



Gargrave and part of the Pennine Way

A moderate walk from Gargrave, in the southern area of the Yorkshire Dales, taking in part of the Pennine Way and the Leeds – Liverpool canal

Essential Facts

- Route distance: 14.4 km (9.0 miles)
- Approximate time: 3 hours 45 mins
- Approx. total ascent: 80 metres
- Start point Grid Ref: SD 931 542
- GPS Ref: SD 93169 54293
- Recommended O.S. Map: Explorer OL2 and OL41
- Toughness Rating: Yorkshire Dales 2

Please see the notes on Toughness Ratings at the end of this report

Up For A
CHALLENGE ?

Take a Great Walk and HELP
your favourite charity with

A Donation
An Individual Walk
A Team Effort

Full Info from the Great Walks web site

THE ROUTE

Our route starts from a small car park, **S**, in West Street, signed off the main road through Gargrave. Other parking should be available nearby. Leave West Street, passing The Dalesman Tea Room on your right. Cross the main river bridge over the Aire and pass St Andrew's church on the left. Almost immediately look for a yard in front of a house on your right, which is set well back from the road. The Pennine Way is marked by a sign at the front of the yard. Follow the Pennine Way !

The signed path heads in a south-westerly direction across farmland until eventually reaching a farm track where you turn left. A brief look back shows picturesque Gargrave nestling in the Aire valley with hills beyond. The Pennine Way is way-marked and after reaching the brow of a hill you will be heading in the direction of the distant radio mast at Green Bank. After just over 3 km you will reach **A**, a stile where you cross and turn left onto a bridleway with the radio mast over to your right.

Still following the Pennine Way along the bridleway, follow the way marked path across a stile to your left, through a meadow and towards a copse. Across the following field you will reach a lane, bear left and it will bring you to the bridge 162 on the Leeds Liverpool canal. The sign by the bridge on the towpath shows how far you are from Skipton, Leeds, Blackburn and Liverpool. Take the towpath to the left and proceed along the towpath until you reach bridge 160. Leaving the Pennine Way at this point, cross the bridge and the stile ahead continuing over the field until you come to the A59. Cross the busy A59 to the Cross Keys public house where you will have reached **B**.

On leaving the Cross Keys continue west on the A59 for a few metres until at the edge of the green. Here you will see a gravel footpath running up behind the trees. Follow this path keeping you away from the busy road until you reach the wider gravel track. Turn right and continue to walk away from East Marton through lovely rolling countryside for several kilometres. You pass the impressive Ingthorpe Grange heading north west until you bear right alongside Stainton House farm and climb to the quiet lane which takes you past Stainton Hall. At the junction not far ahead, turn left and follow the hawthorn hedge on your right. At the end of the hedge you have reached **C**. Turn right through a gate and follow the gravel track slightly uphill.

After some distance, where the public footpath is marked to the left, bear right and go through the farm gate. Continue along this track taking in the all round views of Yorkshire and Lancashire. After a small wood emerge alongside some splendid houses at Stainton Cotes. Beyond the last of the houses descend to a cattle grid and go through a gate on the right and over the stile immediately left. Take a 45° route between the wall on the left and the copse on the right, across the field, then at the brow of the hill you will see a gate in the fence beyond. Go through this and continue through the middle of the field until a gate comes into view. Take in the views from this high point. Through the gate, head for the ruined building which you will skirt to the right. At the far side continue through the field keeping the wall to your left. Follow the electricity cables overhead until you see a gate in the wall, then through the gate follow the track to the left, past the front of the farmhouse and then swing right.

Pass through the gate and head for the stile in the far corner of the field. Once past the copse views open up ahead and the aqueduct carrying the canal over a winding river Aire is where you are heading.



Pennine Way Signpost



The Leeds – Liverpool Canal



Bridge 162

Emerge onto the bridge at **D**. Drop northwards onto the towpath which brings you, after a further 1.7 km, back to the northern edge of Gargrave. Explore the attractive village before returning to the start at **S**.

Refreshment

The Cross Keys
Public House
Skipton Road, East
Marton

Tel: 01282 843485

Bar food and drinks with
outside tables

Masons Arms
Public House
Marton Road, Gargrave
Tel: 01756 749304
Bar Food and drinks.

The Dalesman
Tea Rooms
West Street, Gargrave
Cosy tea rooms



The Dalesman Tea Room

LOCAL INFO

Situated in upper Airedale, **Gargrave** is a picturesque stone-built village four miles North West of Skipton, with the River Aire and the Leeds Liverpool canal running through it.

South of the village, at Kirk Sink, is a Roman villa site, excavated and then recovered in the 1970s. Artefacts from the dig may be seen at Skipton and Cliffe Castle museums.

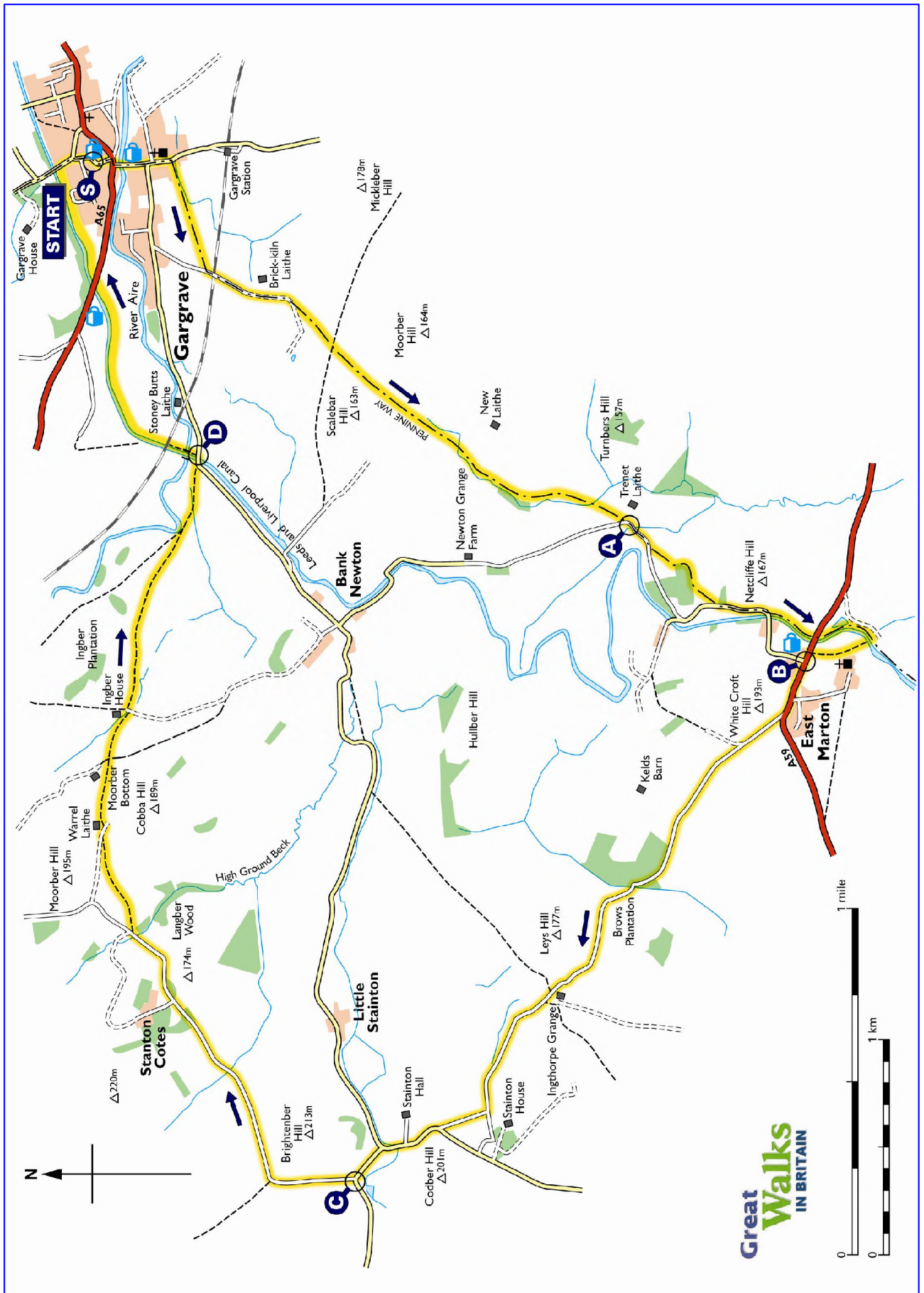
St Andrew's Parish church, contains fragments of Celtic crosses. In 1318 a Scots raid destroyed the original building. Consequently, apart from the 16th century Perpendicular tower, the present church dates from 1852 and has French stained glass windows. Interestingly an ancient church dole, known as the Poor Lands Charity, is still distributed to older residents in December.

Gargrave now plays host to canal pleasure boats which tie up between the many locks. Not too long ago the cotton industry thrived in the village until 1932, with two of the mills now in residential use.

The village once had a saw mill driven by a water wheel which has now been restored but is not actually in use. Near the site of this mill is an interesting arrangement of viaducts - the canal goes over the river, the road goes over the canal and the railway goes over the road.

**GARGRAVE AND PART OF
THE PENNINE WAY
G.P.S. WAYPOINTS**

WAYPOINT NAME	MAP REF	CO-ORDINATES		ELEVATION: Metres
GAR S	S	SD	93169 54293	111
GAR A	A	SD	91394 51638	131
GAR B	B	SD	90859 50933	159
GAR C	C	SD	88393 53033	169
GAR D	D	SD	91814 53758	119



MAP LEGEND					
	Great Walks route		Church with tower		Spot height - metres
	M6 Motorway		Church with spire		Information centre
	A23 Main road		Other place of worship		Parking
	B2116 Secondary road		Cathedral / Abbey		Public convenience
	Minor road		Building		Public house
	Other road		Built up area		Picnic site
	Track		Woodland		Camp site
	Footpath		Sand, shingle or mud		Major tourist feature
	Bridleway		Water feature		Other tourist feature
	National trail				
	Railway				

Safety First

Safety should always be your first priority in planning and undertaking a walk, whether on your own or leading a group. Please read these Safety First and Walking Our Routes notes.

Lead a group of other walkers only if you have leadership and navigational experience adequate for the 'worst case' conditions which may be encountered on the particular walk, bearing in mind the terrain, possible weather and navigational demands.

Weigh up the capabilities of your party, in terms of fitness and walking speed. Adjust your time expectations accordingly.

Ensure all your party are adequately clothed for the weather and conditions. Footwear is particularly important. Clothing must protect against cold, wet or strong sun according to the time of year.

Emergencies are quite rare, but it is essential to think ahead about what to do if someone in your party sustains an injury. Will you have a First Aid kit? Is there a qualified First Aider in the party? How could help be summoned in a serious eventuality?

Refreshment, particularly water, can be vital. Dehydration in hot summer conditions can be rapid, and frequent intake of fluids is essential.

On tougher walks it is a good idea to tell someone where you are planning to go – and when you expect to be back. Remember - mobile phones often lose reception in mountainous or isolated areas.

All our walks use legitimate routes: Public Rights of Way, Public Footpaths, Bridleways, Permissive Paths, Access Land, Byways and Roads.

Road walking calls for particular care. When there is no defined footpath or verge wide enough for safe walking it is usually best to walk on the right – facing oncoming traffic. An exception may be a tight bend, where walkers would be more visible on the left.

Occasionally you may find a public footpath blocked or unuseable. It is perfectly in order to take the shortest available diversion without damaging crops, perhaps around a field margin.

It is courteous to close gates after passing through, sometimes even if the gate was open when you arrived – particularly if it is obvious livestock may escape.

Mutual respect for farm animals is to be encouraged! Don't frighten or annoy them, but equally don't put your party members in danger or discomfort. You certainly wouldn't be the first walkers to go round the outside of a field of frisky bullocks.

Dogs should always be kept on a lead anywhere near farm animals, and under close supervision elsewhere in the countryside.

Walking Our Routes

Our walks are designed to be negotiated using the route directions in conjunction with the map section provided. We suggest walkers also take the Ordnance Survey Explorer or Outdoor Leisure map recommended for each walk.

On mountain, moorland and open heathland walks it is **ESSENTIAL** to have navigational expertise and tools, including the recommended Ordnance Survey map(s).

Take care to observe any cautions in the route description; exposed paths, areas liable to flooding etc.

Consider conditions before setting off. Will heavy rain have made a water meadow impassable? Will frost or snow make a path slippery?

When navigating the route look for clues to confirm you are in the right place. Are map features where you would expect on the ground? Are features mentioned in the text where expected? If you suspect you may have taken a wrong turn, take action sooner rather than later. It is better to re-trace to a known point rather than carry on regardless with the possibility of becoming increasingly confused.

All our routes are carefully checked before publication, but features can change on the ground – sometimes surprisingly quickly. Footpaths may be re-routed, buildings can appear or change significantly and these days pub names seem to change frequently.

The approximate time given for each walk is based on an average walking speed of 2.5 miles per hour (4 km/hour), plus an allowance for ascent, descent and any difficult terrain.

Total ascent is the approximate total ascent over the whole walk.

GPS users can enter in the waypoints provided in each of our walk reports. It is important to read our guide **Introducing GPS for Walkers**, available as a PDF file from the Great Walks in Britain web site.

Remember that GPS is a great navigational tool, but only one of those available to the navigator. Never dispense with conventional map and compass – and the training and skills to use them, especially on mountain, moorland or open heathland walks.

TOUGHNESS RATINGS

Most of our **Yorkshire Dales** routes can be undertaken by reasonably fit walkers able to utilise the map segments and our recommended Ordnance Survey maps, together with the route guidance notes.

The toughest walks should be undertaken or led only by experienced mountain walkers with navigational expertise. Always consider recent and forecast weather.

Each walk has been allocated a **Toughness Rating**:

1. Easier walks with modest ascent and generally on well defined paths. There may be stiles or narrow gateways to negotiate.
2. Routes which are more demanding. They may include more ascent and possibly paths which are looser or more difficult underfoot.
3. More strenuous walks. There may be prolonged steep ascents, and perhaps several ascents over the whole walk. Conditions may be challenging underfoot.
4. The toughest walks, requiring considerable fitness and navigational experience. There may be prolonged steep ascents. The ability to navigate by compass may be essential.

Toughness Ratings are allocated in the context of the terrain in the edition area. For example a walk rated as demanding in Cambridgeshire may be equivalent to an easier or moderate route in the Yorkshire Dales..