



"Jacob's Ladder" - the stone steps down from Ilkley Moor, repaired by the Friends of Ilkley Moor!

Friends of A Dales High Way

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Friends of A Dales High Way

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Welcome to another Dales High Way newsletter, with updates about the paths, and activities and opportunities along the route.

I've not been in the position to walk much of the route in the last year, so it's great to see the lovely photos and regular updates in the [Facebook Group](#). As well as reading about people's experiences, it's great to see how walkers support each other with up to date information and advice.

Some of the feedback that is shared is about the state of the paths, and you can read here about some improvements, and sections that we continue to monitor. It's always helpful to hear if there are issues so that we can approach the relevant authorities for support.

I'm not sure about everyone, but refreshments are always top priority when I'm planning a walk. You can read how the community are working to keep the pub in Dent open, and we are offering a recipe for a cake to pack for your walk.

A Dales High Way features in some literature, and even AI has an opinion on what a great walk it is.

And don't forget, if when you finish your walk you are inspired to relocate to the lovely market town of Appleby, there's some property for sale that you might attract your attention!

- Julia Pearson - Chair, Friends of A Dales High Way

FOOTPATH UPDATES

There has been a surge of footpath improvement works along the trail in the Bradford district, with good support from the rangers at the Bradford Countryside Service.

New Steps at Marchup Beck, Addingham

Work to improve the access to cross Marchup Beck at Addingham, on the route of A Dales High Way, has just been completed, thanks to rangers at Bradford Council's Countryside Service.



New steps at Marchup Beck, Addingham

The beck itself is crossed by stepping stones and leads up to allotments besides the B6160. But the beck sits at the foot of a steeply inclined cut and the footpath can be hard to navigate in wet weather. The newly installed steps will make this much easier.

Canal Towpath at Saltaire

The canal towpath from Shipley through Saltaire was closed for several weeks to allow improvement works. The work was funded by charity

Sustrans, with the Government-funded Shipley Towns Fund paying £23,500 towards the project.



Sustrans says it worked with the Canal & River Trust, the charity that looks after the Leeds & Liverpool Canal, and Bradford Council on the project. Work included a new asphalt surface with natural stone gravel finish to fill in muddy potholes and create a smooth route, and maintenance on the stonework at the foot of Saltaire's Victoria Street.

"Jacob's Ladder" repaired on Ilkley Moor

The knee crunching descent from Ilkley Moor has just got a lot easier for walkers on A Dales High Way, thanks to volunteers from the Friends of Ilkley Moor (FoIM).

The rough, steep stone steps, known locally as "Jacob's Ladder" which lead from the rim of Ilkley Moor down towards White Wells have finally received the makeover they've been waiting for, probably since Victorian times.

Owen Wells, chair of the Friends, said " This is probably the most difficult task our volunteers have tackled. The steps will remain a tribute to their resourcefulness and determination for years to come."



Richard Perham of Bradford Council's Countryside Service provided the materials - wood for the timber rises and 3 tons of hardcore - and a team of volunteers from the FoIM did the hard work. Between 10 and 15 volunteers worked on the upgrade for 8 consecutive Tuesdays, starting in mid-June – reckoned to be 250 hours of labour in total.

Overgrown paths at northern end of trail

We don't receive many complaints about the paths, but most of those we do get concern walkers battling through some overgrown paths on the approach to Appleby, on the final stage of the trail in the lush Eden Valley.

Hot and wet summers don't help. We do pass these reports on to the rangers at the new Westmorland and



Furness council, who are very helpful and have been out to check the problem areas. We'll continue to monitor the paths and if you come across any problems, please let us know and send us a photo.

NEWS EN ROUTE

Community plans to save the Sun Inn at Dent



The residents of Dentedale aim to buy their favourite pub, the ancient Sun Inn on Dent Main Street.

The Sun is a popular local pub at heart of the community, welcoming visitors since the 16th Century, and a favoured stop-over for Dales High Way walkers.

On the market for £525,000, the pub has been up for sale for more than two years and is facing an uncertain future, so a group of local people met in April and decided it was time to act.

They have set up a Community Interest Company to apply for a grant from the Government and also plan to sell shares in the company to raise money.

The first step was to launch a Pledge of Shares, costing £5 each. So far pledges promised have passed the £200,000 mark, including pledges of support from the local Parish Council; the Friends of the Settle-Carlisle Line (Foscl); Western Dales Bus and the Friends of A Dales High Way!

Last Dales High Way Ultra?

Ultra marathon organisers *Punk Panther* have said that the Dales High Way event, run on the 6th and 7th July this year, will be the last time they organise this "stunningly brutal" race.



"The course is tough and gruelling and not to be underestimated, but the views are superb. If you ever get the chance to do the Dales High Way I can fully recommend it. Sadly due to numbers and the logistics required we will not be holding it again" said organiser Ryk Downes.

"There were only 7 finishers from the 21 starters which just shows how tough it was as there was a lot of experienced runners on the course. I always think getting to the finish and then having to go out again to do 14 miles with over 2000 feet of climb is a massive mind game considering that you have already completed the Dales High Way."

Winner of the Dales High Way 90-mile race was Sophie Clarke in a time of 22 hours 36 minutes. Mark Denby won the extended 104-mile course, taking in High Cup Nick, in a time of 24 hours 29 minutes.

The race was first held in May 2021, when Daniel Hendriksen came in first in just 20 hours 56 minutes.

Read runner Rachel Hewitt's moving account of her Dales High Way Ultra by [clicking here](#).

Ride2Stride 2024



The popular Settle-Carlisle walking festival - ride2stride - was back again this year with a packed programme of free walks, talks and music. The festival, at the heart of Dales High Way country, ran from Tuesday April 30th to Monday May 6th.

The annual festival began back in 2012, but was sorely missed for a 3-year period during the pandemic. Its return last year proved to be very popular indeed.

In March the festival was picked by the Observer and Guardian newspapers as one of the top ten walking festivals in Britain: "An annual week-long celebration of the western Dales and Eden Valley, the festival's varied programme of walks all begin and end at stations along the Settle-Carlisle line – one of the most spectacular stretches of train line in the UK. New for 2024 will be Trail Tasters, walks that offer the chance to sample sections of some of the region's long-distance trails, as well as annual favourites and live music and entertainment at pubs in the area."

A visit to Giggleswick Chapel was part of one of the walks on the first day. Turnout overall for the free led walks was up on last year and the festival looks set to continue next year.

Appleby Castle for Sale at £9.5m

The 12th century castle in Appleby is up for sale with a price tag of £9.5 million.



First site of the castle signals the final stretch for walkers on A Dales High Way.

The keep dates back to around 1100 and the castle changed hands between Scots and English several times before it was partly destroyed in the 1660s by a Royalist army during the English Civil War. Lady Anne Clifford subsequently began to restore it to its earlier glory.

The castle has been extensively restored over the last 20 years. It is now home to a hotel and events business, with private living space and a museum.

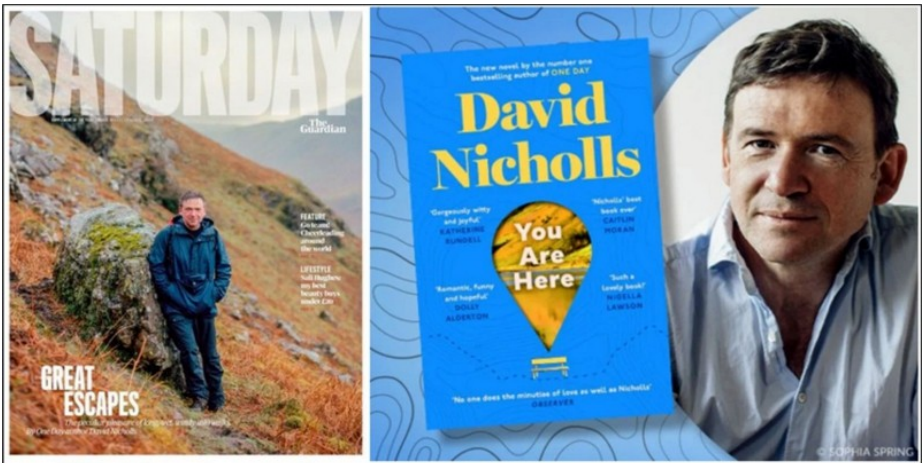
Its current owner, Sally Nightingale, who moved to Appleby in the 1990s, said she would always "carry" Appleby Castle in her heart. "Lady Anne was the most celebrated owner of Appleby Castle and I've tried to follow in her footsteps," Ms Nightingale said.

The castle was closed to the public for many years following a dispute between the owners and English Heritage, but was finally re-opened 10 years ago.

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Bestselling Author Praise for Dales High Way

The best selling author David Nicholls has praised A Dales High Way as one of his favourite long distance walks.



In an online interview with the American Forbes magazine Nicholls was asked "Tell us about some of your favorite walks."

"I don't always love coast walks, which can get a little dull, but the Northumberland Coastal Path is beautiful, with vast empty beaches, castles, a unique atmosphere and not too many tourists. Also, a lesser known route, the Dales High Way, is a beautiful diagonal path from Skipton, outside Leeds, to Appleby in Cumbria. An absolute beauty" he replied.

Nicholls' latest novel "You Are Here" is a love story set on Wainwright's Coast to Coast Walk, a walk he has done himself. He completes one or two long distance trails each year.

Writing in the Guardian he said "The conditions are always the same, a hike of 60 to 90 miles in early spring or autumn. The paths are well-trodden and unadventurous, taken from a list of routes that end in "way": the Dales Way, the Cumbria Way, Dales High Way, the Cleveland Way, the South Downs and Peddars Way, the Ridgeway. I always carry my own rucksack and have never for even one moment considered a tent."

He walks alone and enjoys solitude and wild landscapes: "Picture me, thirsty and wet on some desolate moor, 12 miles to go. The dream." This, perhaps, explains his preference for A Dales High Way over its much gentler and busier sibling, the Dales Way; "Northumbria and Cornwall aside, I don't like coastal walks. The Dales High Way is far superior to the Dales Way. I have no love for the South Downs. There, I've said it."

"You Are here" was published on 23 April by Sceptre at £20.

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Saltyaire Appleby Cake (by Liz O.)

This is a delicious hearty cake with apple, chocolate, nuts and salty caramel, not for the faint hearted but in keeping with the beautiful walk that inspired it! I hope you enjoy it.

Here is the recipe and method:

Ingredients for the cake

140 g soft brown sugar
175 g butter or baking margarine, room temperature
2 tbs jam, any flavour
2 eggs
140 g plain flour
1 tbs baking powder
1 tsp ground cinnamon
100 g shelled mixed nuts, chopped
50 g dark chocolate roughly chopped
2 eating apples, peeled cored and roughly chopped

Use a loaf tin 23x13cm

Ingredients for the Salty caramel sauce

(I made way too much so I would halve this!!!)

300 g Double cream
175 g light soft brown sugar
50 g butter
1/2 tsp salt

Method for the cake, - heads up, it takes a while as it needs to chill in the fridge for several hours or overnight!

- 1) Place butter and sugar in a mixer or hand whisk and mix until light and fluffy.
- 2) Add the eggs, one at a time, continue to mix thoroughly.
- 3) In a separate bowl sift together flour, cinnamon, baking powder.
- 4) Beat this flour mixture into the butter etc.
- 5) Stir in the nuts, chocolate, apple.
- 6) Cover and place in the fridge for a few hours or overnight.

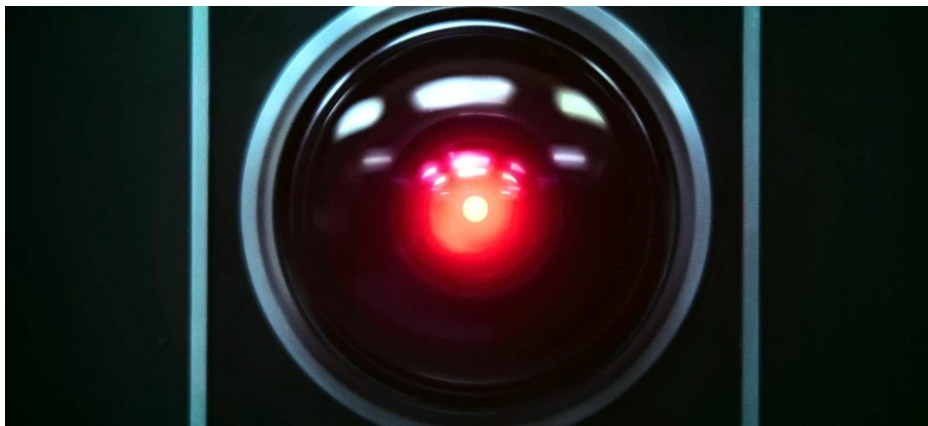
- 7) Heat the oven to 170C, 325 f, Gas 3
- 8) Grease the tin and lightly flour, pour the cake mixture and level off.
- 9) Bake for 50 to 60 mints and check it feels firm and use a skewer to make sure it is cooled.
- 10) Leave to cool for a few minutes before turning out on to a wire rack to fully cool.

Method for Salty caramel

- 1) Place all ingredients in a pan on a low heat and stir until the sugar has dissolved.
- 2) Turn up the heat and allow to bubble for 2 to 3 minutes until golden and syrupy.
- 3) Leave to cool for 10 minutes before use. Can be chilled and used up to 3 days later.
- 4) Drizzle or pour over the cake!



"How good is A Dales High Way long distance trail?"



Guest Editorial - by Copilot

We asked Microsoft's AI chatbot "Copilot" a simple question and here is what we got in response:

Ah, the Dales High Way! What a splendid adventure it offers. Allow me to paint you a picture of this 90-mile-long journey across the glorious high country of the Yorkshire Dales.

The Route: The trail begins in the World Heritage site of Saltaire (which, by the way, is a fascinating place with its historic significance and charming architecture). From there, it winds its way through the rugged beauty of the Yorkshire Dales, leading you all the way to the market town of Appleby-in-Westmorland in Cumbria.

And here's a delightful twist: for the return journey, you can hop aboard the fabulous Settle-Carlisle Railway. Choo-choo!

The Challenge: Brace yourself for some serious legwork! With over 13,900 feet of ascent, this trail isn't for the faint of heart. But fear not—it's also exhilarating and rewarding.

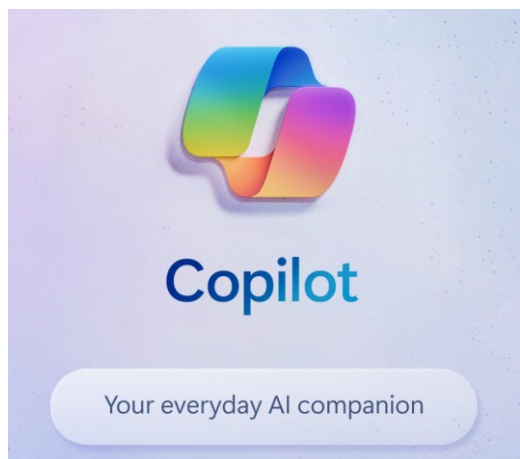
You'll encounter everything from rolling hills to dramatic moorlands, charming villages, and perhaps a few sheep who'll give you curious glances as you pass by.

The Views: Oh, the views! Imagine standing on windswept ridges, gazing across vast expanses of green. The Yorkshire Dales reveal their secrets—a patchwork quilt of fields, limestone scars, and hidden valleys. And when you reach those high points, take a deep breath. The air up there—it's like sipping from nature's own elixir.

The Volunteers and Upgrades: Recently, volunteers from the Friends of Ilkley Moor (FoIM) worked their magic on the knee-crunching descent from Ilkley Moor. Those steep stone steps, affectionately known as "Jacob's Ladder," have been waiting for a makeover since probably Victorian times. Kudos to their resourcefulness and determination!

It's heartwarming to see communities come together to enhance these trails. They've made it safer and easier for all of us to explore.

The Ultra Marathon: Now, if you're feeling particularly adventurous (and maybe a tad masochistic), there's the Dales High Way Ultra. Organized by the intrepid



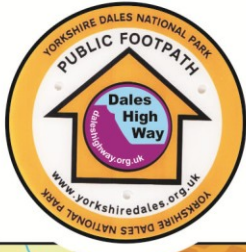
folks at Punk Panther, it's a stunningly brutal race.

The course? Tough. The mind games? Intense. But the views? Oh, they're superb. Only seven finishers out of 21 starters—that tells you something, right? Sophie Clarke, the winner, conquered it in 22 hours and 36 minutes. Respect!

Bonus: Saltaire and Alan Bennett: Saltaire, that UNESCO world heritage site, has recently been transformed for a new film called "The Choral," penned by the legendary playwright Alan Bennett. So, as you set off, you might just feel like you've stepped into a time machine.



In summary, if you ever get the chance to do the Dales High Way, I wholeheartedly recommend it. Just remember to pack sturdy boots, a sense of wonder, and perhaps a pocketful of resilience. Happy trails!



For regular news about A Dales High Way go to our website:

daleshighway.org.uk