

Fountains Fell and Catrigg Force (Horton in Ribblesdale to Settle)		
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Fountains Fell and Catrigg Force (Horton in Ribblesdale to Settle)

Start: Horton in Ribblesdale Station

Finish: Settle Station

Horton in Ribblesdale Station, map reference SD 803 726, is 328 km northwest of Charing Cross, 92 km southeast of Carlisle, 63 km northwest of Leeds and 245m above sea level. Settle Station, map reference SD 817 634, is 9 km south south east of Horton Station and 156m above sea level. Both are in **North Yorkshire**.

Length: 24.4 km (15.2 mi).

Cumulative ascent/descent: 703/792m. For a shorter walk, see below **Walk Options**.

Toughness: 7 out of 10

Time: 6 hours walking time.

Transport: Horton in Ribblesdale and Settle are stations on the Leeds - Settle – Carlisle Line, with nine trains per day Mon-Sat and six on Sundays. Journey time to Horton is 90 minutes from Carlisle and 70 minutes from Leeds. Settle is 8 minutes closer to Leeds.

Saturday Walkers' Club: The walk is doable as a daywalk from London with an early start and a late return.

OS Landranger Map: 98 (Wensleydale & Upper Wharfedale)

OS Explorer Map: OL2 (Yorkshire Dales – Southern & Western Areas)

Harvey British Mountain Map: Yorkshire Dales

Harvey Superwalker XT25 Map: Yorkshire Dales – South West & South East

Walk Notes:

This is a relatively easy exploration in the Yorkshire Dales up to the wild Fountains Fell – a fine viewpoint in good weather – which despite leading through very remote countryside has mostly good quality and easy-to-walk paths courtesy of the ascent and the crossing of the fell following the well-funded Pennine Way.

The approach to and ascent of Fountains Fell give fine vistas up to and along the famous Pen-y-ghent 'from the back' out of Silverdale – an angle of it not seen from the more popular routes in the area focusing on the Yorkshire Three Peaks. Fountains Fell itself, once owned by Fountains Abbey and used for sheep farming aiding the production of wool, shows ample signs of having been intensely worked for coal in the early 19th century in support of the lead smelting near Malham. On the descent off the far side of the fell, you get views into the very green Cowside and Littondale valleys and to the large Malham Tarn and beyond it into Malhamdale.

Subsequently you cross a few lonely pastures-with-views, then drop down to the pretty Catrigg Force waterfall close to Stainforth village (with a shortcut option to a bus stop) and continue along quiet lanes and bridleways through some interesting limestone country at the Winskill Stones National Nature Reserve and then along an elevated path above Ribblesdale with fine views to Settle with its good selection of tea stops.

Walk Options:

On the top of Fountains Fell, a more direct descent, southerly across the plateau and down a spur of the hill, would be shorter but also involves rougher and at times pathless ground (not yet walked).

Towards the end of the walk, you could stay on Henside Lane instead of looping down to Catrigg Force waterfall and back up through the Winskill Stones NNR. This cuts 1.9 km and 60m ascent.

Bus Line 11 (Horton in Ribblesdale to Clitheroe) stops at Stainsforth (Park View), with a late afternoon last bus to Settle (Mon-Sat at 16.02 (as of 06/24)). This enables a shortcut down from Catrigg Force along the Pennine Bridleway to the bus stop 1.2 km away. Cuts 3.6 km and 60m ascent.

Lunch: Picnic

Tea (details last updated 31/05/2024)

Plenty of options, all within a few minutes' walk to the train station: **Royal Spice**, **The Waffle Cone**, the **Talbot Arms**, **The Folly Coffee House**, **The Shambles Fish Bar**, **Matteo's Settle** Italian restaurant, **The Fisherman** restaurant, **Bailey's Bar & Grill**, **Royal Oak Hotel** and pub, **Ye Olde Naked Man** café & bakery, **The Singing Kettle** café & bistro, **The Golden Lion** hotel and pub, **Ruchee** Indian & Bangladeshi restaurant, **Bar 13** wine bar.

Northern Glossary

beck: *stream, brook*; brig(g): *bridge*; -by: *habitation*; cam: *bank, slope, ridge*; carr: *marshy woodland or shrubland*; clough: *narrow valley, cleft in a hillside, ravine, glen, gorge, cliff, rocky precipice*; crag: *steep rugged mass of rock projecting upward or outward*; currick: *cairn, pile of stones, often locations used to keep watch for Scottish raiders*; dale: *valley*; -ey: *island, dry area in a marshy place*; fell: *hill, mountain slope (especially rough moorland)*; firth/frith: *long, narrow inlet of the sea or estuary*; force/foss: *waterfall, rapids*; frith: *area of peace, protection, safety, security*; garth: *small grass enclosure adjacent to a house*; gate: *way, street*; gill/ghyll: *small narrow valley or ravine*; hagg: *part of an area of woodland, especially on a sloping bank*; holm(e): *island, inland promontory, raised ground in marsh, river-meadow*; how(e): *barrow, small hill*; hush: *(Roman era) mine on steep hillside, using dammed up water to wash away topsoil and boulders, revealing the underlying lead or ore veins*; ing(s): *meadow(s), especially water meadow near a river*; keld/kell: *spring or well*; kirk: *church*; laithe/leeath: *barn, agricultural building*; lang: *long*; ling: *heather*; lonning/lonnin': *lane or track, something less than a road, more rural than a street, usually short*; mell: *sand dunes*; mire: *bog*; moss: *bog, marsh*; ness: *headland, promontory*; nick: *shallow notch, cut or indentation on an edge or a surface*; pike: *spike, sharp point, peak*; rake: *slant, incline*; rigg: *ridge*; scar/scaur: *cliff, rocky outcrop with a steep face*; seat/set(t)/side: *summer pasture or dwelling place*; seaves: *rushes*; shaw: *hurdle, gate*; sike/syke/sitch: *small stream or gulley, gutter*; stang: *pole, shaft, stake, wooden bar*; stoop/stowp/stoup: *post, gatepost, distance marker (milestone), standing stone*; -sty: *ascent, ascending lane or path, narrow pathway or course*; tarn: *lake or pond (especially in an upland location)*; thorp(e)/t(h)rop: *village or small settlement*; thwait(e): *village or small settlement*; toft(s): *small farmstead with enclosed land, later applied to a village or small settlement*; wath: *ford*; whinny: *gorse, furze, thorny vegetation*; -wich/wick: *village or settlement*.

Notes

Settle – Carlisle Railway

The Settle – Carlisle line is a 117 km-long (73 mi) railway line in northern England. The route crosses the remote, scenic regions of the Yorkshire Dales and the North Pennines, running between Settle Junction on the Leeds–Morecambe line and Carlisle, near the English-Scottish borders. It was constructed in the 1870s and has several notable tunnels and viaducts. The line was built by the then Midland Railway to be able to run trains to Scotland, as the then London & North Western blocked access to a short bit of track linking Midland's network to the existing line to the North. The works needed over 6,000 navvies, who worked in remote locations, enduring harsh weather conditions. Large camps were established to house the navvies, most of them Irish, with many becoming complete townships with post offices and schools. They were named Inkerman, Sebastapol and Jericho. The remains of one camp – Batty Green – where 2,300 navvies lived and worked, can be seen near Ribbleshead.

In the 1980s, British Rail planned to close the line. This prompted a campaign to save it, led by the Friends of the Settle–Carlisle Line (FoSCL). The campaign uncovered evidence that BR had mounted a dirty tricks campaign, by exaggerating the cost of repairs and diverting traffic away from the line in order to justify its closure plans, a process referred to as 'closure by stealth'. In 1989, the UK government announced the line would be saved from closure. Since then, passenger numbers have grown steadily from less than 93,000 in 1983 to 1.2 million in 2012. Eight formerly closed stations have been reopened and several quarries have been reconnected to the line and it remains one of the most popular railway routes in the UK for charter trains and specials. The railway's summit at 356m is at Aisgill, just north of Garsdale Station, and is the highest point reached by main-line trains in England. <https://settle-carlisle.co.uk/> <https://www.foscl.org.uk/>

Four of the railway properties are available as holiday lets:

<https://settlecarlisletrust.org.uk/stay-at-a-station/> <http://www.dentstation.co.uk/>

Yorkshire Dales National Park

The Yorkshire Dales National Park is a 2,178 km² (841 mi²) national park covering most of the Yorkshire Dales (some to the south and east of the national park are located in the Nidderdale Area of Outstanding Natural Beauty). Most of the park is in North Yorkshire, with a sizeable area in Cumbria and a small part in Lancashire. The park was designated in 1954 being then entirely within Yorkshire, and extended in 2016 westwards into Lancashire and Cumbria - encompassing much of the area between the old boundaries of the park and the M6. Over 95% of the land in the park is in private ownership and there are over 1,000 farms in the park, as well as some 23,500 residents (as of 2017). A 2018 report estimated that the Park attracted over four million visitors per year. In 2020, the park was named as an International Dark Sky Reserve.

<https://www.yorkshiredales.org.uk/>

Ribble River

The Ribble River is a 121 km (75 mi) long river that starts as the confluence of Gayle Beck and Cam Beck south of Ribbleshead, but has its furthest tributaries on the high moors north east of Ribbleshead Viaduct.

It runs through North Yorkshire and Lancashire to the Irish Sea between Lytham St. Anne's and Southport and is one of the few rivers that start in the Yorkshire Dales and flow westwards (the Dee, the Twiss, the Clough and the Rawthey being others).

Its 16 km estuary forms part of the Ribble and Alt Estuaries Special Protection Area for wildlife. An average of 340,000 waterbirds over-winter in the estuary making it the most important wetland site in Britain. The Ribble is also a key breeding ground for the endangered Atlantic salmon.

The Ribble has the third-largest tides in England, with tides that run at 4 knots (7 km/h) and a tidal range at the mouth of the river of 9 metres during spring tides.

The name *Ribble* may be a Brittonic compound-formation. The second element is the noun **pol*, with connotations including "puddle, pond, upland-stream" (Welsh *pwll*). The first is *rö-*, an intensive prefix, with nouns meaning "great" (Welsh *rhy-*, Cornish *re-*).

Ribble may once have been known as **Bremetonā-*, underlying the name *Bremetenacum*, the Roman fort at Ribchester. Involved here is the Brittonic root **breμ-*, meaning "roaring" (c.f. Welsh *brefu*), as observed at the river names Breamish in Northumberland, Braan in Scotland and Breff in Wales.

Ribble Way

The Ribble Way is a 113 kilometres (70 mi) waymarked long-distance walk between the Lancashire coast and the Yorkshire Dales National Park, largely following the course of the River Ribble while passing through tidal marsh, open moorland and limestone gorges. The route begins in Longton and ends at the source of the Ribble on Cam Fell at Gayle Moor north east of Ribbleshead.

The Pennine Way

The Pennine Way is a waymarked 429 km (267 mi) National Trail running along the Pennine hills, sometimes described as the 'backbone of England'. It starts in Edale in the Peak District National Park and runs north through the Yorkshire Dales and the Northumberland National Park and ends at Kirk Yetholm, just inside the Scottish border, and features 287 gates, 249 timber stiles, 183 stone stiles and 204 bridges.

A Pennine Journey

The Pennine Journey is a 391 km (243 mi) waymarked circular Long-Distance Path from Settle up through North Yorkshire, Durham, Northumberland and over to Cumbria and back to Settle. It was developed by David Pitt of the Wainwright Society and is a recreation of a solitary walk Alfred Wainwright made in 1938 through the Pennines, but adapted for today's roads and rights-of-way, i.e.: taking a route that Wainwright might have chosen today. The route traverses the Yorkshire Dales and Durham moorlands to follow Hadrian's Wall for a while and heading back south along the western Pennines, up the Eden Valley and along the Howooden gateill Fells. <https://penninejourney.org/>

Shake Holes and Swallow Holes

Shake holes (or sinkholes or dolines) are a depression or hole in the ground caused by some form of collapse of the surface layer. Some are caused by karst processes, for example, the chemical dissolution of carbonate rocks or suffusion processes. They tend to occur in karst landscapes, which can have up to thousands of sinkholes within a small area, giving the landscape a pock-marked appearance. These sinkholes can drain all the water, so that there are only subterranean rivers in these areas.

Limestone Pavement

A limestone pavement is a natural karst landform consisting of a flat, incised surface of exposed limestone that resembles an artificial pavement. The term is mainly used in the UK and Ireland, but similar landforms exist in other parts of the world and are known as alvars.

Conditions for limestone pavements are created when an advancing glacier scrapes away the topsoil and exposes horizontally bedded limestone, with subsequent glacial retreat leaving behind a flat, bare surface. Limestone is slightly soluble in water and especially in acidic rain, so corrosive drainage along joints and cracks in the limestone can produce slabs called *clints* isolated by up to several metres deep fissures called *grykes* or *grykes* (terms derived from a northern English dialect).

If the grykes are fairly straight and the clints are uniform in size, the resemblance to man-made paving stones is striking, but they are not necessarily so regular. Limestone pavements that develop beneath a mantle of topsoil usually exhibit more rounded forms.

Limestone pavement, with its deep fissures and patterned with swirling hollows and runnels sculpted by thousands of years of rainwater, forms an unlikely wildlife habitat. It may contain unusual combinations of plants, with woodland and wood-edge species well-represented in the grykes. The clints support plants of rocky habitats or are often unvegetated. In the absence of grazing, scrub may develop; in oceanic areas scrub over limestone pavement is important for epiphytes. All these habitat niches support a range of invertebrates.

Pennine Bridleway

The Pennine Bridleway is a 330 km (205 mi) waymarked linear Long-Distance Path and National Trail from Carsington Water, Derbyshire, to Kirkby Stephen, Cumbria. In its southern part, it follows the High Peak Trail along the track bed of the former Cromford and High Peak Railway. The idea for it was launched in 1986 by Mary Towneley, who rode on horseback 402 km (250 mi) from Corbridge, Northumberland to Ashbourne, Derbyshire. It took a mere 9 years for the trail to be approved.

It is not to be confused with either the Pennine Way or the Pennine Cycleway.

Dales High Way

The Dales High Way is a waymarked 144 km (90 mi) Long-Distance Path from Saltaire in West Yorkshire to Appleby-in-Westmorland, Cumbria, roughly parallel to the line of the Settle and Carlisle Railway. The path was conceived as a high-level alternative to the established Dales Way.

Settle

Settle is a market town of fewer than 3,000 population in Ribblesdale in the far west of North Yorkshire and at the southern edge of the Yorkshire Dales. Located under the imposing limestone Attermire Scar limestone escarpment with Castleberg crag hovering above the town, Settle sits in a splendid setting at the edge of some dramatic limestone country.

The town is thought to have 7th-century Anglian origins, its name being the Angle word for settlement. Craven in the *Domesday Book* shows that until 1066 Bo was the lord of Settle, but after the Harrying of the North (1069–1071) the land was granted to a Norman, Roger de Poitou.

The railways reached neighbouring Giggleswick in 1847 on the Skipton to Morecambe line, but Settle got its own station only much later, opening in 1876 on the Settle – Carlisle line.

WALK DIRECTIONS

Alight from the train at **Horton in Ribblesdale Station**, a stop on the **Settle – Carlisle Railway** in the **Yorkshire Dales National Park**. The exit from the station for this route is from the Leeds bound platform 1. **If arriving on the Carlisle bound platform**, use the barrow crossing at the southerly end of the platform to get to platform 1. **Leave the station** on platform 1 down some steps into the small car park and *turn right* then left to go down **Station Road** into the village. In 90m ignore Cragg Hill Road to the right and continue to the main road through Horton, the **B6479**, at a bend. Continue ahead and in 250m, just before a humped road bridge over the **River Ribble**, you *turn right* along a tarmac path and ignore the signposted **Ribble Way** turning right through a wooden gate to cross the river over a two-railed footbridge by its confluence with the **Hull Pot Beck**. **The Crown Hotel** is visible to the left. In 30m from the bridge continue with the tarmac path to the left of a toilet block and *bear to the left* of a car park and to the road and follow its right-hand pavement. **The Pennine Way** (PW) has joined along the road.

In 90m you pass the (closed) **Pen-y-ghent Café on the Pennine Way** on the right and a bus stop on the left and in 75m at a three-way signpost, the PW turns left but the **A Pennine Journey** (APJ) Long-Distance Path joins from the left. In 300m the pavement switches to the left-hand side, by **The Golden Lion Hotel**. You *turn left* with the main road by **St. Oswald's Church** on the left and in 80m cross the **Douk Ghyll** (or **Horton Beck**) on **Horton Bridge** and *turn right* across the busy B-road and follow a crescent shaped layby curving to the left. In 50m ignore a signed footpath turning right over a ladder stile into a pasture and in 75m *turn right* along the grassy verge of the B road. In 190m, where a car wide gravel track joins from a farm away to the right and with a tarmac lane on the left, you *turn left* across the road and go up the tarmac lane between drystone walls, with **Pen-y-ghent** visible up on the half left.

In 230m pass the ruined two-storey **Hardlands Barn** on the left and in 60m *turn left* at a T-junction of lanes. In 70m *turn right* at another three-way lane junction, again between drystone walls. You follow this undulating lane for 500m to **Dub Cote Farm**, crossing a stream en route and maybe noticing the ancient terracing in the field just before the farm. At the far end of the farm buildings, by a two-way signpost, public footpaths join from three directions and you *turn left* up along a car wide gravel drive with a PW signpost ('FP PENYGHENT 2'). In 40m go through a wooden field gate (often open) and in 130m ignore a metal field gate on the left to in 10m go through a wooden field gate into a steep pasture. *Turn right* uphill along a grassy track and follow it for 110m, where you *turn up to the left* with the track. In 170m you have converged with the wall on the left and follow it uphill for 100m to a ladder stile to the left of a wooden field gate in the upper-left field corner.

In the next pasture, follow the wall uphill for 70m, then *bear right* with the clear grass track, further up the hill flank. **Ingleborough and Whernside**, two of the Yorkshire Three Peaks are visible to the right over the shoulder. In about 500m you meet the **Long Lane (Track)**, so named on the OS map, a car wide restricted byway, and *turn left* uphill along it. You are at 400m above sea level and have **entered Access Land**. The stony track steadily ascends **Dub Cote Scar Pasture**, with views on the left to Horton village and **Horton Quarry** to the left of it, and (in good weather) **Ingleborough** looming large beyond it. In 380m go through a wooden field gate and continue with Pen-y-ghent's elongated plateau now dead ahead and the **Dub Cote Scar** (escarpment) nearby to the left. In 25m you pass a large **shake hole** or pot on the left and in 30m a **sink hole**. In 110m *curve up to the right* with the track (**Fountains Fell** is now in view dead ahead) and in 290m *turn left* with it through a wooden field gate.

You continue with a drystone wall on the left and in 75m a signed public footpath joins from the right behind from Moor Head Lane. You go over a little brow and descend to a track junction 350m away. 50m before that track junction, just after a drystone wall corner on the right, you pass a couple of Grade II-listed **Parish boundary stones** on the left (on the OS map, inscribed 'Stainforth', 'Arncliffe'). You have the **Churn Milk Sinkhole** on the right and in 50m ignore the left turning track past some blocking boulders and *turn right* gently downhill with the **PW**, which has joined along the track, down from Pen-y-ghent. You will follow the PW for 8.1 km onto and across **Fountains Fell**, which now dominates the view ahead while you can see some farm buildings dead ahead on a tarmac lane in front of it. In 120m you reach the bottom of a minor dip and pass one of a line of **grouse butts** away on the left (on the OS map). In 180m go over a brow, when the **Dale Head Farm** appears into view and in 190m you go through a wooden field gate **to leave the Access Land** and curve to the right with the track. In 100m go through a wooden field gate by the farm and in another 60m pass an area of **Limestone Pavement** on the left.

In 180m go through another wooden field gate onto **Silverdale Road** and *turn left* over a cattle grid with the signposted PW (or through a wooden field gate to the left). You have **Pen-y-ghent and Plover Hill** on the left (SWC Walk Pen-y-ghent and Plover Hill) and Fountains Fell on the right and follow the road to a barn to the right of the road 600m away (seen earlier from distance) and then past **Rainscar Farm** another 230m away, to the left of the road and initially hidden by trees. At the farm, go through a wooden field gate (often open) and in 100m pass the last of the trees around the farm. After heavy rain, a couple of streams are visible emerging from halfway up the flanks of Pen-y-ghent. In 430m you cross a stream on the road, just before another cattle grid, a tributary of **Pen-y-ghent Gill**, visible down below on the left. Ignore a signposted footpath to the left ('Silverdale Road 2 ml'), cross the cattle grid (with a wooden field gate to the right) and immediately *turn right* up along a clear grass track (an old miner's track) **back into Access Land** up the flank of **Fountains Fell**, with a PW signpost 20m along ('Malham Tarn 6 ml').

You are at 433m above sea level and the track follows closely a drystone wall on the right to the 515m level. En route you walk through a wooden gate in a drystone wall corner and in 620m from the signpost you *bear left* with the wide grass path, while the drystone wall and a faint path along it continue ahead to the top plateau. You cross a couple of streams and the path eventually continues as a raised grassy bank through the tussocky hillside. At about the 575m height level you pass exposed peat on the left while the path has a semi-engineered look due to some drainage channels. Behind you, in good weather, you can glimpse the sea at **Morecambe Bay**. At the 625m level you pass a rockface up on the right and the path curves to the right to cross a stream at 629m above sea level. The path continues as a gravel path above the steep drop on the left, with views to the east to **Buckden Pike and Great Whernside** and in 70m you *turn right* with it. In 90m the gradient eases as you are at the easterly end of the top plateau, in 30m with some walls and cairns visible ahead, reminders of old **mines and coal pits**.

You follow the meandering path slightly higher up, in 90m pass a partly overgrown spoil heap on the right and in 75m go over a stone slab stile in a drystone wall, by a marker post and **at 656m height**. You pass a 'National Trust Fountains Fell – **Danger, Mine Shafts** – Please keep to the footpath' sign and a first fenced mine shaft on the left. There is an abundance of exposed limestone visible, as well as some more spoil heaps, cairns and shafts on this formerly heavily worked grassy mountain top, with the highest parts of Fountains Fell away to the right, rising up to 668m above sea level. There are views on the left beyond the subsidiary top of **Darnbrook Fell into Littondale** (with the River Skirfare) and to the upland moors rising further north east. In 60m a faint grass path forks off to the right and in 25m another one, this a little more pronounced.

Here you have a choice:

For an Alternative Descent across the plateau and along the southerly ridge, *turn right* here and follow the route as shown on the route map (not yet walked, i.e. the route shown may be on the 'wrong' side of walls or fences in the southerly section; use your own judgement). Pick up the directions below at the asterisk *).

For the Main Walk, continue ahead along the gravel path and follow it across the fell, in 125m passing another warning sign and in another 40m start a more pronounced descent. The ground is dominated by heather, bilberry, cotton grass and peat hags to either side and a verdant green valley lies below to the left (**Cowside**). The descent is along an engineered path, with the many streams coming down the hill culverted to flow under the path and with some flagged sections. After going over an insignificant brow at 580m height, you can see a slither of a tarn ahead, this is **Malham Tarn** and it will come in and out of view for some time. At 530m height you cross a clapper bridge over a stream in a cut. The path curves to the right and passes through a stretch full of **shake holes** and pot holes, in a broadly southerly direction.

In 650m (at about 500m height), you go through a wooden gate in a drystone wall, to the right of a locked wooden field gate and continue along a grass path. In 80m you ford the **Tennant Gill** and in 250m *bear left* downhill **Little Fell** with the path, with a mossy overgrown crumbled drystone wall to the right. In about 350m some farm buildings come into view at the bottom of the drop, this is **Tennant Gill Farm**. In 230m, near the bottom of the walled hillside, you *turn left* with a two-way PW signpost along a grass track and in 100m *turn right* over a stone slab stile protected by a wooden gate, to the right of a locked wooden gate/wooden field gate combination **to leave the Access Land** and follow a track down to the right of the farm, passed in 250m. A gravel track passes to the right of the farmyard wall and turns right as the farm's drive towards a tarmac road 320m away. You cross a cattle grid by the road and *turn right* along it in the previous direction.

In 20m by a three-way signpost, **[!]** *turn right* through a wooden field gate with a bridleway, signed 'Henside Road 2 ml', leaving the PW and going up the large **New Pasture** on a bearing of 250°. Aim for the middle of the narrower walled top of the field, ignoring a wooden field gate visible up on the half right in a drystone wall while staying of the right of a narrow valley with a barbed wire fence along the bottom of it. You have **Great Hill Scar** up on the right and leave the field in 360m through a wooden gate in a drystone wall and continue between raised grassy areas, gently up **Turf Hill**. In 180m you go over a brow and can now see a metal field gate in a drystone wall 150m ahead. As you approach it though, you realise that you have to go towards a late-seen wooden gate by a three-way wall corner, about 50m to the right of the metal field gate. Go through the gate and follow a right-hand wall through another pasture.

In 140m go through a wooden gate in a drystone wall corner and **enter Access Land** to continue in the same direction and in 270m go through a wooden gate in a drystone wall. Continue further up **Knowe Fell**, broadly following the drystone wall away to the left, while slowly converging with it over 300m. The path meanders a little to avoid soggy or boggy parts and en route you get some views on the left of a two-peaked low fell (near Skipton) and then of Malham Tarn. [Note: the apparent path on this next stretch is different from what is shown on the OS map as the right of way.] After another 600m the wall curves away to the left, just below 500m height, and you continue in the same direction to the obvious top of this rise 230m away and you cross this modest top just to the right of **Point 518m**. You continue in the same direction (250°) downhill, initially a little to the left of a shallow (and soggy) valley but then switching to the right of it, and in 640m go over a ladder stile or through a wooden gate to the left of it in a drystone wall.

*) You now follow a clear grass path towards an apparent bend in a road. The pointy hill visible on the left (due S) is **Rye Loaf Hill**, passed on SWC Walk Settle Circular via Malham. **Ingleborough** is back in view as is a slither of **the coast**. In 380m you pass a quarry on the right and ignore a left turning car wide track towards a metal field gate in a drystone wall to a little later *veer left* to a wooden gate by the bend in the road. In 200m from the quarry, go through the wooden gate **to leave the Access Land** onto what is in fact a three-way road junction of **Henside Road and Henside Lane**. Ignore the left and right turns and continue ahead downhill along Henside Lane ('Langcliffe 2 $\frac{3}{4}$, Settle 4') into the valley of the **Cowside Beck**. Ingleborough and Wherside can be seen away to the right, and a little further along Pen-y-ghent comes into view as well.

In 500m a signposted footpath joins from the right, in 430m you pass a small plantation in a corner of the wall and the line of the beck is now visible to the left in the valley. In 250m you reach a double wooden field gate on the right. [!] *Turn right* along a signposted footpath ('Henside Road $\frac{3}{4}$ ml') along a car wide gravel track to the left of a sheep pen (the actual path is different from what the OS map shows). In 75m you cross a stream and in 25m go over a ladder stile or through a metal field gate into a pasture. The actual path now follows the track up the small rise to where you have a stile in the fence on the right, but then curves up away to the left to follow the highest part of the field, clear to the left of **Gorbeck Plantation**. In 380m leave the field over a stone slab stile with a wooden gate on the top, about 30m to the right of a wooden field gate and a ruined barn further to the left in the next field. With a reservoir visible to the left across the beck, you continue in the same direction through this descending pasture and in 130m get views of the **Cowside Beck** ahead and in 40m of a footbridge crossing of the beck.

In 140m cross the raised two-railed bridge and *turn right* along a drystone wall. In 180m cross a streamlet emerging out of a spring on the far side of the wall (on the OS map) and in 20m continue in the same direction where the wall bears up to the left. In 70m you can see a drystone wall corner ahead and in 110m go over a ladder stile in the wall. You continue in the same direction, to the right of the highest part of this pasture, and in 100m get views ahead of a wall at the bottom of the field and a car wide farm track coming down the field along its left-hand boundary. Head for a metal field gate with a two-way signpost and the beck beyond in the bottom wall and in 180m at a stone slab stile in the wall, *turn left* along the wall, without going over the wall first! In 80m you meet the wide gravel track in the field corner and go through a wooden field gate to immediately *turn right* through a wooden gate, signposted 'Public Footpath - **Catrigg Foss only**', and follow a path, initially with a wall on the right and a fence on the left. In 80m you reach a grassy area above the waterfall, where the joint Cowside Beck and Catrigg Beck tumble down **Catrigg Force**.

There is a wooden gate 20m away to the left at the top of a plantation, and the path through the gate turns right in 70m down some steps to the base of the falls. A path bearing right leads to some interesting vantage points at the top of the falls. After exploring the various ends of the falls, go back up the way you came and *turn left* back into the last large pasture (Stainforth village and its bus stop are down the hill though, along the PBW). *Turn right* uphill along the car wide gravel farm track, the route of the **Pennine Bridleway** (PBW). In 200m go through a wooden field gate (with fine views back to Pen-y-ghent and Ingleborough) and *bear right* with a PBW signpost ('Winskill $\frac{1}{2}$ ') across the grass (although the OS map shows the right of way running along the track a little further on). In 80m you pick up a gravel farm track crossing this field and follow it to the far narrow field end 110m away and continue between walls. On the left is the **Winskill Stones National Nature Reserve**, a pasture scattered with limestone boulders. In 60m go through a metal field gate into the NNR, now **back in Access Land**.

In 180m you reach a multi-track junction in the far field corner, by Upper, High and Lower Winskill cottages. *Turn left* along a track within the walled NNR with the PBW ('Settle'). The track soon continues as a tarmac drive and you follow it for 800m to a road with the impressive **Attermire Scar** up ahead, en route enjoying the views to the left across the limestone boulders and to the right into **Ribblesdale** with Stainforth, Giggleswick and parts of Settle visible. 30m before the road you go over a cattle grid or through a wooden field gate to the left. At the road *turn right*. This is again **Henside Lane**, walked along earlier and higher up. In 70m go over a cattle grid or through a wooden field gate to the left. You follow the road for 800m, lately descending markedly, to a sharp right turn downhill, where a gravel farm track joins from the left above along **Clay Pits Plantation** and by a three-way signpost opposite. SWC Walk Settle Circular via Malham returns down that track. Go through the wooden field gate ahead (**leaving Access Land**) with the PBW ('Settle 2 m') and follow an elevated path to the right of the irregularly walled plantation.

At the far end of the plantation, continue in the same direction across a pasture towards another smaller plantation and in 150m go through a wooden gate between two distinct walled parts of this plantation. You follow a clear gravel path through the next steep pasture, with **Langcliffe** village down on the right in the dale. In 100m go through a wooden gate in a drystone wall and follow the path down to a wooden gate in another drystone wall 300m away. **Back in Access Land**, you now follow the wall on the right. The **Blua Crags** are prominent on the left above and in 400m you meet a drystone wall down from the hillside and continue between walls. In 110m go through a wooden field gate and in 130m you pass a three-way signpost (the Settle Circular walk turns up the hill here in the morning, the **Dales High Way** joins from the left). In 110m, by a ruined farm building on the right, go through a wooden field gate and continue between walls. In 250m you have the **Castlebergh Plantation** on the left and in 100m *turn left* along a road into **Settle**. In 60m *turn right* with the road, immediately ignoring a left turn (Castle Hill).

In 100m you pass a supermarket on the right at the top of the **Market Square**. **Royal Spice** and **The Waffle Cone** are on the left, the **Talbot Arms** and **The Folly Coffee House** are away to the left along **Victoria Street**, and 20m along in The Shambles building on the left, are **The Shambles Fish Bar** and **Matteo's Settle** Italian restaurant. Continue across the Market Square to the main road through town. **The Fisherman** restaurant is away down the right, past **Bailey's Bar & Grill**, the **Royal Oak Hotel** and pub is opposite. *Turn left* along the road. You pass **Ye Olde Naked Man Café & Bakery** and **The Singing Kettle Café & Bistro** on the right, opposite the **Town Hall**. Next up comes **The Golden Lion** hotel and pub on the left, with the award-winning **Ruchee** Indian & Bangladeshi restaurant opposite it down an alleyway to the right. In 40m pass **Bar 13** wine bar on the left.

In another 50m *turn right* along **Station Road** and in 140m *turn left* towards **Settle Station**. Leeds bound trains depart from the near platform 1. For Carlisle bound trains use the overbridge to platform 2.