

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** and **OL 41 Forest of Bowland & Ribblesdale** 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

Regular daily trains on the Settle Carlisle Line from Leeds, Skipton, Appleby and Carlisle serve Settle Ribblesdale to access this walk. On Mondays to Saturdays Craven Connect Buses 580 run hourly from Skipton to Settle. Service 581 returns hourly from Clapham to Settle and Skipton, whilst daily (if infrequent) trains on the Bentham line from Clapham Station (1¼ miles from the village) continue to Giggleswick, Skipton and Leeds or Lancaster and Morecambe.

For details of outward and return bus times see the Metro DalesBus booklet, visit 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. On summer Sundays Ribblesdale and Clapham are also served by DalesBus services 830, 832 and 881

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 at Settle and taking the train to Ribblesdale for the start of the walk and then returning from Clapham by a choice of bus direct to Settle or train to Giggleswick (1¼ mile to Settle) by train. You will also be safeguarding the environment by reducing your carbon footprint in the National Park.



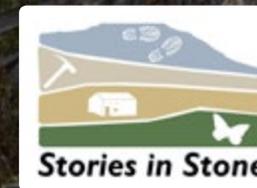
Ingleborough Walks

Walk 10

Across the Ingleborough Ridge from Ribblesdale to Clapham



This walk over Ingleborough summit is one of the great classic walks of the Yorkshire Dales; a wonderful way of experiencing some of the most spectacular limestone scenery of the Ingleborough area and Ingleborough itself.



The Walk

From the railway station walk down the approach track to the Station Inn. At the road, turn left and walk under the railway bridge. Immediately after the bridge, leave the road and turn left to follow the track parallel to the railway. This soon arrives at a gateway into Ingleborough National Nature Reserve, marked by an interpretation panel explaining the significance of this remarkable place. The track continues past the board and into the old quarry, where Great Scar limestone was once worked. Disused since 1958, the remains have become a home to diverse species of plants. The route through the quarry is marked by green topped posts which lead you down to the floor of the workings before weaving around the left-hand side. At the end of the quarry, pass through a gate into the rough pasture known as Gauber. Keep ahead on the track for a further 274 metres to come to another gateway, near the corner of the enclosure.

Passing through, keep to the grassy track which crosses rough grassland with the great wedge of Park Fell rising ahead. In another 366 metres, it meanders around to a gate in the wall to the left. Continue beyond this across the squelchy pasture along the base of Park Fell, heading for the buildings at Colt Park. When you come to the wall, don't go left to the farm buildings, instead turn right and follow the path, now on the right-hand side of the wall, heading directly up Park Fell.

Now the climb begins! A grassy path accompanies the wall for most of the way up the first ascent to Park Fell (563m). Nearing the top of the hill, it veers right to pass a little way to the northwest of the summit itself. The route now lies across open moorland with extensive views across Ribbleshead to the mighty bulk of Whernside opposite. A slight descent leads to the broad saddle between Park Fell before another, shorter climb around the side of Simon Fell. As it climbs, the path leaves the wall and later crosses a stile. It now nurses the edge of the steep escarpment, overseeing the vast limestone pavement of Southernscales Nature Reserve below.

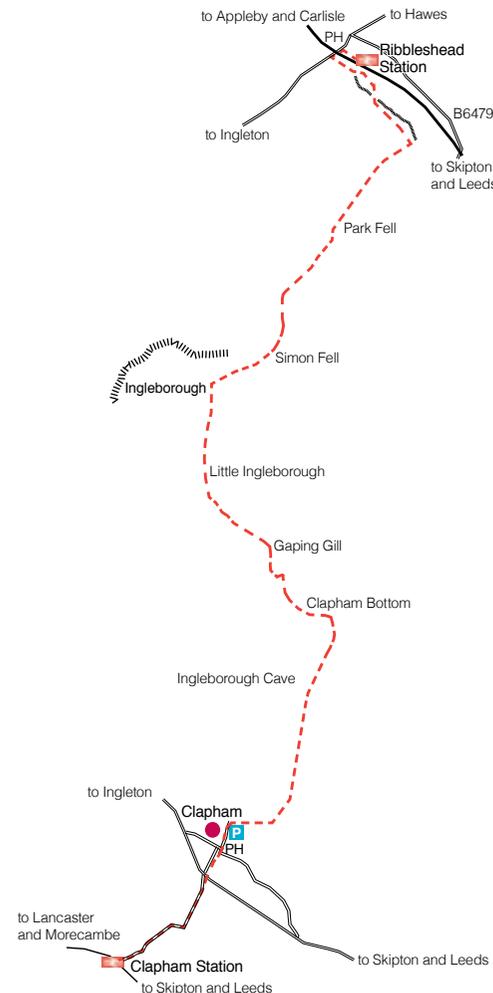
Eventually arrive at a path junction where the vertiginous, stepped Three Peaks route from Chapel-le-Dale joins from the right. Go through the gate ahead and climb the paved steps to conquer the final gritstone cap of the mountain. On the way, the path from Horton trails in from the left before coming to the edge of Ingleborough's summit plateau near a large cairn. This is a remarkable place, the top of Yorkshire with views as far as Morecambe Bay and the Forest of Bowland. But it is also confusing, especially in mist, so take care with navigation at this point. You may want to visit the true summit and trig point 183 metres ahead across the plateau, but you need to return here as the route to Clapham leaves the plateau almost exactly where you gained the broad flat top.

Turn south here and soon pick up a path which goes around the perimeter of the escarpment for a short while, before a diagonal rocky descent to a moorland saddle. Keep going on a clear but soggy path for ½ mile to the end of the ridge at Little Ingleborough. Crossing some rocky hollows, the path veers left and drops steeply down rocky steps. Soon, gain a well-made path descending the moorland buttress of the mountain.

Towards the bottom of the slope, the path splits. The direct path to Clapham takes the right fork, but the short deviation to the left allows a close-up view of Gaping Gill. This great abyss is one of the largest pot holes in the UK. Regaining the main path, keep forward through an area studded with eroded limestone pavement and skewered by potholes on either side of the path. Cross the double stile in the wall beyond.

Instead of following the main route alongside the wall down the dry valley to the right, follow the path across the moor, half right. Soon this drops quite steeply into Clapham Bottoms, crossing the head of the small dale and curving up the other side to the right to arrive at a gate. At this point the bridleway from Horton joins from the left. Go through the gate and walk along the walled track, Long Lane, passing above Clapdale and the entrance to Ingleborough Cave.

After 1½ miles, at a T-junction, turn right. A walled lane descends back to Clapham, diving through a short tunnel beneath the estate. Buses between Settle, Ingleton and Kirkby Lonsdale serve the village. The railway station is a further mile off, reached by a quiet road from the other side of the village, crossing the busy by pass through a subway.



Ingleborough Walk 10

Across the Ingleborough Ridge from Ribbleshead to Clapham



Travel Information

Distance	8½ miles (plus ¼ miles to Clapham station).
Time required	At least 5 hours, with time for stops.
Start	Ribbleshead station.
Finish	Clapham village or Clapham station.
Travel	Outward; Daily train services on the Settle Carlisle line. Not all trains stop at Ribbleshead. Return; Two-hourly bus (580/581) Monday Saturday only from Clapham to Settle/Skipton or Ingleton Kirkby Lonsdale. Alternatively daily train service to Skipton, Leeds and Lancaster from Clapham station. Check the DalesBus website www.dalesbus.org for additional seasonal weekend bus services at either end of the walk.
Terrain/grade	Strenuous. Prolonged high level, exposed route, though no technical difficulties. Map and navigation skills essential in poor weather.
Refreshments	Station Inn, Ribbleshead. Variety of cafes and pub in Clapham.
Toilets	National Park car park, Clapham.