

DALESRAIL WALKS PROGRAMME 2019

Guided Walks

An extensive programme of guided walks with experienced guides provides a great opportunity to see the best of the Yorkshire Dales, the Eden Valley and the western side of the Northern Pennines. You are most welcome to join any of these guided walks. At all times, safety is your own responsibility. The guides reserve the right to vary walks dependent upon the weather conditions and the capabilities of the walking parties. The walks are arranged by 'Lancashire Rail Ramblers' (Visit their website at www.railramblers.wordpress.com) and are led by volunteers from the Ramblers Association. Each walk is graded: choose to suit yourself. Should you have any doubts about your capabilities on the hills, avoid 'strenuous' graded walks.

Grades of walks

Easy stroll: Suitable for those not accustomed to walking in the countryside – these are the **G and H** walks.

Easy: A slower paced walk than for 'Moderately Easy' walks and with short periods of rest. These are normally the **F** walks.

Moderately easy: A generally easy walk which may include some short rather steep inclines, normally shown as **E** walks.

Moderate: A countryside walk for the average regular rambler. These walks may contain some climbing and ridge walking, but generally no scrambling. Normally designated **D** walks.

Within **E and D** walks are some guided walks shown as 'Climb a peak slowly' where the grades are up to one grade higher than normal, but the length is shorter and the speed of the walk is slower – but you can climb to the highest peaks in the area and feel that extra pleasure of the experience. Many of the lower graded walks are themed as 'Flower Walks' or 'History Walks' and 'Map Reading Walks' – all are very popular.

We also have more strenuous walks

Moderately strenuous: Walks suitable for the experienced energetic walker, often at high level and over rough ground. These are the **C** graded walks.

Strenuous & Very Strenuous: These walks may be rough, steep or lengthy and always against the clock – only for experienced and fit fell and mountain walkers – **A and B** walks.

For all walks you should have strong comfortable non-slip footwear, warm outdoor clothing and outer wind and waterproofs if the weather warrants it. On most walks, stops are made, often in the countryside, for lunch and tea, so remember to bring your own food, snacks and a drink, especially when it is hot. Where an additional coach or train journey is required for part of the walk (see walk details – highlighted in yellow), an additional fare will be payable. Details of the walks available each SUNDAY may be found on the internet at www.dalesrail.com or further detailed information may be had from walks leaders on the Lancashire DalesRail trains.

DALESRAIL WALKS PROGRAMME 2019

MAY 2019

SUNDAY 19th May 2019

B Walk Strenuous 12.5 miles Alight Kirkby Stephen return Garsdale

Kirkby Stephen Station – Halfpenny House – Nateby – Thringill – Bells – High Pike Hill – High Seat – Gregory Chapel – Raven's Nest – Hell Gill Bridge – Green Bridge – How Beck Bridge – Shaw Paddock – Grisedale Crossing – Cock Lakes – Mud Becks – Garsdale Station.

C Walk Moderately Strenuous 12 miles Alight and return Ribblesdale

Ribblesdale – Gearstones – Cam End – Pennine Way – Gavel Gap – Newby Head Gate – Mossy Bottom – Blea Moor – Ribblesdale.

D/E Walk Moderately Easy 9 miles Alight Dent return Ribblesdale.

Dales Way – Whernside Manor – Craven Way – Little Dale – Ribblesdale.

F Walk Easy 6 miles Alight Ribblesdale return Horton in Ribblesdale.

Ribblesdale Nature Reserve – Colt Park – Selside – Sulber Nick.

SUNDAY 26th May 2019

B Walk strenuous 13 miles Alight and return Appleby

High Cup Nick Appleby – Stank Lane – Stank Wood – Murton Beck – Brackenthwaite – Harbour Flatt – High Cupgill Beck – High Cupgill Head – Burnt Crag – Sweety Briggs – Murton – Shepherds Cottage – Well House Road – Appleby.

C Walk Moderately Strenuous 11 miles Alight and return Garsdale

Garsdale – Garsdale Low Moor – Cock Lakes – South Lunds Pasture – Turner Hill – High Shaw Paddock – Aisgill Moor Cottages – Hellgill Force – Hell Gill Bridge – Black Hill – Ure Head – Sails – Bubble Hill – High Dyke – Cobbles Plantation – Moorcock Inn – Garsdale Station.

E Walk Moderately Easy 8 miles Alight Horton in Ribblesdale return Settle

Brackenbottom – Dub Cote – Long Lane – Moor Head Lane – Stainforth – Langcliffe – Settle.

G Walk Easy 2 miles Alight and return Carlisle

Carlisle through the back door: Walk through urban wilderness alongside River Caldew to city centre and Tullie House Museum. Hear about the 1984 train crash, the 2005 floods and the great Bourbon Biscuit Crisis.

JUNE 2019

SUNDAY 2nd JUNE 2019

RICHMOND

B Walk Strenuous 11.5 miles Alight and return Ribblesdale

Ribblesdale – Downholme Bridge – Sour Nook – Oxque Bridge – Low Oxque – Marrick Park – Helmsley House – Marrick Priory – Ewelop Hill – Grinton – Manor House – Sharrow Hill – Snowden Man – Hags Gill Bridge – Hags Gill – Juniper Gill Plantation – Ellerton Scar – Stop Bridge Lane – Downholme. **Coach to/from Downholme Bridge.**

D/E Walk Moderately Easy 8 miles Alight and return Ribbleshead

Downholme Bridge – Marske – Applegarth Scar – Deep Dale – Willance's Leap – Castle Walks – Richmond.
Coach to Downholme Bridge/from Richmond.

F Walk Easy 6 miles Alight and return Ribbleshead

A walk beside the River Swale from Lownethwaite beside the River Swale to Easby Abbey (refreshments).
Return to Richmond along north bank of River Swale. Coach to Lownethwaite/from Richmond.

G Walk Easy Stroll 5 miles Alight and return Ribbleshead.

A walk around and about Richmond, exploring the ancient town, with a chance to visit Richmond Castle and a stroll beside the River Swale to Easby Abbey. Bus to/from Richmond.

Alternative walk for those not wishing to use the coach:

D Walk Moderately Easy 10 miles Alight and return Kirkby Stephen

Smardale Fell – Smardale Bridge – Smardale Nature Reserve – Waitby – Bloody Bones Lane – Kirkby Stephen and station.

SUNDAY 9th JUNE 2019

B Walk Strenuous 14 miles Alight and return Kirkby Stephen

Nine Standards Rigg: Stenkrieth – Ewebank Scar – Ladthwaite – Longrigg – Nine Standards Rigg – Dukerdale Pots – High Pike Hill – Nateby

C/D Walk Moderate 10 miles Alight and return Kirkby Stephen

Wharton Hall – Lammerside Castle – Pendragon Castle – Southwaite – Nateby.

F Walk Easy 7 miles Alight and return Appleby

Bandley Bridge – Nether Hoff – Colby – Limekiln Hill – Dowpits Wood. Time to visit the Horse Fair.

G Walk Easy Stroll 4 miles Alight and return Carlisle

Carlisle just beyond. 94.5 miles to Glasgow. Homes of magnets, musicians and military men. For Knowefield, Kells Place and Tarraby Lane. For Hysop Holme, Gosling Syke and the Two Crowns, come to Stanwix.

SUNDAY 16th JUNE 2019

B Walk Strenuous 15 miles Alight Dent return Garsdale

Dent – Cowgill – Spice Gill – Broadfield House – Gibbs Hall – Bankland – Peggleswright – Backstonegill – High Hall – Hacra Wood – Roantree – Longstone Fell – Aye Gill Pike – Peggy's Hill – Dandra Garth – Garsdale Station.

C Walk Moderately Strenuous 13 miles Alight and return Kirkby Stephen

Smardale Fell – Smardale Bridge – Brownber – Bents Farm – Crosby Garrett Fell – Crosby Garrett – Smardale Mill – Sandwath – Kirkby Stephen – Railway Station.

E Walk Moderately Easy 7 miles Alight and return Langwathby

Langwathby – Winskill – Hunsonby – Birks – Long Meg and her daughters – Addingham Church – Long Meg Farm – Little Salkeld Mill – Langwathby. A look at the scarecrows.

F Walk Easy 4 miles Alight and return Langwathby

Paces Through the Past: A raised village, a deserted church and a vanished hall. Tales of drovers and reivers, of potters and plague. Of baronets, of sheriffs and men of the cloth. Enjoy returning via Ladies Walk for the Eden Bank's flowers.

SUNDAY 23th JUNE 2019

SEDBERGH

A Walk Strenuous 13 miles Alight and return Dent

The Howgills: Arant Haw – The Calf – Randy Gill – Yarlside – Cautley Spout – Fawcett Bank – Sedbergh.
Coach to/from Sedbergh.

D Walk Moderate 9 miles Alight and return Dent

Flinter Gill – South Lords Land – Combe House – Brackensgill – Abbot Holme Bridge – Birks Mill – Sedbergh. **Coach to Dent Town/from Sedbergh**

F Walk Easy 6 miles Alight and return Dent

Flower walk: Cross House – Tommy Bridge – Whernside Manor – Rigg End – Deepdale Beck – Bridge End – River Dee – Dales Way – Dent Town. **Coach to Cross House/from Dent Town.**

F Walk Easy Stroll/Visit 5 miles Alight and return Dent

From Sedbergh a short walk along the Dales Way returning by Briggflatts (Friends Meeting House). A short exploration of the delightful historic town of Sedbergh. **Coach to/from Sedbergh.**

Alternative walk for those not wishing to use the coach:

D/E Walk Moderately Easy Alight and return Garsdale

Cock Lakes – Beck Rigg – Cobbles Plantation – The High Way – Thwaite Bridge – Yore House – Moorcock Inn – Garsdale Station.

SUNDAY 30TH JUNE 2019

B Walk Strenuous 14 miles Alight and return Appleby

Around Knock Pike, Appleby – Hungriggs – Crab Apple – Black Hill – Esplandhill – Stock Bridge – Dufton Wood – Dufton Gorge – Mill Bridge – Church Bridge – Knock – Close House – Gravel Pit – Swindale Beck – Town End Farm – Heater – Newlands – Birks Head – Long Marton – Church House – Far Broom – Rising Sun – Appleby.

C Walk Moderately Strenuous Alight and return Kirkby Stephen

Nateby – Tailbridge Hill – Hartley Fell – Little Long Rigg Scar – Long Rigg – Fell Lane – Whingill – Hartley Fold – Kirkby Stephen to Station.

E Walk Moderately Easy 7 miles Alight Lazonby return Armathwaite

Fiddlers Lane – Eden Bridge – Kirkoswald Church and Castle – Kirkoswald (Medieval origin) – Staffield – Chapel Hill – Broad Wood – Ruckcroft – Langdales – Coombs Wood – Armathwaite.

G Walk Easy Stroll 3 to 4 miles Alight and return Appleby

Paces Through the Past Appleby in Westmorland: For the Causeway, the Smithies' Cave and Scattergate Green. For the Medieval St. Michaels and the Earls' Bongate Mill. For the watchmakers and cheese makers and their Royalist taverns. Tales of scolds and doom, of rotten boroughs and a church organist's sins.

JULY 2019

SUNDAY 7th JULY 2019

B Walk Strenuous 14 miles Alight and return Settle

Settle – Castleberg Plantation – Warrendale Knotts Summit – Brent Scar – Jubilee Cave – Langcliffe Scar – Back Scar – Nappa Cross – Rye Loaf Hill – Ebor Gate – Black Gill Lane – Scaleber Force – Lambert Lane – Hunter Bark – Parks High Plantation – High Mearbeck Farm – Cleatop Park – Hoyman Laithe – Settle.

C Walk Moderately Strenuous 12 miles Alight and return Ribblesdale

Whernside: Slack Hill – Whernside – West Fell – Rigg End – Ellerbeck – Ivescar.

E Walk Moderately Easy 8 miles Alight Ribblesdale return Horton in Ribblesdale

Ribble Way to God's Bridge – Three Peaks Path to Horton Moor – Hull Pot – Horton Scar – Horton in Ribblesdale.

G Walk A snail-pace stroll 2-3 miles 2-3 hours Alight and return Carlisle

Carlisle: The city that surrendered its 'old hen coop.' The city that lost not one Royal Charter but two! Tales of Isaac Tullie's manuscript of a Suffolk Master Butcher, of 'that bloodie thievish clanne' and of those Botchergate Bars. Your visitor of the week – Robbie Burns.

SUNDAY 14th JULY 2019

SWALEDALE

B Walk Strenuous 14 miles Alight and return Ribblesdale

Thwaite – Angram – Ravenseat – Tan Hill Inn – Pennine Way – Keld – Thwaite. **Coach to/from Thwaite.**

C/D Walk Moderately Strenuous 10.5 miles Alight and return Ribblesdale

Thwaite – Great Shunner Fell – Hardraw – Hawes. **Coach to Thwaite/from Hawes**

E Walk Moderately Easy 8 miles Alight and return Ribblesdale

Ivelet Bridge – Shore Gill Head – Botcher Gill Gate – Lownathwaite Mea – Swina Bank Scar – Winterings – Gunnerside – **Coach to Ivelet Bridge & to Ribblesdale.**

F Walk Moderately Easy 6 miles Alight and return Ribblesdale

Muker circular via River Swale, Keld and Kisdon. Coach to/from Muker.

Alternative walk for those not wishing to use the coach:

D Walk Moderate 9 miles Alight and return Garsdale

Moorcock Inn – High Dyke – Cotterdale – Thwaite Bridge – Yore House.

SUNDAY 21st JULY 2019

B Walk Strenuous 14 miles Alight & return Horton in Ribblesdale

Horton in Ribblesdale – Scar Lane – Pen y Ghent – Crooke – Giant's Grave – Hesleden Bergh – Low Bergh – Foxup Road – Swarth Gill Gate – Horton Moor – Scar Lane – Horton in Ribblesdale.

C Walk Moderately Strenuous 12 miles Alight Garsdale return Kirkby Stephen

Cock Lakes – Lunds – Beck Side – Low West End – Aisgill Moor Cottages – Slade Edge – Ing Heads – Lock Hill – Thrang Bridge – Shoregill – High Cocklake – Birkett Common – Lammerside Castle – Wharton Hall – Nateby – Kirkby Stephen Station.

D Walk Moderate 9 miles Alight Lazonby return Langwathby

Eden Bridge – Kirkoswald – Kirkoswald Castle – Old Parks – Glassonby – Addingham Church – Long Meg and her Daughters – Little Salkeld.

F Walk Easy 7 miles Alight and return Appleby

Stank Lane – Stank Wood – Langton – Ellerholme – Red Brow – Murton – Shepherd's Cottage – Flakebridge – Appleby.

SUNDAY 28th JULY 2019

ULLSWATER

B Walk Strenuous 13 miles Alight and return Appleby

Roehead – The Cockpit – High street – Lambert Lad – Loadpot Hill – Groove Gill – Fusedale – Mellguards – Auterstone – Seat Farm – Waterside House – **Coach to/from Pooley Bridge.**

D Walk Moderately Strenuous 9 miles Alight and return Appleby

Roehead – The Cockpit – Brown Rigg – Arthur's Pike – White Knott – Auterstone – Seat Farm – Cave Bay – **Coach to/from Pooley Bridge.**

E Walk Moderately Easy 6 miles Alight and return Appleby

Roehead – The Cockpit – Auterstone – Seat Farm – Lakeside Path to Pooley Bridge – **Coach to/from Pooley Bridge.**

Alternative walk for those not wishing to use the coach:

D Walk Moderate 9 miles Alight Ribblesdale return Horton in Ribblesdale

Ribblesdale – Colt Park – Selside – Borrins – Thieves Moss – Crummack – Moughton – Horton in Ribblesdale

AUGUST 2019

SUNDAY 4th AUGUST 2019

A Walk Strenuous 15 miles Alight and return Settle.

Settle – Ribble Way to Rathmell – Hesley Lane – Scoutber Crag – Whelp Stone Crag – Resting Stone – Langrigg – Lower Wham – Birchshaw Rocks – Cocket Moss – Close House – Giggleswick – Settle.

C Walk Moderately Strenuous 11 miles Alight and return Appleby

Appleby – Well House Road – Langton – Ellerholme – Thornybank Wood – Red Brow – Murton – Blue Hill – White Mines – Gasdale Head – Murton Pike – Murton – Shepherd's Cottage – Stank Lane – Appleby Station.

E Walk Moderately Easy 8 miles Alight and return Appleby

Appleby – Bandley Bridge – Big Clinch – Jerusalem – Colby – Limekiln Hill – Dowpits Wood – Appleby.

G Walk Easy Stroll 1 mile/1.5 hours Alight and return Carlisle

Carlisle curiosities: Well I never noticed that before! Stroll through the city centre spotting curiosities, ending up at Tullie House Museum (and café).

SUNDAY 11th AUGUST 2019

A Walk Very Strenuous 15 miles Alight and return Settle

Settle – Pennine Bridleway – Jubilee Cave – Gorbeck – Streets – High Trenhouse – Tarn Moss Nature Reserve – Malham Tarn House – Lings Plantation – Pennine Way – Malham Cove – Fair Sleets Gate – Nappa Cross – Stockdale – Attermire Cave – Settle.

C Walk Moderately Strenuous 12 miles Alight and return Horton in Ribblesdale

Pen y Ghent: Hull Pot – Foxup Moor – Plover Hill – Pen y Ghent – Long Lane – Helwith Bridge – Horton in Ribblesdale.

D/E Walk Moderately Easy 9 miles Alight Horton in Ribblesdale return Settle

Foredale – Swarth Moor – Higher Bark House – Feizor – Stackhouse – Settle.

G Walk A snail-pace stroll 2-3 miles/2-3 hours Alight and return Carlisle

The city that played football for a Scottish Queen. The City Messenger who drank strong ale. Tales of a tavern fit for a King, of Sir William Lowther's demise, of Miles Macinnes Morning and of the Muckle town bell. Your visitor of the week – James I.

SUNDAY 18th AUGUST 2019

MIDDLETON IN TEESDALE

B Walk Strenuous 13 miles Alight and return Kirkby Stephen

Hargill Bridge – White Pot – Long Crag – Cronkley Fell – White Well – Cronkley Scar summit – Birk Rigg – Whiteholme Bank – Holwick – River Tees to Middleton in Teesdale. **Coach to Hargill Bridge/from Middleton in Teesdale.**

D Walk Moderate 8 miles Alight and return Kirkby Stephen

Forest in Teesdale – Pennine Way – High Force – Low Force – Park End – Middle Crossthwaite – Middleton in Teesdale. **Coach to Forest in Teesdale/from Middleton in Teesdale.**

E Walk Easy 6 miles Alight and return Kirkby Stephen

Grassholme – Grassholme Reservoir Walk: Visitor Centre – Ellerbeck – Tees Railway Walk – Lonton – Middleton in Teesdale. **Coach to Grassholme/from Middleton in Teesdale.**

Alternative walk for those not wishing to use the coach:

D Walk Moderately Easy 9 miles Alight and return Appleby

Flakebridge Woods – Shepherds Cottage – Murton – Hilton – Brackenber – Langton.

SUNDAY 25th AUGUST 2019

B Walk Strenuous 15 miles Alight Hellifield return Settle

Hellifield – Hellifield Green – Hellifield Peel – Swinden – Halton Bridge – Halton West – Brook Lane – Low Scale – New Laithe – Todmanhaw Lane – Cow Bridge – Wigglesworth Hall Farm – Cattleside – Green Farm – Swainstead – Swainstead Raikes – Cocket Moss – Lumb – Close House – Giggleswick – Settle.

C Walk Moderately Strenuous 12 miles Alight Dent return Garsdale

Great Knoutberry Hill – Widdale Tarns – Sikes Pits Brae – Middle o' Moor End – Thwaite Bridge – Yore House – Moorcock Inn – Garsdale Station.

D Walk Moderate 10 miles Alight and return Kirkby Stephen

Kirkby Stephen – Stenkrith Bridge – Ewbank Scar – Ladthwaite – Fell House – Little Long Rigg – Fell Lane – Winton – Hartley Fold – Kirkby Stephen.

E Walk Easy 8 miles Alight Ribblesdale return Horton in Ribblesdale
Ribblesdale Nature Reserve – Colt Park – Selside – High Birkwith – Ribble Way – Horton in Ribblesdale.

SEPTEMBER 2019

SUNDAY 1st SEPTEMBER 2019

B Walk Strenuous 14 miles Alight Horton in Ribblesdale return Ribblesdale
Horton in Ribblesdale – New Houses – Fawber – Top Farm – High Pasture – Pennine Way – Low Birkwith Moor – Greenfield Lings (Cow Pasture) – Ling Gill Bridge – New House Barn – Ling Gill Rigg – Nether Lodge – Ingman Lodge – Gauber Road – Colt Park – Whit a Green Rocks – South House Moor – Park Fell – Colt Park – Ribblesdale.

C Walk Moderately Strenuous 11 miles Alight Dent return Ribblesdale
Dent – Lea Yeat – Dales Way to Swarthwaite – Rigg End – Wold Fell – Whernside Tarns – Whernside Summit – Grain Ings – Force Gill Waterfalls – Little Dale – Batty Green – Ribblesdale.

E Walk Moderately Easy 7 miles Alight and return Appleby
Hungriggs – Flakebridge Woods – Dufton Gill – Dufton – Brampton – Castrigg – Appleby.

G Walk Easy 1.5 miles Alight and return Carlisle
Gretna Green: 50 shades of tartan! Explore Scotland's wedding capital. Brides, bagpipes, anvils, fancy limos and a jolly good café. **Short train ride from Carlisle, fare extra.**

Sunday 8th September 2019

WENSLEYDALE

B Walk Strenuous 13 miles Alight and return Ribblesdale
Askrigg – Lead Green – Arn Gill – Heugh – Birkin Gill – Woodhall – West End Farm – Nappa Mill – Worton – Brough Scar – Out Brough – River Bain – Countersett – Carlows – Common Allotments – Blackburn Sike – Gayle – Hawes. **Coach to Askrigg/from Hawes.**

C Walk Moderate 12 miles Alight Ribblesdale return Garsdale
Dales Way and Pennine Way: Gearstones – Cam End – West Gate – Cold Keld Gate – Ten End – Hawes – **Coach from Hawes.**

D Walk Moderate 10 miles Alight and return Ribblesdale
Hawes – Wether Fell – Marsett – Stalling Busk – Semerwater – Countersett – Burtersett – Hawes. **Coach to/from Hawes.**

E Walk Moderately Easy 8 miles Alight and return Ribblesdale
Bainbridge – River Bain – Countersett – Carlows – Swallow Hole – Burtersett – Gayle – Hawes. **Coach to Bainbridge/from Hawes.**

Alternative walk for those not wishing to use the coach:

D Walk Moderate 9 miles Alight Ribblesdale return Horton in Ribblesdale
Ribblesdale Viaduct – Winterscales – Ellerbeck – Chapel le Dale – Pasture Rocks – New Close – Colt Park – Selside – Borrins – Horton in Ribblesdale.