



Dent & The Dales Way

A circular walk from the quaint Yorkshire Dales village of Dent in the south-east corner of Cumbria. The walk climbs high into the surrounding hills, following a beautiful old track across the top ridge with magnificent views across Dentdale and then descending through classic sheep pastures. The return leg follows a section of the River Dee, part of the Dales Way, taking in riverside pastures and hay meadows with plenty of wildlife to enjoy. The walk includes one quite long and steep ascent to start, followed by a much more gradual descent and finishing with a relatively flat stretch. Some sections are very high and exposed so ensure you have appropriate clothing with you. The paths are a

mixture of stone paths/tracks and unmade paths through fields, the latter of which can get very muddy. You will need to negotiate several gates, kissing gates, steps and footbridges plus two tight stone squeeze gaps (humans and dogs may need to breathe in!) and two stiles (one of which is enclosed with wire fencing so dogs may need a lift over). You will be sharing many of the fields with sheep and cattle so take particular care with dogs. There are public toilets available in the car park at the beginning of the walk. Approximate time 3.5 hours.

Before you set off on the walk itself, you may wish to explore the tiny village of Dent, with its picturesque narrow cobbled streets and tiny stone cottages. The village has a heritage centre for visitors, which tells the varied and quirky tales of the history of Dent and its surroundings. The village is most famous for being the former home of Adam Sedgwick, considered to be the father of British geology, but Dent is also known for its knitting. Two centuries ago, Dent was a place where men, women and children were all knitting at a furious pace, even when walking or doing other daily tasks. The villagers were the most famous hand knitters of the Dales, able to knit with one hand (the other needle being fixed to a belt) whilst carrying out farming or household chores with the other hand and so generating a second income. The knitting boom was at its peak during the Napoleonic Wars and Dent's woollen socks kept the feet of the British army warm while they fought Napoleon. Leave the car park via the vehicle entrance, cross over the road and take the lane directly ahead (passing to the left of the 1845 Memorial Hall). The lane leads you past a number of properties and the village green (on your left). At the end of the green, keep straight ahead on the no-through road signed to Flinter Gill. On the left you will see the 1835 Zion Chapel. The lane dog-legs right then left and becomes a stone path leading you up into trees (still signed to Flinter Gill). Take care on this path as the stones can become slippery when wet. Through the trees down to the left you may be able to make out the stream of Flinter Gill. Pass through the gate ahead (NOTE: you may come across sheep grazing from this point) and continue on the stone track which now winds steeply uphill. Half-way up you will pass an old stone barn on the right (this may be open for you to view its collection). Pass through the gate ahead and you will see an old lime kiln on the left. Dating from around 1750, constructed from limestone walls with a bowl of sandstone, the kiln was used to produce quicklime (a substance valuable as both a fertiliser and building material). Towards the top you will emerge from the trees and will be rewarded with your first glimpse of the views you will be enjoying for much of this walking route. The path's gradient becomes more shallow and it swings right to lead you through the next gate. Continue on the path, with a stone wall running on the left. Eventually, at the top of the slope, you will come to another gate ahead (with a handy bench should you want to pause and catch your breath). Go through the gate to reach a signed junction with another track running along the top of the fell.