

Safety in the hills

Whilst none of these walks are dangerous, walkers are responsible for their own safety and are reminded of the importance of being fully prepared for walking on the fells. Appropriate footwear is essential. The weather can change quickly and it is advisable to carry warm clothing and wet weather gear, along with adequate food and drink. Rivers and becks can flood rapidly after heavy rain. A mobile phone can be extremely useful, should an emergency arise, and it is a good idea to let someone know where you are intending to walk. Dogs should be kept under proper control particularly during lambing time and during the late spring and early summer mating season of ground-nesting birds. Please follow the countryside code and take your litter home.

Weathercall: To obtain the latest weather report for this walk call 09068 500 419 and enter the code 1903 when prompted. Calls cost 60p/min from a UK landline, mobile charges may vary.

Directions

From the M6, leave at J37 signposted Sedbergh A684. Dent is a further 5 miles from Sedbergh.

From West Yorkshire, leave the A65 at Kirkby Lonsdale, heading north on the A683 towards Sedbergh. At Barbon Village look for signs to Dent.

From the A1, exit at Northallerton and head west on A684 towards Leyburn and Hawes. At Hawes take the B6255 towards Ingleton, looking out for the junction to Dent.

By Rail: Trains from Leeds and Carlisle to Dent Station. Please note Dent Station is 4 miles from Dent Village.

By Bus: Service 564A, Kendal-Sedbergh-Dent (limited service).

Walking in Dentdale

Flintergill and West

Moderate



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Flintergill and West - Quick Guide

5 The lane passes farmhouses and cottages and then over a bridge at the bottom of the road descending from Barbondale. After a turn to the left and downhill, look out for a finger post on the left directing you around Mill Dam Farm, through a metal gate and alongside a beck down to the main road and a few yards of road walking to the left.

4 Through a metal gate your way becomes a walled track. Passing two renovated farmhouses, follow the new concrete track down, looking out for a way mark, indicating that the path forks left through rough, marshy ground down to a line of trees. Cross a beck over a narrow footbridge, climb the opposite bank to pass through the yard of Tofts. The track continues downhill, through a series of gates, and eventually reaches a narrow lane and a right turn past working farm buildings.

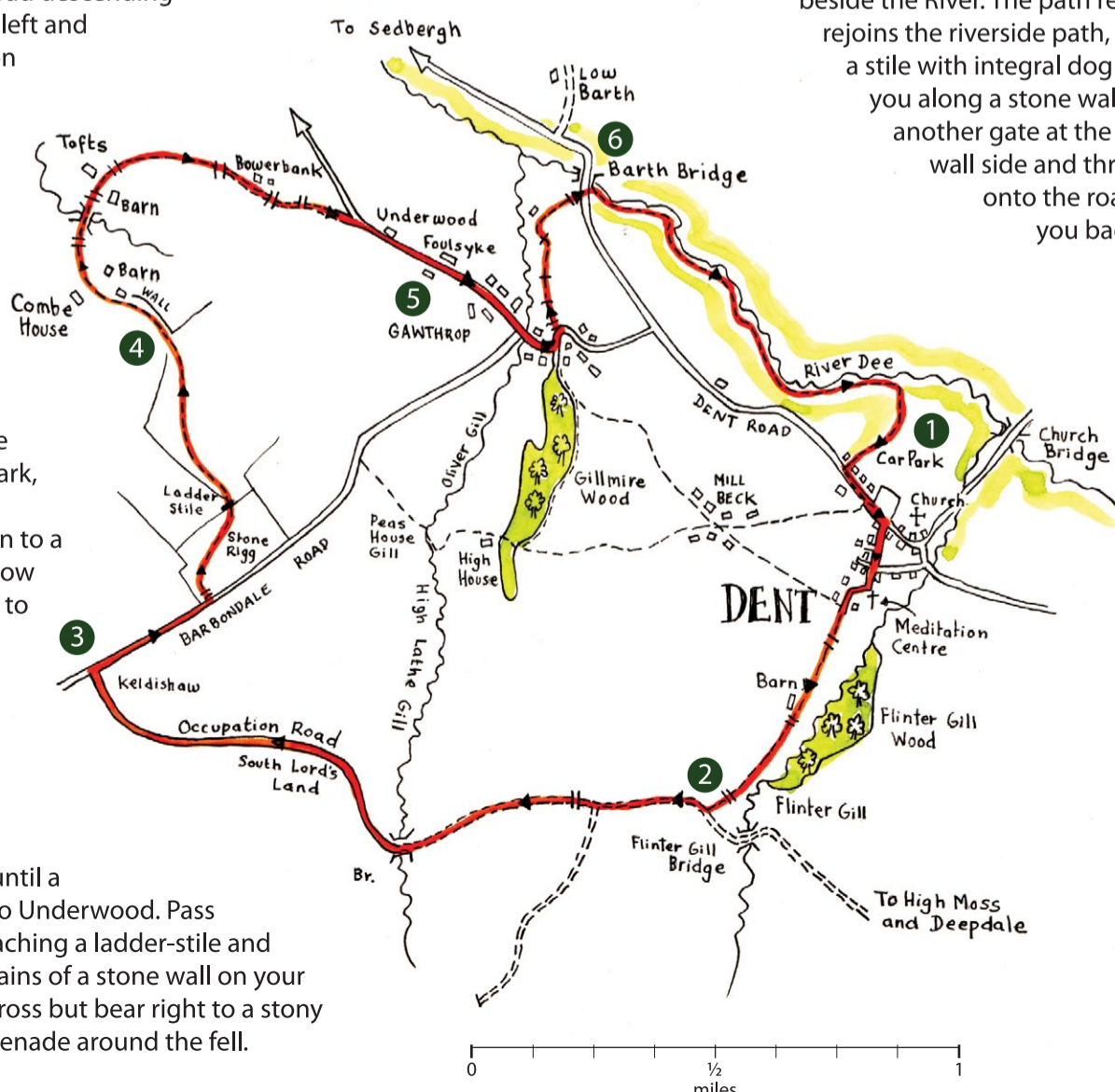
3 Turn right onto the road, follow until a finger-post on your left directs you to Underwood. Pass through gate onto a grassy track, reaching a ladder-stile and then rough ground. Stick to the remains of a stone wall on your left until you reach a stream. Don't cross but bear right to a stony track, which becomes a grassy promenade around the fell.

6 At Barth Bridge, squeeze through the gap on the right, down the steps and onto the Dales Way beside the River. The path rejoins the road for a few yards and rejoins the riverside path, until, just after a wooden bench and a stile with integral dog gate, a 90 degree turn right takes you along a stone wall, through a kissing gate and then another gate at the corner of the campsite. Follow the wall side and through the narrowest of little gates onto the road, where a left turn will quickly take you back to the car park.

START

1 From the car park pass to the left of The Memorial Hall, up Dragon Croft, straight on up the hill past the Meditation Centre and cottages until the road becomes a track and Flintergill proper begins. This is a steady climb, of about three quarters of a mile, through a wooded limestone ravine.

2 Pass through a final wooden gate on to The Occupation Road. Turn right and follow to the West.



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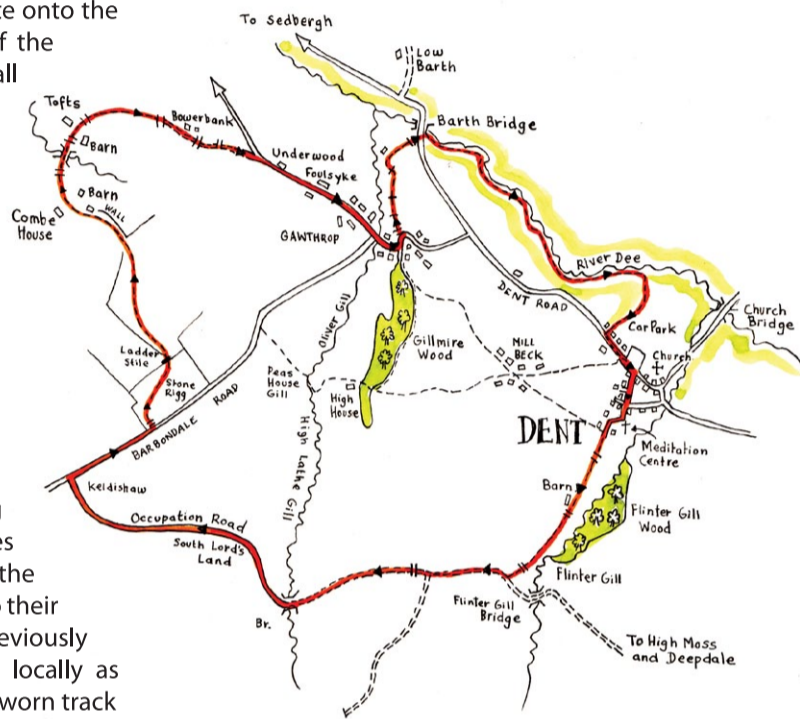
Route: 6 miles / 2½ - 3 hours / Moderate

Start/Finish: Dent Parish Council Car Park at SD703871 on OS Explorer OL2 map.

This delightful circular scenic walk takes you up fascinating Flintergill and out onto the Occupation Road where, on a clear day, there are glorious panoramas along the dale and beyond. Passing beneath dramatic Combe Scar, winding back through the hamlet of Gawthrop and finishing along the River Dee. A walk for all tastes!

1. From the car park pass to the left of The Memorial Hall, up Dragon Croft, straight on past the Meditation Centre and some pretty cottages until the road becomes a track and Flintergill proper begins. This is a steady climb, of about three quarters of a mile, through a wooded limestone ravine. The famously forthright Alfred Wainwright in his little book 'Walks in Limestone Country' reckons that any walker is "...too far gone if they cannot manage this, and even further gone if they cannot enjoy every yard of it".

Today this part of the walk is also a Nature Trail, which passes Dancing Flags, A Wishing Tree, High Ground Farmstead and a restored Lime Kiln, all of which are detailed in an excellent free pamphlet 'Flintergill Outtake Nature Trail' available from the Dent Heritage Centre. Be careful not to miss the final treat as the walled track opens out through a third wooden gate onto the open fell. Immediately to the right of the gate, about 50 yards or so up on a small ridge is a recently erected topograph which points out many of the viewing delights to come. The first of these, a splendid panorama of the Howgill Fells, Rise Hill and Great Knoutberry can be enjoyed from a superbly positioned bench a hundred yards further on at the very top of Flintergill.



2. Passing through a final wooden gate you have now reached The Occupation Road. This old hill track or 'green road', connecting Barbondale and Kingsdale, dates back to the Enclosure Acts of the 1850's, giving landowners access to their increased land holdings on the previously common open fell sides. Known locally as 'The Occy', parts of this wide, well-worn track

provide a convenient section of a number of walks. For this walk, it is necessary to turn right and follow the gently undulating way to the West. More dramatic vistas begin to unfold as the lovely ridge of Barbondale, with its highest point Calf Top (609 metres) comes into view. On your right, a large, well preserved lime kiln is clearly visible with a limestone outcrop 'Stone Rigg' beyond.

3. Turn right onto the quiet and extremely scenic Barbondale Road for a few hundred yards until a finger-post on your left directs you to Underwood. Passing through a gate onto a lovely grassy track which winds behind Stone Rigg, you soon reach a ladder stile, then some rather rough, boggy ground. The best route through, sticks to the remains of a stone wall on your left until you come to a tumbling little stream. Don't cross it, but bear right and keep to a stony track. Don't take a left fork up the fell, but stick to the stony track which soon becomes a lovely grassy promenade contouring around the fell as glorious vistas of Upper Dentdale unfold on your right.

4. Through a metal gate your way becomes a walled track, passing beneath the brooding bulk of Combe Scar, where, those fortunate enough, may glimpse Peregrine Falcons. The next section of the walk passes beside two old farmhouses and their outbuildings, which until recently were crumbling and deserted. It says a great deal about the foresight and energy of their new owners that both have now been lovingly and sensitively restored and re-inhabited.

From the splendid, isolated Combe House follow the new concrete track down, looking out for a way mark, indicating that the path forks left through rough, marshy ground down to a line of trees. Cross a beck over a narrow footbridge and climb the opposite bank up to pass through the yard of Tofts, with its pretty walled garden on your left. The track continues downhill, through a series of gates and past Bower Bank and its enterprising Ecobarn. Eventually the track reaches a narrow lane and a right turn past working farm buildings.

5. The pretty hamlet of Gawthrop enjoys an elevated position on the side of Dentdale and used to boast a shop and a café. The lane passes farmhouses and cottages fronted by colourful gardens and over a bridge at the bottom of the road descending from Barbondale. After a turn to the left and downhill, look out for a finger post on the left directing you around Mill Dam Farm, through a metal gate and alongside a beck down to the main road and a few yards of road walking to the left.

6. At Barth Bridge, squeeze through the gap on the right, down the steps and onto the Dales Way beside the River Dee. At Hippins, the path rejoins the road for a few yards and weary walkers may be tempted to shorten the finish by staying on the road straight into the village. To enjoy the walk to its full, however, rejoin the riverside path, until, just after a wooden bench and a stile with integral dog gate, a 90 degree turn right takes you along a stone wall, through a kissing gate and then another gate at the corner of the campsite. Follow the wall side and through the narrowest of little gates onto the road, where a left turn will quickly take you back to the car park.

