

Trail and Fell Running

in the
Yorkshire Dales





About the Author

Pete Ellwood is an experienced fell runner, running and racing in the hills for over thirty years. He has lived in the north all his life and, since his teenage years, has attempted to spend every possible waking hour on the hills and mountains. Pete holds a long service award for volunteering as a member of a mountain rescue team, and he completed the Munros in 2003. He regularly competes in fell races and mountain marathons in the North of England and Scotland, winning a class of the Saunders Lakeland Mountain Marathon in 2013.

Pete lives on the edge of the Yorkshire Dales with his wife, two boys and a daily view of Ingleborough to keep him company.

Trail and Fell Running

in the
Yorkshire Dales

**40 runs
in the National Park,
including the Three Peaks**

by Pete Ellwood



CICERONE

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Front cover: Superb grassy running along one of the magnificent Howgill ridges (Route 16)

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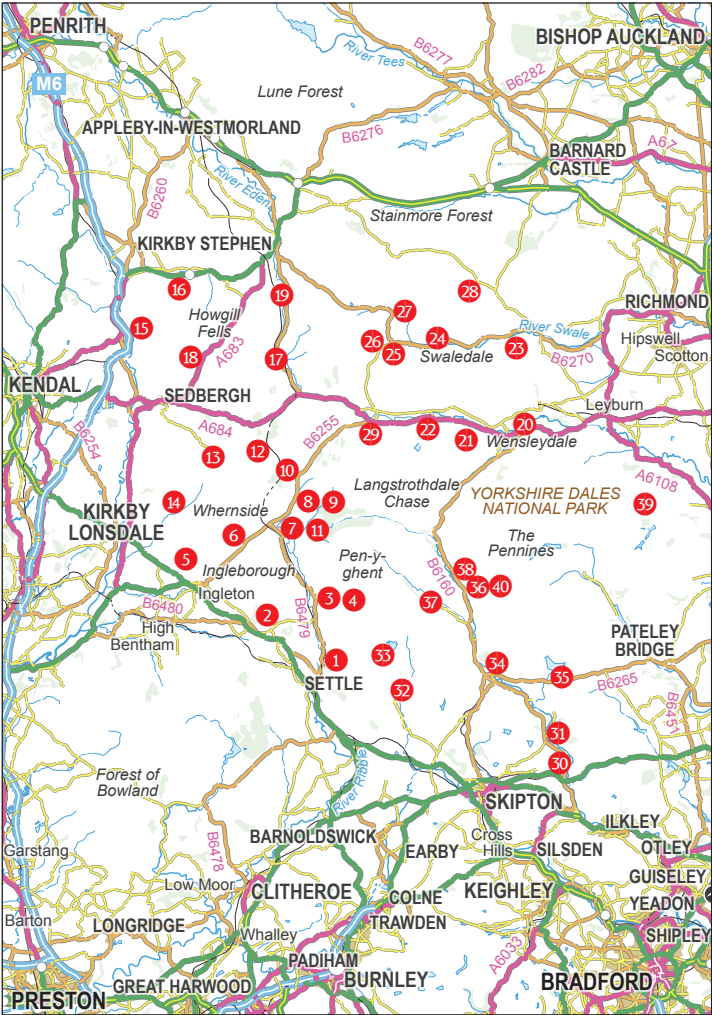
Looking across the clouds from Whernside to Ingleborough (Route 11)



Route symbols on OS map extracts



For OS legend see printed OS maps



Route summary table

No.	Name	Start	Grid Reference	Distance	Ascent	Grade	Time	Page
1	Settle Loop	Settle	SD 830 652	13km (8 miles)	440m (1440ft)	2	2hr	36
2	Crummackdale	Austwick	SD 769 691	12km (7½ miles)	325m (1070ft)	3	2hr	40
3	Pen-y-ghent	Horton in Ribblesdale	SD 807 725	11km (7 miles)	560m (1840ft)	2	2hr	44
4	The Three Peaks	Horton in Ribblesdale	SD 807 725	40km (24¾ miles)	1610m (5280ft)	3	6hr	48
5	Gragareth	Ington	SD 691 756	11.5km (7 miles)	390m (1280ft)	4	2hr	57
6	Ingleborough (from Hill Inn)	Chapel-le-Dale	SD 745 777	8.5km (5¼ miles)	445m (1460ft)	5	1hr 30min	61
7	Ingleborough (via Park Fell)	Ribblehead	SD 765 792	14km (8¾ miles)	545m (1790ft)	3	2hr	65
8	Dodd Fell	Ribblehead	SD 782 802	19.5km (12 miles)	470m (1540ft)	4	3hr	69
9	Cosh	Ribblehead	SD 782 802	27.5km (17 miles)	745m (2450ft)	5	4hr	74
10	Great Knutberry	Stonehouse	SD 790 834	11.6km (7 miles)	525m (1720ft)	4	2hr	80



No.	Name	Start	Grid Reference	Distance	Ascent	Grade	Time	Page
11	Whenside (from Ribbleshead)	Ribbleshead	SD 765 792	13km (8 miles)	715m (2350ft)	3	2hr	84
12	Dent to Ribbleshead	Dent	SD 763 875	14.5km (9 miles)	500m (1640ft)	2	2hr	88
13	Whenside (from Dent)	Dent	SD 703 871	19.5km (12 miles)	655m (2150ft)	3	3hr	93
14	Barbondale	Barbon	SD 656 828	16.5km (10¼ miles)	950m (3120ft)	5	3hr	97
15	Black Force (Howgills)	Sedbergh	SD 624 995	9.5km (6 miles)	555m (1820ft)	5	1hr 30min	102
16	Bowderdale	Ravenstonedale	NY 683 050	20km (12½ miles)	1110m (3640ft)	5	3hr 30min	106
17	Wild Boar Fell	Garsdale Head	SD 777 963	16.5km (10¼ miles)	640m (2100ft)	4	2hr 30min	112
18	Cautley Spout	Sedbergh	SD 698 969	17km (10½ miles)	1110m (3640ft)	4	3hr	116
19	Pendragon Castle to Skipton Castle Ultra Leg 1 (Pendragon Castle to Hawes)	Kirkby Stephen	NY 781 025	21.5km (13½ miles)	415m (1360ft)	1	3hr	120
20	Aysgarth	Aysgarth	SE 011 887	18km (11¼ miles)	315m (1030ft)	1	2hr 30min	127



No.	Name	Start	Grid Reference	Distance	Ascent	Grade	Time	Page
21	Thornton Rust	Thornton Rust	SD 972 888	15km (9½ miles)	410m (1350ft)	2	2hr	132
22	Bainbridge	Bainbridge	SD 933 901	22.5km (14 miles)	840m (2760ft)	3	3hr 30min	136
23	Maiden Castle (Reeth)	Reeth	SE 020 982	18.5km (11½ miles)	740m (2430ft)	2	2hr 30min	141
24	Gunnerside Gill	Gunnerside	SD 950 982	15km (9¼ miles)	575m (1890ft)	4	2hr 30min	146
25	Muker	Muker	SD 910 978	9km (5½ miles)	400m (1310ft)	3	1hr 30min	150
26	Great Shunner Fell	Thwaite	SD 889 983	13km (8 miles)	630m (2070ft)	2	2hr	154
27	Tan Hill (from Keld)	Keld	NY 893 012	17.5km (10¾ miles)	540m (1770ft)	4	2hr 30min	158
28	Arkengarthdale	Whaw	NY 981 042	26.5km (16½ miles)	540m (1770ft)	5	3hr 30min	163
29	Pendragon Castle to Skipton Castle Ultra Leg 2 (Hawes to Kettlewell)	Hawes	SD 867 897	33km (20 miles)	1115m (3660ft)	2	4hr 30min	169
30	Bolton Abbey	Bolton Abbey	SE 071 539	12km (7½ miles)	220m (720ft)	2	1hr 30min	177



No.	Name	Start	Grid Reference	Distance	Ascent	Grade	Time	Page
31	Simon's Seat	Bolton Abbey	SE 052 574	13.5km (11 miles)	460m (1510ft)	2	2hr	181
32	Malham Cove and Gordale Scar	Malham	SD 900 627	11.5km (7 miles)	220m (720ft)	3	1hr 30min	185
33	Mastiles Lane	Malham	SD 894 658	25.5km (16 miles)	640m (2100ft)	1	3hr 30min	189
34	Grass Wood and Conistone Dib	Grassington	SE 002 636	13km (8 miles)	320m (1050ft)	1	2hr	194
35	Trollers Gill	Grassington	SE 063 639	17km (10½ miles)	385m (1260ft)	3	2hr 30min	198
36	Great Whenside (from Kettlewell)	Kettlewell	SD 968 723	12.5km (7¾ miles)	595m (1950ft)	3	2hr	203
37	Fountains Fell	Arncliffe	SD 930 719	25.5km (16 miles)	630m (2070ft)	2	3hr 30min	207
38	Buckden Pike	Starbottle	SD 953 746	13km (8 miles)	555m (1820ft)	3	2hr	214
39	Masham Moor	Masham	SE 153 809	19.5km (12 miles)	525m (1720ft)	4	3hr	218
40	Pendragon Castle to Skipton Castle Ultra Leg 3 (Kettlewell to Skipton)	Kettlewell	SD 968 723	30.5km (19 miles)	730m (2400ft)	2	4hr 30min	223



Descending the grassy slopes of Arant Haw (Route 18)



Good running on the Pennine Bridleway descent from Dodd Fell (Route 8)
(photo: Andy Ward)



Introduction

Running is one of the most popular sports in the world, which is a reflection of its inherent simplicity and ease of participation. Running in the hills and mountains can provide us with some of our best running experiences. The benefits, motivations and incentives of running, of which there are many, include the following:

Enjoyment

Being out in the countryside in the fresh air, enjoying gorgeous views and having memorable experiences, provides an escape from the more mundane aspects of the day job and family life, and allows runners a moment to themselves, for their own enjoyment and wellbeing.

Fitness

Running burns calories, makes the lungs and heart stronger and releases chemical endorphins that provide the feel-good factor. Plenty of good

research demonstrates the positive health benefits of regular exercise. Running on paths and tracks reduces the repetitive stresses and strains on the body compared with running on roads. Each footstep is planted differently; your eyes and brain must coordinate their responses to negotiate the terrain ahead. Running also strengthens mental resilience and can clear the mind, allowing you to focus on the challenges ahead. When the weather takes a turn for the worse, the mental toughness needed to complete a long day out in the hills is immense.

Competition

Fell running offers different types of races: big and small, short or long, take your pick. Other events include challenges where completion is the name of the game.

Fell racing is an excellent way to discover the Dales, and the variety of races available mean that you can race for just a couple of miles or for over



The long descent from Great Coum to Barbondale (Route 14)



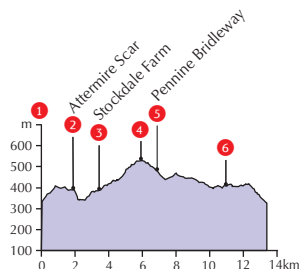
Route 1

Settle Loop

Start/finish	Roadside lay-by, just off the Malham Tarn to Settle road: SD 830 652
Distance	13km (8 miles)
Ascent	440m (1440ft)
Grade	Level 2
Time	2hr
Terrain	A mixture of grassy paths and stone tracks with a few hundred metres of road
Map	OS Landranger 98: Wensleydale & Upper Wharfedale. OS Explorer OL2: Yorkshire Dales – Southern and Western Areas
Refreshments	A wide variety of shops, including two running/outdoor stores; cafés; and pubs in Settle
Public transport	Bus 580 from Skipton, 581 from Kirkby Lonsdale, 881 from Lancaster. Trains via the Settle–Carlisle railway line

A fast run, with little ascent and descent, around Langcliffe Scar. The run takes in the paths and bridleways between Settle and Malham, following the Settle Loop of the Pennine Bridleway for much of the route. From the start, the route climbs gently and traverses under the limestone outcrop of Attermire Scar. Many small outcrops and caves lie just off the route, and it is worth taking a torch to explore some of them if you have time.

The second section of the route passes above Stockdale Farm before climbing a track east towards Malhamdale, providing good views over Malham Tarn. The final section follows the Pennine Bridleway as it undulates back towards Settle to complete a circuit of Langcliffe Scar.



- 1 Take the track uphill, crossing over the cattle grid. Run ahead to reach a gate after three-quarters of a kilometre. Turn sharp R through the gate and pass through a smaller gate. Follow the path up and along the bottom of Langcliffe and **Attermire Scar**, passing **Victoria Cave**, to reach a second gate. Continue ahead and then descend a rocky path to the footpath junction **2km**.

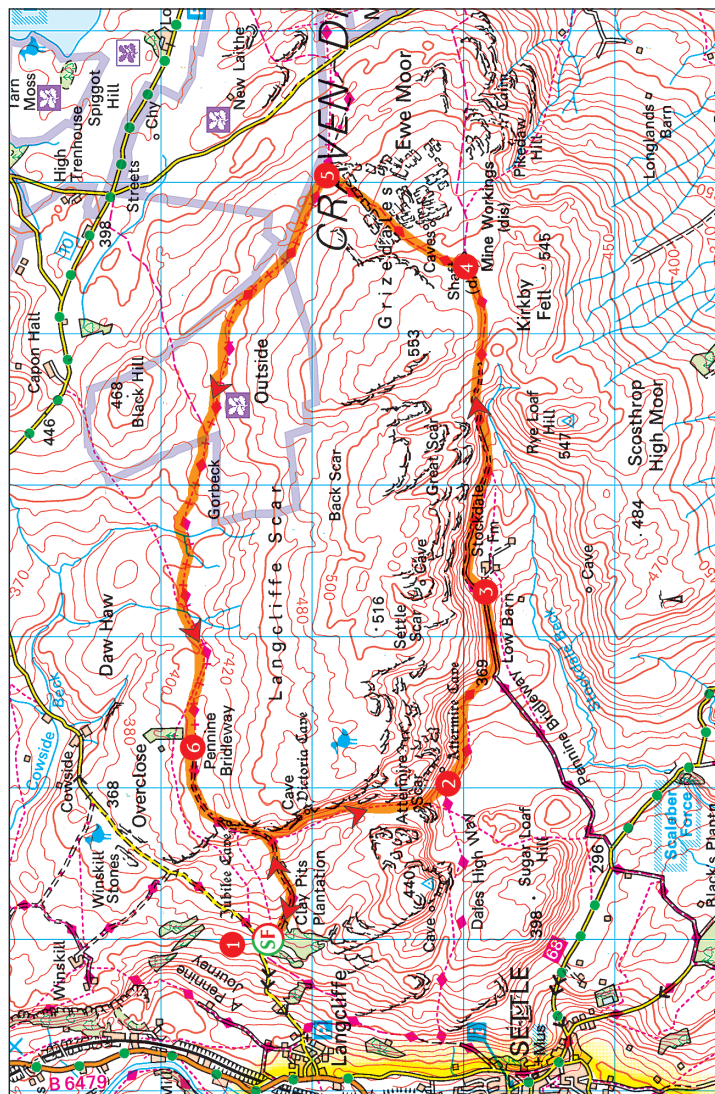
The elephant in the cave

When excavated, Victoria Cave was found to contain the bones of hippopotamuses, elephants and spotted hyenas from 130,000 years ago.

- 2 Turn L along the grassy path, passing through a small fenced area. Follow the grassy path alongside the wall to reach a small farm road. Turn L along the road for a few hundred metres. As the road descends to **Stockdale Farm**, look for the track on the L **3.6km**.
- 3 Turn L through the gate and follow the rocky track up as it climbs the rough limestone plateau between Settle and Malham. As the path levels out, pass through a gate and run ahead to second gate. Continue ahead to a footpath junction **6km**.



The rocky outcrops of Attermire Scar



Last section of the Settle Loop with Pen-y-ghent and Fountains Fell behind

- 4 Turn L, following the footpath alongside the wall signposted 'Pennine Bridleway Langscar Gate'. Gradually descend in a NW direction across several fields and gates to reach a junction where the Pennine Bridleway joins a track **7.1km**.
- 5 Turn L along the **Pennine Bridleway**, climbing gradually to a gate. Continue ahead following a good track as it undulates around the north side of the limestone plateau. Pass through several gates before running past a small patch of coniferous woodland **11.5km**.
- 6 Continue ahead, as the track becomes more substantial, aiming for a small notch in the limestone escarpment. Pass through this and descend to meet the outward leg of the route at a gate. Continue to descend back to the starting point **13km**.

