

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 Frinds 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 storiesinstone.org.uk and ydmf.org.

Transport information

Regular daily trains on the Settle Carlisle Line from Leeds, Skipton, Appleby and Carlisle serve Settle and Horton in Ribblesdale to access this walk. On Mondays to Saturdays Bus Craven Connect 580/581 operates hourly between Skipton to Settle and two hourly to Kirkby Lonsdale and Lancaster (582). There is also a limited weekday minibusservice 11 between Horton and Settle or Sunday and Bank Holidays DalesBus summer service 831).

For details of outward and return bus times see the Metro DalesBus booklet or dalesbus.org; for trains see the Northern Rail Timetable Leaflet 7 or northernrail.org or ring 08457 484850. If you are unfamiliar with timetables you can use the journey planner at traveline.info or ring 0871 200 22 33, calls will cost 12 pence per minute from landlines and mobiles. Your phone company may add its own access charge but it will tell you about this.

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

Car drivers can take advantage of the bus or train, by parking at Settle and returning by train or bus. You will also be safeguarding the environment by reducing your carbon footprint in the National Park.



Ingleborough Walks

Walk 5

Along the Ribble Way between Settle and Horton in Ribblesdale



This walk follows the Ribble Way long distance path between Settle and Horton, with Stainforth and its beautiful 17th century packhorse bridge a highlight of the walk. There are also outstanding views of both Ingleborough and Pen y Ghent from Long Lane, before the descent into the village of Horton



The Walk

From Settle Market Place, (five minutes' walk from the station) head along the narrow lane at the side of The Naked Man café leading into Kirkgate. Keep straight ahead but turn sharp right into a narrow alleyway just beyond Proctor House This leads behind Whitefriars (toilets), under Settle Viaduct to emerge onto Church Lane. Turn left to reach and cross Settle Bridge, crossing over the road over to take the signed and waymarked path between River Ribble and the playing field. This path twists left then right then across stiles and fields to the Stackhouse road. Cross to the stile opposite to follow the path right behind the wall over more stiles. At Stackhouse re-join the lane, but continue straight ahead into and through the hamlet, turning right to follow the track back to the road. Cross, but turn right down the next track towards the footbridge and weir at Langcliffe - note the salmon leap built into the weir.

Do not cross the bridge but go through the gate which leads to the footpath along the west bank of the Ribble. This goes through more stiles along the edge of a narrow pasture upstream opposite Langcliffe Mill. Continue along the riverside to where the path squeezes between river and embankment, ascending to cross a narrow stile before emerging below a caravan park. Keep ahead to eventually reach the narrow gorge and falls of Stainforth Force.

Ahead is Stainforth Packhorse Bridge. Cross the bridge climbing the hill until just before the railway, turn right through a field gate. Enter a walled track which heads back above the river, soon turning left to cross the railway. Before reaching the main road take the gate on the right which leads into a picnic site, in the far corner of which a tunnel under the busy B6479 road leads to Stainforth car park and public toilets. Continue into the village, the Craven Heifer Inn on your right

Unless you are going to the inn, turn left at the cross roads. Where this lane turns right, keep ahead along a track, following the Ribble Way and Pennine Journey signs. After 100 metres, turn right along the Ribble Way over stiles, ascending steeply out of Stainforth above the shallow ravine of How Beck, behind Bargh Hill. After about a mile you eventually reach Moor Head Lane, a walled track. Turn left here to descend to the junction with Long Lane. Turn right here. Long Lane, another typical Pennine walled track ascends in a straight line, due north-eastwards along the shoulder of Pen y Ghent, a long slow slog, compensated at every step - in good weather - by spectacular views. Geologists will note here the contrast between the classic Great Scar Limestone directly opposite, gouged out in huge terraces by the huge quarrying operations at Horton Quarry, with the darker, much more ancient outcrops and quarry faces further south where far more ancient Silurian slates are extracted for use as tough stone for surfacing

roads all over the north of England.

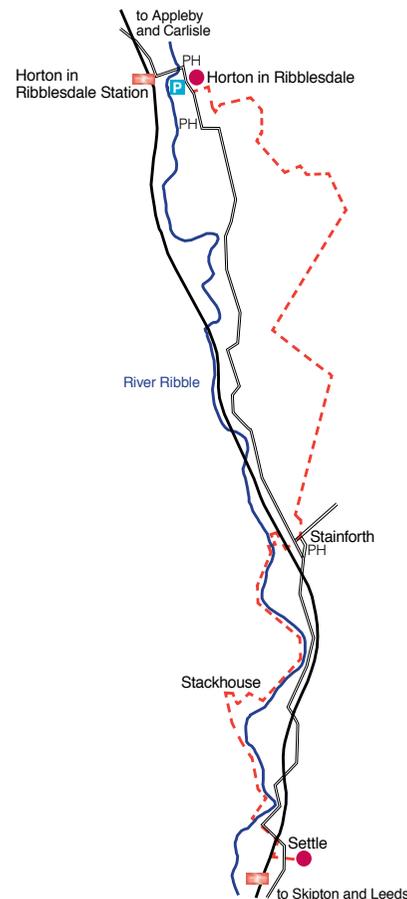
Even more impressive are the views across to the ever emerging panorama of Ingleborough, Simon and Park Fells as you ascend, with the tips of Whernside and Blea Moor coming into view, and the great sweep of the Bowland Fells beyond the dale to the south.

The gradient eases very slightly, as you cross through a field gate, the village of Horton in Ribblesdale and its church in the distance below you. Continue past a shallow ford to the next gate, 120 metres beyond which a wooden footpath sign indicates the start of a lovely green way. This leaves Long Lane to descend gently, along the hillside, towards Dub Cote Farm below. The track broadens and descends towards a wall. Do not go through the gate ahead, but take the ladder stile over the wall below left. This gives access to a faint grassy path, which follow the wall before bearing left and curving down the hillside to join a broader Landrover track that descends towards the farm. Cross the stile at the farm to enter the track that

passes the farm and meets a tarmac lane.

Follow this quiet, narrow lane, dominated by views of Pen y Ghent summit to your right, as it winds between pastures. At a T-junction turn right, heading now past Brackenbottom Farm, where you might be surprised to discover a falconry centre. You now join the inevitably busy Three Peaks Walk for a few hundred yards. Continue until the Primary School, just beyond which a footbridge, right, crosses the stream from Douk Ghyl Cave. Cross, turning right for a few yards to where an enclosed track bears left past a farm. This reaches Horton Scar Lane, another enclosed track this time carrying the Pennine Way. Turn left here into the village - the welcoming Crown Inn is on your right, Pen y Ghent Café and Golden Lion Inn on your left.

Turn right for the car park, toilets. To reach the station continue past the car park, crossing the footbridge and continuing alongside the road for 400m.



Ingleborough Walk 5

Along the Ribble Way between Settle and Horton in Ribblesdale



Travel Information

- Distance:** 8 miles.
- Time required:** 4½ hours plus times for stops.
- Start:** Settle Station or Market Place.
- Finish:** Horton in Ribblesdale - Pen y Ghent café or Station.
- Travel:** **Outward:** Regular daily train services to Settle from Leeds and Skipton. Mondays to Saturdays 580 bus hourly from Skipton to Settle Market Place.
- Return:** From Horton regular trains to Settle, Skipton and Leeds, limited Monday to Saturday mini bus service 11 to Settle.
- Terrain/Grade:** Moderate to strenuous - two steady climbs and several stiles. Field and riverside paths and moorland tracks.
- Refreshments:** Choice of pubs, shops and cafés in Settle. Craven Heifer pub in Stainforth and two pubs The Crown and Golden Lion in Horton, plus the popular Pen y Ghent Café.
- Toilets:** In Whitefriars Settle, and National Park car parks in Stainforth and Horton.