



Walking Holidays in Britain's most Beautiful Landscapes

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The Dales High Way

The Dales High Way is a hillwalkers paradise. Stretching 94 miles from Saltaire in West Yorkshire to Appleby in Cumbria, the High Way, as the name suggests, follows the glorious high ground over the West Yorkshire Moors, the Dales limestone country, and the Howgill Fells.

The route begins in the village of Saltaire, a UNESCO World Heritage Site. In the mid-19th century, on the banks of the River Aire, textile manufacturer Sir Titus Salt built not only his woolen mill, but also a village; with houses for his workers, and bath houses, a hospital, an institute for recreation and education, a school for the workers children and even a concert hall. Saltaire is a fascinating place worthy of thorough exploration.

The High Way itself could be described as having three quite differing landscapes. The first of these being the peaty, heather-clad moors that continue pretty much to fringes of Malhamdale. Your introduction to these is Rombalds Moor, a collective name for a number of local moors named according to the nearest town, such as Burley, Bingley and most famous of them all, Ilkley Moor.

On reaching Malhamdale you enter classic Dales limestone country, where there is almost as much going on beneath the ground as there is above it. Few places demand an additional day as much as Malham does. A day exploring Janet's Foss, Gordale Scar and Malham Tarn is a day well spent. The Dales also offers up some of the most challenging terrain on the High Way, including the crossing of the mighty Ingleborough and the temptation of climbing Yorkshire's highest peak, Whernside.

The final phase of the walk involves a traverse of the entire Howgill range in a tremendous six mile ridge walk. The imposing Howgills are a series of steep sided, round topped, grassy hills that fold smoothly into one another. The reward for your efforts are far reaching views taking in the likes of the Mallerstang-Garsdale Fells, the Yorkshire Three Peaks, the Lakeland Fells and the North Pennines. Once off the tops all that remains is a celebratory walk through the beautiful Cumbrian countryside, and with the hard work behind you, a chance to reflect on all that you've achieved and enjoyed on the incredible Dales High Way.



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Summary

Why do this walk?

- Explore the village of Saltaire, a designated UNESCO World Heritage Site.
- Discover standing stones, prehistoric rock carvings and a Bronze Age stone circle on Ilkley Moor.
- Walk through classic Yorkshire Dales limestone country.
- Take the opportunity to explore Malhamdale - Janet's Foss, Gordale Scar and Malham Cove.
- Walk over Ingleborough, one of the magnificent Yorkshire Three peaks.
- Delight in the Yorkshire Dales luscious green meadows with their silver stone barns.
- Make an optional ascent of Whernside, Yorkshire's highest mountain.
- Traverse the entire length of the Howgill Fells in a tremendous six mile ridge walk.
- Return to the start on the iconic Settle to Carlisle railway line.

Essential info

Length	5 - 10 nights
Full Route Length	94 miles / 151 km
Shortest Break	38 miles / 61 km

Grade

Moderate to Challenging



Whilst remaining hugely rewarding and thoroughly enjoyable, many would consider the Dales High Way to be a challenging walk at times. Even on the longer itineraries, there are still some fairly lengthy days over high ground. Throughout the course of the walk you will cross remote moors, climb Yorkshire's second highest peak and traverse the entire length of the Howgill Fells in a day.

Terrain: A combination of open moorland, limestone pavement, prominent hills and valley floors.

What's it like underfoot? The moorlands from Saltaire to Skipton are a mix of millstone grit, peat and heather which in dry weather allows for pretty good going with hopefully only a few awkward wet patches to navigate. Naturally in wet weather, progress will be slower. In the Dales, limestone pavement and grassland make up most of the ground. Around Ingleborough and Whernside the paths can be a little worn and particularly rocky in places, however there are some fairly lengthy slabbed sections which are easy to

walk upon. The steep sided and round topped Howgills are in the main covered by dry rough grass making the going easy.

How Much Up & Down? Quite a lot. Although the moorland is undulating rather than hilly when on it, there is still the ascent and descent at either end to take into consideration. There is significant up and down throughout the Dales and of course there is the crossing of Ingleborough which stands at 723m/2372ft as well as walking the flanks of Whernside. There is steep ground getting both on and off the Howgills and at their highest point reach 676m/2217ft.

Signposting: There are distinctive Dales High Way markers along the route. Don't confuse these with markers for the Dales Way. There may also be markers for other routes such as the Coast to Coast.

Navigation: On paper it should be really straightforward. The guidebook is incredibly detailed with very useful advisory notes and we supply 1:25k Ordnance Survey maps clearly showing the route. As a note of caution there are a number of other routes crossing paths with the Dales High Way and at times sharing paths. Take time to ensure you are following the correct markers. Refer to



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your guidebook and map at regular intervals, especially during poor weather. Moorland can quickly become bleak and featureless in low cloud.

Weather: Fingers crossed you will experience dry, warm weather throughout your holiday and enjoy dry paths and tremendous views, but you must be prepared because the weather can change quickly, especially on moorland and over high ground. Good clothing, comfortable footwear and reliable waterproofs are essential. It is important you carry plenty of water on warm days. Pack your floppy hat and sun cream also!

Route

Saltaire to Skipton

The opening stretch of the Dales High Way is dominated by the heather clad Rombalds Moor. This is actually a collective name for several local moors commonly named according to the nearest town or village, such as Burley, Bingley and most famous of all, Ilkley Moor. This is a fascinating landscape, not least of all for its standing stones,

prehistoric rock carvings and Bronze Age stone circle known as The Twelve Apostles. If leaving the main trail to spend the evening in Ilkley, take time to explore the huge Cow and Calf rock formation.

In all but poor weather the walking here is delightful as you make your way across a terrain of millstone grit, peat and heather. If you're unfortunate enough to encounter poor weather, refer to your map and guidebook regularly as distinctive features are few here in low cloud.

Beyond the village of Addingham the Way joins the Roman Road before climbing to Skipton Moor where you are rewarded with stunning views over the town.

Skipton to Settle

This section of the High Way begins with another stretch of moorland as you make your way over Sharp Haw, the distinctive summit of Flasby Fell, before some very pleasant riverside walking leads to the village of Hetton. Further moorland walking follows, passing Winterburn Reservoir and across Hetton Common towards the stunning panoramic viewpoint of Weets Top, and the start of a

spectacular change in the landscape.

From Weets Top the majesty of the Yorkshire Dales is laid out before you. The high peaks, among them the mighty Ingleborough, limestone pavements, the scars, the dry valleys and the impressive dry stone walls that divide the luscious green meadows with their neat little barns.

If you have the time to factor in an additional day at Malham, then Janet's Foss, Gordale Scar, Watlowes dry valley and Malham Cove are all worthy of thorough exploration.

Leaving Malhamdale behind, the High Way climbs between Kirkby Fell and Grizedales to pass beneath the impressive Attermire Scar before dropping into the charming town of Settle.

Settle to Chapel-le-Dale

From Settle the High Way follows the River Ribble as far as the 14th century packhorse bridge at Little Stainforth. Having enjoyed a pleasant riverside walk and the delights of Stainforth Force, this is where the hard work is about to begin, as what comes next is a crossing of the



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imposing Ingleborough. It is however worth noting that your guidebook offers an alternative route circumnavigating Ingleborough in case of poor weather.

The climb up Ingleborough through a series of dramatic broad limestone terraces is hugely rewarding. Look back for fine views of Pen-y-ghent, which along with Ingleborough and the soon to be discovered Whernside, makes up the iconic Yorkshire Three Peaks.

The views in all directions from Ingleborough's vast rocky summit are absolutely superb. A metal disk on the central shelter identifies all the peaks in view.

The descent from Ingleborough to Chapel-le-Dale is fairly steep, but thankfully brief. It's reassuring to know, again in case of poor weather, that there is a more gentle, albeit much longer alternative route off via Ribblesdale.

Chapel-le-Dale to Sedbergh

Providing temptation doesn't get in the way, then an ancient packhorse route, the Craven Way, leads all the way to Dent. The potential temptation comes less than two miles into the walk at Brunts car, where there is the option to break from the High Way and climb Yorkshire's highest peak, Whernside. Those that do will be rewarded with stunning panoramic

views before descending the ridge to neatly rejoin the Way, having shortened the day by about a mile, but no doubt expelled a bit of energy in the process.

Otherwise it's a less strenuous walk to Winterscales with wonderful views of the massively impressive Ribblesdale Viaduct. The viaduct, spanning a quarter of a mile, boasting 24 magnificent arches and towering 104 feet above the ground is probably the most photographed landmark on the Dales High Way.

Once around Whernside's northern flank, one the greenest and loveliest of the Yorkshire Dales, Dentdale, opens out below in all its splendour.

Passing through Dent's narrow cobbled streets the Dales Way is joined for a time along the riverbank before the High Way breaks off to climb over Frostraw with the reward of lovely views of the Howgills. The day ends by dropping into the picturesque village of Sedbergh.

Sedbergh to Ravenstonedale

The High Way now traverses the entire length of the Howgill Fells in a tremendous six mile ridge walk. The views from the tops are simply superb. Scanning clockwise; to the east is the Mallerstang-Garsdale range of Baugh, Swarth and Wild Boar Fells, to the south-east lie the aforementioned Yorkshire Three Peaks, to

the west you see the rugged outline of the Lakeland Fells and finally to the north are the Orton Fells and beyond them the North Pennines, most notably Cross Fell and Great Dun Fell.

The Howgills stand apart from the rugged Lakeland fells and the peaty Pennine hills not only in location, but in character too. The Howgills are a series of steep sided, round topped, grassy hills that fold smoothly into one another. Just one note of caution, the Howgills are open, with no walls to follow nor stiles to cross and in poor weather one top can look much the same as the others, so if the cloud is low, do take time to refer to your map and guidebook at regular intervals to ensure you remain on track.

Coming off the Howgills the Dales High Way heads into the small village of Newbiggin-on-Lune where the official route then turns for Ravenstonedale Moor. However, as there is nowhere to source an evening meal in the village itself we extend our walk by a mile and a quarter into Ravenstonedale where evening meals are available. Your guidebook details a cycle/walk way avoiding the busy road.

Ravenstonedale to Appleby

The final section of the Dales High Way has a celebratory feel to it. With the big climbs over with it's time to take things a



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little easier and enjoy the Cumbrian countryside.

Having retraced your steps to Newbiggin-on-Lune the High Way heads over Ravenstonedale Moor to reach the remote Sunbiggin Tarn, a Site of Special Scientific Interest, and an important location for both migrating and resident birds.

Next comes a pleasant surprise. The limestone pavement, last seen in the Yorkshire Dales reappears in the form of Great Asby Scar, one of the country's finest limestone pavements outside of the Ingleborough area. The views from here are superb with the Eden valley opening out ahead, watched over by the towering northern Pennines.

The Pennine view remains constant as you pass through Great Asby and alongside the delightful Rutter Force. The final few miles are through lush green farmland alongside Hoff Beck to the attractive market town of Appleby.



Additional days

Saltaire

Built by Sir Titus Salt, the village of Saltaire takes its name from a combination of the founder's surname and the name of the river by which it stands. Sir Titus Salt not only built his textile mill here, but also houses for his workers, bath houses, a hospital, an institute for recreation and education, a school for the workers children and even a concert hall.

Salts Mill, which opened in 1853, is now a place of art, dining and shopping. In the village itself there are a variety of shops, a choice of places to eat, incredible architecture on view and a lovely park to enjoy.

Saltaire was designated a World Heritage Site by UNESCO in 2001.

Skipton

With its beautiful and well preserved medieval castles, cobbled streets and its location on the southern edge of the Yorkshire Dales National Park, Skipton is a nice place to spend an extra day. It is a friendly small town with a market four days a week, you can explore the castle or take a boat trip on the canal.

Settle

Surrounded by stunning countryside and iconic landmarks, the charming town of Settle is well worth a day of discovery. It's an ideal base for all sorts of adventures from cave exploration and abseiling to road cycling and mountain biking. There's a fabulous selection of friendly independent shops and when it comes to eating there are plenty of places offering delicious food for all tastes and budgets.



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Getting There and Away

General travel information for the Dales High Way will be in your holiday pack. Detailed instructions on getting to your first night's accommodation by car, or on foot from the nearest train or bus station, will also be included in the holiday pack on individual accommodation maps.

To view train times please visit trainline.com where you can also purchase tickets in advance. For information on bus timetables please visit traveline.org

Getting to Saltaire / Shipley:

By Air: The nearest International Airports to the trail are Leeds Bradford Airport and Manchester. Shuttlebus services run between Leeds Bradford Airport and both Leeds Railway Station and Bradford Forster Square Station. Trains run direct between both stations and Saltaire.

If travelling via Manchester Airport, there is a railway station at the Airport with hourly trains to Saltaire via Leeds.

By Public Transport: Saltaire Railway Station is located on the Settle to Carlisle Line with connections at Carlisle to the West Coast Main Line between Glasgow and London Euston. Despite its name, the line actually continues southwards from Settle to terminate at Leeds where it

connects with the East Coast Main Line between Edinburgh and London Kings Cross.

By Road: Saltaire is located on the A657, 4 miles north of Bradford and 12 miles east of Leeds.

From the M62, leave at Junction 26 and follow the M606 and A6177 bypassing Bradford centre before taking the A650 and following signs for Saltaire.

From the A1(M), leave at junction 46 and follow signs for the A659 towards Pool in Wharfedale before taking the A660 and following signs for Shipley and Saltaire.

Returning from Appleby:

By Public Transport: Appleby Railway Station is located on the Settle to Carlisle Line with connections at Carlisle to the West Coast Main Line between Glasgow and London Euston. Despite its name, the line actually continues southwards from Settle to terminate at Leeds where it connects with the East Coast Main Line between Edinburgh and London Kings Cross.

By Road: Appleby-in-Westmorland is located just off the A66. From the M6, leave at Junction 40 (Penrith) and follow signs for the A66 Scotch Corner and Appleby (heading eastwards).

How our holidays work

We specialise in self guided walks because we think it's the best way to really experience local landscapes, cultures & history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all your accommodation, move your luggage between overnight stops, provide you with maps and guidebooks, and all the details you need for a successful holiday. You just turn up and walk!

Inbuilt flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please!

You can start on any day you like. We can arrange extra nights at any of the overnight stops, allowing for rest days or giving you more time to explore the locality. Or you can book part of a walk if you don't have the time to complete the entire distance.



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How to Book

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure and either post or email it to us. We will get in touch with you shortly afterwards to confirm your holiday details.

Alternatively you can book on our website mickledore.co.uk, or telephone us in office hours.

Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We make a special effort to find the hidden gems, as well as keeping a close eye on the quality of the more mainstream accommodation.

As well as visiting the accommodation ourselves, we ask all our customers to complete a short evaluation on each night's accommodation, which then gives us an insight into the day-to-day operation, and lets us spot any potential issues before they become a problem.

The Dales high Way includes a great variety of accommodation, including small country hotels, guest houses, bed and breakfasts, farm house accommodation, and Victorian town houses. In selecting the accommodation

we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. Occasionally we may use a chain hotel.

Single Rooms

We are happy to book single rooms on this walk at a supplement, but can't normally book more than two single rooms for any one group.

What We Provide

All Holidays

Accommodation Overnight Bed and Breakfast accommodation in selected hotels, farmhouses, village inns, guest houses and family B&Bs. Full English or Continental breakfast.

Guidebook A guidebook with route information, maps, photos and background information.

Information of Services Along the Route

A comprehensive Service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafes and taxis.

Maps 3 Ordnance Survey Explorer (1:25000) maps covering the route.

Personal Itinerary A personal itinerary setting out each overnight stop, including large scale maps of each accommodation, to ensure you find it easily.

Emergency Telephone Support If you get in to difficulties during your holiday, we are always available to help, even out of office hours.

Options

Luggage Transport We will transfer your luggage between each overnight stop – leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry a small day sack with the clothes and provisions you require during the day's walk. We ask you to limit your luggage to one bag per person, up to 18kg.

Packed Lunches Provided for each day's walking and recommended on this holiday as there will not always be a handy shop or cafe on the route.

Off Road Parking If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this).

Arrangement of return transport We can also arrange your transfer back to your car, (or advise you when public transport is a better option).



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What's not Included

Evening Meals Your evening meal isn't included in the package, but we include full details and recommendations for each evening meal in your itinerary. You will normally be within walking distance of a pub and/ or restaurant, or where there is good food available at the accommodation, we'll book that for you. Allow about £30.00 per night.

Transport to the Start & Away from the Finish

Taxi or Bus transport if you need to miss a stage (but we'll help you organise it if you need help)

Travel Insurance Even if you are based in the UK travel insurance is worth having.

Prices

Detailed prices for all our holidays are available on the website mickledore.co.uk.

About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really matters to us that you have a

good holiday. We are still a small business, with a lot of local knowledge, and personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to pick up the phone or drop us an email, or call in and see us if you're in Keswick.

We specialise in UK holidays, and by concentrating on what we consider the best routes, we get to know the trails, accommodation, and local area intimately.

- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.
- We have 15 years experience, and very high levels of customer satisfaction.
- Peace of mind – help is only ever a telephone call away.
- We are all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.

Book With Confidence

Financial Protection

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and have arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully compliant with the Package Travel Regulations and provides 100% financial protection.

AITO Quality Statement

Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at www.aito.com. Visit the website to find out more about the Association or call 020 8744 9280.



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Client Feedback

We're proud of our reputation for quality holidays. There are plenty of customer reviews on our Website but here's a couple of comments to give you a flavour:

Greetings from Canada, we send our special thank you for all your hard work in putting together our 'Coast to Coast' trip. The trekking was hard but our B&B's were very nice. We met a lot of wonderful people along the way and had much fun in the pubs.

Waldemar Sambor, North Vancouver Canada.

Dear All, thank you so much for a wonderfully organised holiday. Everything was superb. The attention to detail was brilliant and made a long hard walk so much more enjoyable. Thank you. Would you use Mickledore again? Yes, and I'll recommend you to anyone. Brilliant service. Thank you.

Helen Finlay, Hampshire UK

Every arrangement made by Mickledore went smoothly. The hosts and accommodations were extremely well-

vettied. We also felt we chose the right tour in terms of distance, the route, and the number of days (including the rest day which we used to much advantage, being able to take our time at Vindolanda). We found the hike challenging, but not overwhelming and we will highly recommend Mickledore to anyone who considers such tours.

Michael Pesch, Minnesota USA

All arrangements and planning responses were handled effectively and efficiently. Accommodation and baggage transfer all excellent and all went to plan. Very useful information provided about places to eat and where shops etc were located. Thanks for a great holiday we really enjoyed it.

Andrew & Christine Snell, Wiltshire UK

Holidays have been great adventures and experiences. That is underpinned by the confidence we have in the structure that Mickledore have in place for the trip. Everything/ everyone proved reliable.

Mrs Palmer, Kent

The holiday was well organised and everything ran smoothly. Having met other walkers on the trail either "going it

alone" or using other tour operators I think Mickledore seems better in comparison especially on accommodation and taxi transfers. Keep up the good work.

Wendy Hulse, Cheshire UK



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Dales High Way

We offer 3 itineraries walking the whole of the Dales High Way. Our 6 day walk starts with 2 really quite challenging 19 mile days, much of it over moorland, before things begin to ease off a little. Our 8 day walk is generally a more comfortable affair, however the 16 miles from Chapel-le-Dale to Sedbergh will still ask questions of some walkers stamina, but this stretch can be split by choosing our 9 day option. The final 14 miles of the walk is over relatively easy ground in comparison to what's gone before.

Saltaire to Appleby in 6 Days Walking Code: DH7				Saltaire to Appleby in 8 Days Walking Code: DH9			Saltaire to Appleby in 9 Days Walking Code: DH10		
		M	km		M	km		M	km
Day 1	Travel to Saltaire for your first night of accommodation			Travel to Saltaire for your first night of accommodation			Travel to Saltaire for your first night of accommodation		
Day 2	Saltaire to Skipton	19	31	Saltaire to Ilkley	8	13	Saltaire to Ilkley	8	13
Day 3	Skipton to Settle	19	31	Ilkley to Skipton	11	18	Ilkley to Skipton	11	18
Day 4	Settle to Chapel-le-Dale	14	23	Skipton to Malham	12	19	Skipton to Malham	12	19
Day 5	Chapel-le-Dale to Sedbergh	16	26	Malham to Stainforth then transfer to Settle	10	16	Malham to Stainforth then transfer to Settle	10	16
Day 6	Sedbergh to Ravenstonedale	12	19	Transfer back to Stainforth then walk to Chapel-le-Dale	11	18	Transfer back to Stainforth then walk to Chapel-le-Dale	11	18
Day 7	Ravenstonedale to Appleby	14	23	Chapel-le-Dale to Sedbergh	16	26	Chapel-le-Dale to Dent	10	16
Day 8	Depart from Appleby after breakfast			Sedbergh to Ravenstonedale	12	19	Dent to Sedbegh	6	10
Day 9				Ravenstonedale to Appleby	14	23	Sedbergh to Ravenstonedale	12	19
Day 10				Depart from Appleby after breakfast			Ravenstonedale to Appleby	14	23
Day 11							Depart from Appleby after breakfast		



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Dales High Way: Ilkley Moor and Malhamdale

Dales High Way: Ingleborough and the Howgills

Saltaire to Settle in 4 Days Walking Code: DHM5			
		miles	Km
Day 1	Travel to Saltaire for your first night of accommodation		
Day 2	Saltaire to Ilkley	8	13
Day 3	Ilkley to Skipton	11	18
Day 4	Skipton to Malham	12	19
Day 5	Malham to Settle	7	11
Day 6	Depart from Settle after breakfast		

Settle to Appleby in 4 Days Walking Code: DHH5			
		miles	Km
Day 1	Travel to Settle for your first night of accommodation		
Day 2	Settle to Chapel-le-Dale	14	23
Day 3	Chapel-le-Dale to Sedbergh	16	26
Day 4	Sedbergh to Ravenstonedale	12	19
Day 5	Ravenstonedale to Appleby	14	23
Day 6	Depart from Appleby after breakfast		



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Booking Form

Contact Details

Address

Mobile Telephone..... Landline telephone.....

Email..... Emergency Contact no

Your Holiday

Holiday Code..... Holiday Name.....

Date of First Night..... Date of Last Night.....

Party Members

Title	First Name	Last Name	Date of Birth

Options		Rooms Required		Rest Days (give date & location)
Luggage Transport	Y/N	No. Double Rooms	<input type="text"/>	
Packed Lunches	Y/N	No. Twin Rooms	<input type="text"/>	
Off Street Parking	Y/N	No. Single Occupancy Rooms	<input type="text"/>	
Return Transfer required (additional charge)	Y/N			

Comments (special diets, other requirements etc):

Upon receipt of your booking form Mickledore will send by email a confirmation with the full price and 20% deposit cost required. You can pay by card or cheque (GBP only for cheque).

How did you hear about Mickledore Travel?



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