent.

Day 8: Dent to Sedbergh

We start our walk in Dent along the riverside for a short distance before ascending over Frostrow, descending to quiet lanes which lead us to Sedbergh. On clear days there are stunning views of the steep-sided rolling hills of the Howgill Fells. With a shorter day today, there will be free time in the afternoon to explore Sedbergh, England's official Book Town. 5.5 miles (8.5kms) with 650 feet (200m) of ascent, and 650 feet (200m) of descent.

Day 9: Sedbergh to Ravenstonedale

The route now crosses the whole of the Howgill Fell range in a wonderful six-mile-long and a grassy and wide ridge walk. The Howgills are unique in character and with their steep sided velvety folds in a compact group they could not be more different from the earlier limestone scenery. From Sedbergh we ascend via the charming Settlebeck Gill to the rounded tops of Arant Haw, Calders, and The Calf, the highest summit in the Howgills at 676m. On a clear day the views are magnificent with the Yorkshire Three peaks, the Lakeland Fells and the northern Pennines all visible in the distance. From The Calf the route continues along the ridge above Bowderdale and then drops down to the valley and finally on a short section of a country lane we arrive at the small village of Ravenstonedale 12.5 miles (20.5kms) with 2,700 feet (820m) of ascent, and 2,300 feet (700m) of descent.

Day 10: Newbiggin on Lune to Appleby-in-Westmoreland

The final stage of the walk has a relaxed, winding down feel to it. It begins by going over Ravenstonedale Moor to reach the isolated and splendid Sunbiggin Tarn, a Site of Special Scientific Interest. Then just when you were thinking you had left well behind the limestone scenery; a vast expanse of spectacular limestone pavement opens up before you. This is Great Asby Scar, part of the Orton Fell range which sports some of the finest limestone pavements in the UK outside of the Ingleborough and Malham areas. From the top of the scar the views of the Eden Valley are breathtaking. A steady descent takes us to Great Asby, with the last leg of the walk along a lovely beckside to the picturesque Rutter Mill and its delightful waterfall. The route continues alongside Hoff beck, over the ancient crossing at Bandle Bridge, for a final short ascent to the castle in Appleby, an attractive market town. 12.5 miles (20 kms) with 950 feet (300m) of ascent, and 1,250 feet (380m) of descent.

Day 11: Departure Day

Newfield Hall

Looking every inch the baronial mansion, Newfield Hall sits in two acres of grounds near the village of Malham at the southern base of Yorkshire Dales National Park. Given it was this very landscape which inspired Wordsworth to write a sonnet and Charles Kingsley to pen *The Water Babies*, the countryside views are as gorgeous as you'd imagine. You'll also have plenty of sightseeing greats within easy travelling distance, most notably Malham Tarn, Janet's Foss, Gordale Scar, Malham Cove, and The Dry Valley of the Watlowes. And then, of course, there's Yorkshire's famous trio of summits: Pen-y-ghent, Wharfedale, and Ingleborough, collectively known as the three peaks. Stay at Newfield Hall and experience the exceptional service of a VisitEngland ROSE award winner. Find out more about the latest accolade awarded to our country house in the Southern Yorkshire Dales by reading our latest blog.

A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

Evening entertainment

While evening entertainment varies from house to house, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

Walks talks

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on guided walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

Thorns Hall

Delivering on all fronts for countryside lovers, this cosy Grade II-listed manor house is just a skip away from Sedbergh – the Cumbrian market town treasured for its cobbled streets, public school, artisan shops, and bookshops (it's known as England's official book town for good reason). You'll also have the Yorkshire Dales National Park on your doorstep as well as the Howgill Fells - the small group of hills adored by legendary fellwalker, illustrator, and guidebook author Alfred Wainwright. The walking opportunities here are outstanding, but if you fancy travelling further afield there's Kendal (home of the mint cake), Hawes,

Wensleydale, Appleby-in-Westmorland, and Lake Windemere all within easy driving distance.

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