

INTRODUCTION

Evolution of the landscape
Geological history
Human settlement
Industry and enterprise
Farming in the Dales
Plants and wildlife
The Southern and Western Dales
The Yorkshire Dales National Park
Practicalities
Navigation and maps
Careful planning
Clothing and footwear
Food and drink
Taking your car
Leaving your car behind
Using this guide

1 LOWER WHARFEDALE AND BARDEN MOOR

Walk 1 Bolton Abbey
Walk 2 Barden Moor
Walk 3 Simon's Seat
Walk 4 Burnsall and Trollers Gill
Walk 5 Grassington and Grass Wood
Walk 6 Conistone

2 UPPER WHARFEDALE

Walk 7 Great Whernside
Walk 8 Kettlewell and Arncliffe
Walk 9 Buckden Pike
Walk 10 Old Cote Moor Top from Buckden
Walk 11 Buckden and Yockenthwaite
Walk 12 Horse Head and Langstrothdale
Walk 13 Oughtershaw Side

3 LITTONDALE

Walk 14 Arncliffe and High Cote Moor

Walk 15 Old Cote Moor Top from Arncliffe

Walk 16 Pen-y-ghent Gill from Litton

Walk 17 Litton and the River Skirfare

4 MALHAMDALE

Walk 18 Airedale and Weets Top

Walk 19 Gordale, Malham Tarn and the Cove

Walk 20 Malham Cove and Pikedaw Hill

Walk 21 Mastiles Lane

Walk 22 Fountains Fell

Walk 23 Winterburn Reservoir

Walk 24 Cracoe Fell

5 DENTDALE AND THE WESTERN OUTLIERS

Walk 25 Great Knoutberry Hill

Walk 26 Wold Fell

Walk 27 A Walk into Deepdale

Walk 28 Great Coum

Walk 29 Dentdale

Walk 30 Calf Top and Middleton Fell

Walk 31 Barbon Low Fell

Walk 32 Gragareth and Great Coum

6 AROUND RIBBLESDALE

Walk 33 Attermire Scar and Victoria Cave

Walk 34 Langcliffe and Catrigg Force

Walk 35 Plover Hill and Pen-y-ghent

Walk 36 Upper Ribblesdale along the Ribble Way

Walk 37 Ingleborough from Ribblehead

Walk 38 Whernside from Ribblehead

Walk 39 Gayle Moor and the Source of the Ribble

Walk 40 Clapham and the Norber Boulders

Walk 41 Ingleborough from Clapham

Walk 42 Ingleton Falls

Walk 43 Kingsdale

Walk 44 The Yorkshire Three Peaks

Appendix 1 Route summaries and suggestions for longer routes

Appendix 2 Where to find out more