

Ingleborough Walks

Ingleborough is one of England's most famous mountains. At 724 metres above sea level, it is the second highest of Yorkshire's famous Three Peaks, but perhaps the most distinctive, a landmark visible from four counties. With some of the finest areas of limestone pavement in Britain, Ingleborough is rich in geological, archaeological and natural history interest. As well as being within the Yorkshire Dales National Park, much of the area forms the Ingleborough National Nature Reserve. But this is also a very accessible mountain, crossed by numerous public rights of way and large areas of open countryside which now enjoy public access rights on foot.

The best way to experience and enjoy this unique area is on foot, taking advantage of available good public transport to cross the summit or shoulders of the mountain without being forced to return to a parked vehicle. This series of ten Ingleborough Walks leaflets is designed to show how local buses and trains make such magnificent linear walks possible.

It is essential to use OS Map OL 2 Yorkshire Dales Southern & Western areas to work out exact routes, using public rights of way and public access areas. Sketch maps in the leaflet are for approximate guidance only. These walks use moorland and mountain paths which should only be attempted with appropriate clothing and footwear and not in poor weather conditions. Carry spare clothing, waterproofs, food and drink, and leave adequate time for your return transport. If you bring a dog, please keep it under control, preferably on a lead, in areas where there is livestock. Walking times are for guidance only in good weather conditions, so always leave adequate margins - which also gives time for well-earned refreshment.

This series of leaflets has been produced by the Dales & Bowland Community Interest Company a subsidiary of the Yorkshire Dales Society, in partnership with Friends of DalesBus and Friends of the Settle Carlisle Line, to encourage environmentally sustainable access to Ingleborough.

Ingleborough Walks forms part of the Ingleborough Dales Landscape Partnership's **Stories in Stone** project, funded by the Heritage Lottery Fund and managed by Yorkshire Dales Millennium Trust. For further details of the project and work of the Trust visit www.storiesinstone.org.uk and www.ydmt.org.

Transport information

Ingleton is served by the Craven Connection 580/1 which runs Mondays to Saturdays two hourly between Skipton and Settle and through to Ingleton with connections in both directions at Settle and Giggleswick Stations. Horton-in-Ribblesdale has daily train services on the Settle-Carlisle line back to Settle, Skipton and Leeds or Appleby and Carlisle.

For details of outward and return bus times see the Metro DalesBus booklet or www.dalesbus.org or ring 0871 200 22 33; for trains see the Northern Rail Timetable Leaflet 7 or www.northernrail.org or ring 08457 484850.

PDFs of all 10 Ingleborough Walks leaflets can be downloaded at www.dalesbus.org or www.settle-carlisle.co.uk

Car drivers can take advantage of the bus or train, by parking in Settle going out on the 581 bus from Settle Market Place to Ingleton and returning from Horton to Settle by train (or service 11 bus afternoons on Saturdays and school holidays only). You will also be safeguarding the environment by reducing your carbon footprint in the National Park.



Ingleborough Walks

Walk 7

The Ingleborough Sulber Traverse Ingleton - Horton



This walk takes advantage of the classic route to ascend Ingleborough summit from Ingleton, but instead of having to return the same way, makes use of the local bus to Ingleton to enjoy a magnificent west to east traverse across Ingleborough summit, descending by the popular Sulber route to Horton in Ribblesdale for a return by train



The Walk

From Ingleton bus stop and Community Centre, descend the steps from the corner of the car park beyond the public toilets, alongside the viaduct and down to the main road at Bank Top, turning right to pass the junction with the lane down to the Waterfalls, but then keeping right past Market Place into Seed Hill and up to the centre of this pleasant village with its welcoming shops, cafes and the Wheatsheaf pub. You soon reach the main Hawes road. Turn left here for 120 metres, to the edge of the town, where on the right, signposted Ingleborough, an open, stony track leads along the edge of Storrs Common towards Ingleborough.

Follow this track for 300 metres to where at a field gate the track enters a walled section, Fell Lane. You now climb steadily. After about a mile and another gate, the track enters White Scars, a magnificent extensive area of fellside and limestone pavement which forms part of the Ingleborough National Nature Reserve, with great views along the Twistleton Scars and to Whernside across the valley. Shortly before Crina Bottom Farm the path splits away from the track, continuing alongside and up Hard Gill, past Greenwood Pot. From here more serious climbing begins. The stony path gets steeper and more challenging as you ascend towards the great summit ridge ahead. You eventually reach a steep area of boulders and rocky scree before finally arriving at the level high plateau of Ingleborough summit with summit trig point, cairns and wind breaker. It is usually busy at any time of the year.

On a clear day, this is one of the finest viewpoints in the Yorkshire Dales. There are panoramic vistas in all directions, most notably across Morecambe Bay to the west, the Lakeland mountains the north and west, the long whaleback of Whernside to the north, Pen y Ghent to the east and the Bowland Fells to the south. There is a stone wind shelter, but many of the rocks are remains of an Iron Age site, now believed to be a religious or burial site rather than a military site. Please do not disturb this archaeology.

To descend, head for the northern corner of the plateau, known as Swine Tail, following a line of cairns with the path to the left alongside a short cliff face. The path then drops down man-made stone steps. Part way down this paved way, as the path bends around to the left, another path branches off to the right in front of a cairn. Take this path and drop down past a small moorland tarn. You now follow this stony path east and south-eastwards, and, avoiding the branching path right which leads south towards Gaping Gill.

Keep to this the main, usually busy, Three Peaks Walk route heading due east before curving southeast. This extends

steeply and impressively along and down Simon Fell Breast, past shake holes, above a great bowl of fellside and springs known as Fell Beck Head. Cross the stile in the wall ahead and descend to a stream and small waterfall, keeping ahead to reach and follow the wall which bears right, passing a small shooting hut, and grouse butts, then over another stile. Keep left at the next junction of paths alongside the wall before working your way through some narrow limestone pavement to a cross roads and tall finger post, indicating Horton 2 miles ahead, downhill. You now follow Sulber Nick, an ancient way reputed to date back to Iron Age times. For the first half mile or so this is not easy walking along usually muddy sections of path through a shallow valley that

forms Sulber Nick - "nick" is a word often used in northern England for ancient moorland passes.

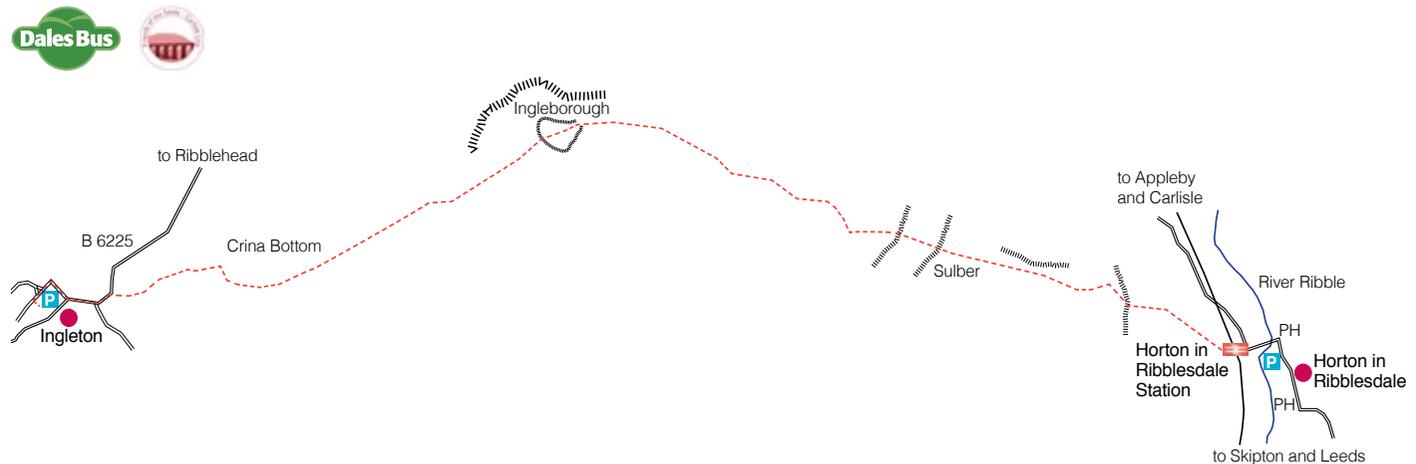
As the path descends, magnificent views open out into Ribblesdale and across to Pen y Ghent. Beyond a stile, the path meets the footpath from Moughton Scar, before curving sharply downhill, offering a steep but better drained surface, the massive outline of Horton Quarry with its strangely turquoise waste pool a dominant feature to your right.

Easy walking now with a couple more stiles and a gentle hill before the pedestrian gate and the level crossing at Horton Station. For toilets or refreshment before your train, the village is another 500 metres along the lane straight ahead.

Ingleborough Walk 7

The Ingleborough Sulber Traverse

Ingleton - Horton



Travel Information

Distance: 8 miles.
Time required: 4½-5 hours plus times for stops.
Start: Ingleton village centre.
Finish: Horton in Ribblesdale.
Travel: Outward: Mondays to Saturdays 580/1 bus two hourly from Skipton and Settle Market Place to Ingleton. Check the DalesBus website (www.dalesbus.org) for additional summer Sunday and Bank Holiday bus services to Ingleton Lancaster or Settle.
Return: Regular trains seven days a week from Horton to Settle, Skipton and Leeds.

Terrain/Grade: Strenuous - an extended moderate climb along tracks, then short and steeper section over rugged terrain. Steep descent (care required) along a well-used section of the Three Peaks Route which can be boggy in places. *This route is not recommended in poor weather conditions. Boots and rainwear essential.*

Refreshments: Cafes and pubs in both Ingleton and Horton.

Toilets: In Ingleton - by information Centre. Horton in Ribblesdale in car park.