

WALK 7– HARD: 16 ¼ miles and 2,000 feet of climbing (approx)

Starting point: Park Bottom

Litton – Dawson Close - Dale Head – Horton – Foxup - Litton

Refreshments: Pubs & cafe in Horton (slight detour); Katie's Cuppas, Halton Gill; Queens Arms, Litton

Directions: On leaving Park Bottom turn left.



Just before the last houses in Litton turn left at the sign for bridlepath and head down the hill and cross the River Skifare on the wooden bridge – often the river is bone dry due to a fault in the river bed which allows the water to run underground. Following heavy rain the river should be in full flow.



Once over the river turn right and head through the small wooden gate and go diagonally across the fields until reaching a small wooden gate, with Spittle Croft on your left. Go through this and then climb the stone steps to the next gate, once through this gate you are on the bridleway. Turn right and continue along the bridleway to New Bridge. At New Bridge go through the wooden gate in front of you and start to climb the track by the wall, ignore the footpath sign for Nether Hesleden and continue up the bridleway as it climbs up steadily at first and then more steeply.



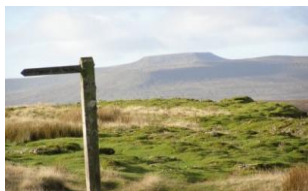
Don't forget to look back to see views of Litton and Littondale. To your right views of Nether Hesleden, Halton Gill and Plover Hill can also be seen. As the bridleway starts to level out Pen-y-Ghent Gill is on your right and views of Pen-y-Ghent will start to appear in front of you. The path is mainly easy walking with a couple of muddy parts and a beck crossing which can be tricky following heavy rain. Continue along the bridleway until you meet Silverdale Road at the footpath sign for New Bridge. Here turn left and start to walk along the road. The road climbs steeply to start with and then levels out. You will be walking along the road for just over a mile; the road shouldn't be busy but please take care. You will pass a farm on your right and then at the Pennine Way sign at Dale Head signposting Pen-y-Ghent, turn right and go down the bridleway and to the right. The bridleway will start to climb, as it levels out again take the turning on the right hand sign with Pen-y-Ghent in front of you and start to climb towards it.



Continue along the path as it climbs towards Pen-y-Ghent and over the duck boards now installed to prevent erosion until the base of Pen-y-Ghent. Here turn left following the sign for Brackenbottom. You will now descend for around 1 ½ miles down to the road at Brackenbottom. At the road turn right and follow the road to the school. At the school take the right hand path across the river over the wooden bridge and turn right and continue through the farmyard. At the junction with the bridleway coming up from Horton (if you wish to drop down into Horton for a cafe/pub stop turn left) turn right and start to climb the bridleway with Pen-y-Ghent now on your right hand side. After about a mile you will come to a gate with a junction of paths. Take the path signposted Foxup 4 ½ miles.



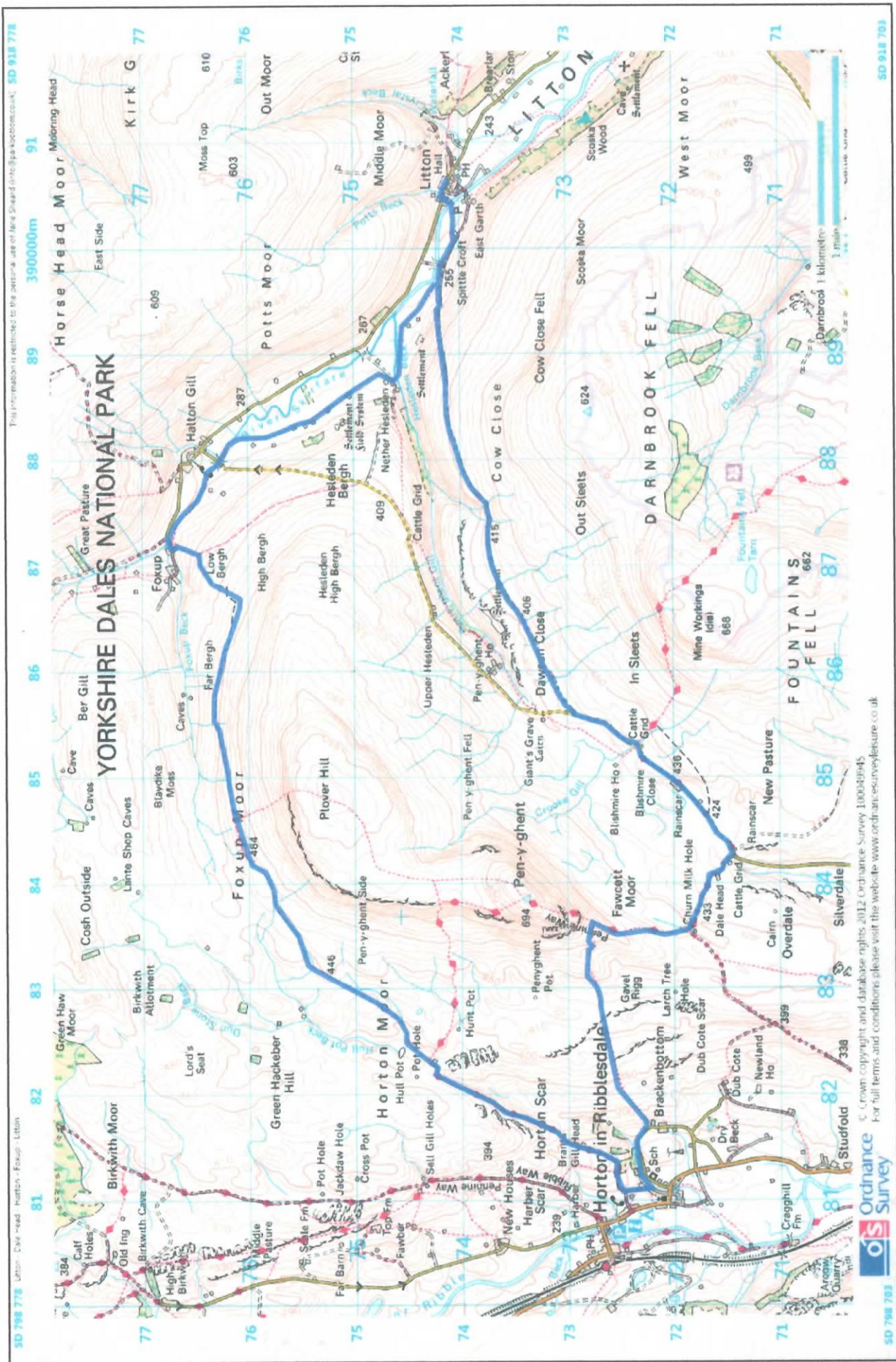
A slight detour to the left will take you to Hull Pot – the largest natural hole in England, best seen after heavy rain. On leaving Hull Pot head to the wall on your right and to the main bridleway over Horton Moor with Plover Hill on your right. On a clear day it is possible to see all 3 Peaks from here – Whernside and Ingleborough as well as Pen-y-Ghent. Continue along the bridleway passing the signpost for Plover Hill ¾ miles. Continue along the bridleway along Foxup Moor until it drops down steeply into Foxup. Turn right at the track with the farm building and river in front of you.



Before crossing the river turn right and take the path along the side of the river across the fields to Halton Gill. Here you climb the stone steps and head straight across the road and through the wooden gate and down the stone steps, following the footpath sign to Litton 2 ¼ miles. The path soon moves away from the river and crosses fields through gates and stiles until reaching Nether Hesleden.



At Nether Hesleden head through the 2 wooden gates (this area can get boggy) and turn right and then immediately left by the telegraph pole with the buildings on your right. Go through the black metal gate and head right over the bridge and through the next gate and turn left. Now follow the path back through the fields until meeting the bridleway at New Bridge where you'd earlier ignored the footpath sign to Nether Hesleden. Turn left by the sign and re-trace your steps back to Park Bottom through the fields.



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