

The Dales Way Guided Trail

Trip style: Guided trails

Destination:  Yorkshire Dales

Trip code: MDL07-LDD01

Grades: 1, 4

Carbon Footprint:  123kg CO2



HOLIDAY OVERVIEW

One of the country's first unofficial long-distance routes, the Dales Way covers 79 miles from Ilkley in West Yorkshire to Bowness-on-Windermere in the Lake District. Mostly a tree and river-lined route, the views are highly rewarding as you cross two iconic national parks and spend time in postcard-pretty villages. Highlights include Burnsall, Buckden, Gearstones, and Sedbergh.

WHAT YOU'LL LOVE

- Walking from the Yorkshire Dales to the Lake District
- Following riverside and moorland paths
- Spending time in picturesque villages and towns
- Soaking up spectacular views of Windermere
- Keeping your eyes peeled for a variety of wildlife
- 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. 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 and equipment 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. Enjoy a complimentary cream tea at 16:30 and meet other guests.

Day 2: Ilkley to Burnsall

Commencing its 79-mile journey at the 17th century bridge in Ilkley, the Dales Way follows the Wharfe to skirt the village of Addingham. Beneath Beamsley Beacon the Way reaches Farfield Hall. A stretch of road leads to Bolton Bridge and the Yorkshire Dales National Park is entered as Bolton Priory comes into view. The river becomes a narrow torrent at the Strid, beyond which the path reaches another attractive 17th-century bridge at Barden. It then continues along to Howgill, below Appletreewick and on to the delightful village of Burnsall. 13 miles (20.5km), with 1,100 feet (340m) of ascent.

Day 3: Burnsall to Buckden

Passing a limestone escarpment at Loup Scar, the path stays close to the river to reach Grassington, the principal settlement of Upper Wharfedale. The Way then parts company with the river as it 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 Starbottan to Buckden. 14 miles (22.5km), with 1,400 feet (430m) of ascent.

Day 4: Buckden to Gearstones

The going gets tougher on today's walk. The start is easy enough as the river is followed along Langstrothdale to Hubberholme, Yockenthwaite and Deepdale before we join a metalled road for a short distance to Oughtershaw. From here the track changes to a moorland path which climbs to join the Pennine Way for a short stretch beyond Cam Houses. At over 1,600 feet, this wild moorland is the highest point of the walk. However, the Way soon descends to the main road above Gearstones where we meet our coach. 12½ miles (20km), with 1,400 feet (420m) of ascent.

Day 5: Gearstones to Sedbergh

Today we sample the delights of Dentedale, access to which is gained by passing through a viaduct on the Carlisle to Settle railway. Largely following riverside paths by the Dee, the unspoilt village of Dent is reached. The Way continues to Dillicar and joins an ancient bridleway to Millthrop with magnificent views over Sedbergh to the fells beyond. 14 miles (23km), with 1,100 feet (340m) of ascent.

Day 6: Sedbergh to the A6

Beyond Sedbergh the Dales Way crosses the A683 and proceeds to join the River Lune which it follows to Crook of Lune. Leaving the Yorkshire Dales National Park, the path then crosses the M6 motorway and the main west coast railway line to meander through pastoral countryside to Patton Bridge, passing Black Moss and Skelsmergh Tarns, and emerging on the A6 just south of Garth Row. 14 miles (22.5km), with 1,400 feet (420m) of ascent.

Day 7: A6 to Bowness

The final stage is a fitting climax to the walk. Burneside is soon reached and the path follows the River Kent to Cowan Head and Hagg Foot and some craggy embankments must be negotiated before Staveley is reached. Now in the Lake District National Park, the Dales Way makes its way by tracks and lanes to Fell Plain before climbing to Crag House and Outrun Nook. Shortly the panorama of Windermere and the Lakeland Fells comes into view as we head to Bowness. 11 miles (18km), with 1,150 feet (340m) of ascent.

Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

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, Whernside, 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.