



*Watch Your Step - Harebells on A Dales High Way!*

## **Friends of A Dales High Way**

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# Friends of A Dales High Way

friends@daleshighway.org.uk

## WATCH YOUR STEP



*Bird's-foot Trefoil*

We know that people approach walking in different ways, and enjoy different elements of a route. We will all end our walk at Appleby with different memories, having seen different things.

I had great weather when I last walked A Dales High Way, I loved being able to look back and see where I had been yesterday, and onwards to the day ahead. However, often when I am out walking I keep a closer eye on the ground, looking to see what flowers are about. And anyone walking through the rainy summer of 2023 may have had little choice but to set their focus closer to their nose – and there is a rainbow of flowers to punctuate the day.

**Red Campion** (*right*). A simple glance suggests this has been misnamed as the flowers are a deep pink, but it was named before pink was first used as the name of a colour, which wasn't until the 18th century. It is a plant of woodland edges and shady tracks. And as a bonus we have an Orange-tip Butterfly here too.



**Bird's-foot Trefoil** (*See main picture*). Although mainly yellow, these flowers, in the pea family, can often be flushed with orange, influencing one of its old names of 'eggs and bacon'. It is common on the rocky paths and grassland.



**Yellow Rattle** (*left*). This charismatic flower is sometimes referred to as the 'meadow maker'. It is semi-parasitic, taking some of its nutrients from the surrounding grasses and herbs, reducing their vigour and allowing a greater range of species to thrive. Its seeds are formed in bladders which rattle when ripe, and in the past this was used as an indication of the field being ready to cut for hay.





**Herb Paris** (*above*). This is a distinctive but rare plant of limestone woodlands, worthy of a mention as it is (almost) green! You may have to choose between a short detour at Feizor to see this, or a stop at Elaine's. A hard choice...



**Bluebells** (*above*). Can't argue with this iconic spring flower. A great display in Wharfe wood, but you won't be surprised to see it elsewhere.

**Harebell** (*right*). A delicate, pale blue (or perhaps indigo?) flower, and the county flower of Yorkshire.



**Devil's-bit Scabious**

(*below*). A late summer flower of open grasslands. Its name, so the story goes, is that the devil bit away part of the root, furious

that the plant was used to cure all sorts of ailments. Undeterred, 17th century herbalists used it to treat swollen throats and the plague.



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



## David Halsall

In early May we said goodbye to David Halsall, who died after a short illness.

David was a true Friend of A Dales High Way. In 2008 before the publication of the first guidebook he and his wife Bridget test-walked the route, checking both maps and directions for accuracy and clarity.



*David (facing with shovel) preparing a waymark post in Trench Woods, Nov. 2021.*

David was a founder member of the Friends group and active on the committee, inspecting waymarks, erecting fingerposts and taking every opportunity to get out on the path.

David was a happy man who enjoyed walking, film-making and physics. He was a keen and talented film maker and his YouTube channel contains films of his and Bridget's many long distance walks.

Their Dales High Way film certainly tells it like it is – rain, boggy bits, tough days and tearooms. Always tearooms because David never said no to a sweet treat.

David was diagnosed in February with an aggressive brain tumour. He died peacefully at home on 24th April. He is buried at Tarn Moor natural woodland burial site outside Skipton and just metres away from the route of A Dales High Way. His funeral was attended by family, friends, colleagues and fellow walkers who gave generously to Upper Wharfedale Fell Rescue in his name.

He will be sorely missed.

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News Updates

**Bandley Bridge rebuilt**

Bandley Bridge, on the final approach to Appleby at the end of A Dales High Way, has now re-opened after a 3 month closure.



On 20th May Matt and Helen Ward finished their Dales High Way walk, and posted a picture of the new Bandley Bridge on the Dales High Way Facebook group page. Helen said: "Matt Ward and I completed the DHW today. Gorgeous weather and a lovely walk into Appleby. Sorry to see it end. So many highlights...such varied landscapes and views. Flowers esp orchids a delight. Can't recommend it enough."

The following Tuesday Michael Talbot, Countryside Access Officer for Westmorland and Furness Council, told us: "Good news. Bandley Bridge has been finished and open to use. Closure notices might still be up on site but I'll be taking them down and lifting the formal closure this afternoon."

Our thanks go to the countryside officers of the new Westmorland and Furness Council.

## Ingleborough Path Re-laid



The final push to finish the Ingleborough Access Project was completed in early summer with the re-laying of existing stone flags at Humphrey Bottom, on the route of A Dales High Way.

The Access project was a 4 year project to improve the public right of way network on the Yorkshire Dale's second-highest mountain.

Rob Ashford, Area Ranger for Malhamdale & Ribblesdale, said: "This was due to be completed in 2022, but due to a congested year, where we finished the Sulber Nick

project and started Brackenbottom pitching on Pen-y-Ghent, the



Humphrey Bottom flagging project was delayed. We did look at starting in March but the ground was far too wet; blanket bogs are not a forgiving feature for plant and machinery at this time of year, as you can appreciate."

## **New Path Works by Willy Hall's Spout**

New way-mark signage has been erected and the footpath resurfaced on Ilkley Moor, just beyond White Wells and Willy Hall's Spout, on the route of A Dales High Way.



The previous marker post had disappeared, but was replaced by rangers from Bradford's Countryside Service after being contacted by the Friend's of A Dales High Way.

The once muddy path between Willy Hall's Spout and Well's Road, on the ridge above Ilkley Town, has now been resurfaced throughout.

As a registered Urban Common, there has long been a right of access across all of Ilkley Moor on foot and on horseback, but the council

encourages walkers to stick to the extensive network of paths and tracks there are easy to follow.

Chair of the Friends, Julia Pearson, said: "We have built a good working relationship with the local staff of Bradford's Countryside Service over the years, and we're very grateful for the excellent work they've done here."

## New 200-mile Ultra Marathon planned for next year

Punk Panther Endurance Events are planning to link their *Dales Way* race with their *Dales High Way* race to form **DESTINY 200** - a mammoth 200-mile Ultra Marathon for July next year.



Following The Dales Way from Bowness-on-Windermere via Burneside, Sedbergh, Dent, Camhouses, Outershaw, Beckermonds, Buckden, Kettlewell Grassington, Burnsall, Bolton Abbey & Addingham to Ilkley, then picking up on the Dales Way Link to Saltaire and Bradford Cathedral.

Then returning to Saltaire to the Start of the Dales High Way, which then goes to Addingham, Skipton, Settle, over Ingleborough & the

Shoulder of Whernside into Dent, Sedbergh, over the Howgills (via The Calf), Wath, Great Asby, Appleby-in-Westmoreland.

Then the twist in the tail - up to the awesome High Cup Nick before returning to Appleby for an epic journey. Eighty-Two hours to complete 200 miles of the most breathtaking views and brutal trails England has to offer with over 25000ft of ascent! It is the epitome of Beauty and the Beast. Your Destiny awaits...

There is the option to tackle the 80-mile Dales Way or 90-mile Dales High Way on their own.

The Destiny 200 takes place from Thursday 4th July 2024 to Sunday 7th July 2024 . Booking is now open at:

[https://www.sientries.co.uk/event.php?event\\_id=12021&UID=ws](https://www.sientries.co.uk/event.php?event_id=12021&UID=ws)

Destiny  
200

The Clock  
Is Ticking





## WHERE ARE THESE SPOTS?

Photos taken along the route of A Dales High Way - if you've walked it you should recognise them.





6



7



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9



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(Answers on page 15)

## Westmorland Rises from the Ashes

On April 1st 1974, at the stroke of a pen, the ancient county of Westmorland disappeared, along with the adjoining county of Cumberland. They were replaced by Cumbria.

The old county town of Appleby, in a defiant move, renamed **itself Appleby-in-Westmorland**.

Now, almost 50 years later, Westmorland is back.

As of 1 April 2023, Cumbria County Council was abolished. As were the councils of Allerdale, Barrow-in-Furness, Carlisle City, Copeland, Eden District, and South Lakeland District.

Cumberland Council has since taken over the area previously covered by the Allerdale, Carlisle City, and Copeland authorities.

Meanwhile, Westmorland and Furness Council is in charge of the area formerly covered by Barrow-in-Furness, Eden District, and South Lakeland District authorities.

The boundaries are not exactly the same - around a quarter of historic Cumberland around the town of Penrith is in the new Westmorland and Furness council.

Cumbria will remain as a "ceremonial" county and the name will remain in the names of various organisations such as the police force.

Lord Eric Pickles, who championed traditional counties during his time as communities secretary, said: "This is great news. People live in Cumberland and Westmorland - they don't live in Cumbria. Cumbria was a creation of the madness of the 1970s when politicians and bureaucrats decided people live in different places."





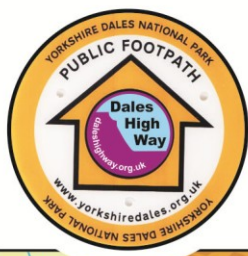
## WHERE ARE THESE SPOTS? - Answers

- 1) Main Street, Dent.
- 2) Footbridge by Rutter Force, approaching Appleby
- 3) The Howgill Fells, as seen from Frostraw Fells
- 4) Skipton, sign by footpath stile to Park Hill
- 5) Malham, on climb above the Dry Valley
- 6) Saltaire, former Grammar school, now Shipley College
- 7) Into Dentdale, from Boot of the Wold (*see picture below*)
- 8) Skipton, from Park Hill
- 9) Great Asby - the Three Greyhounds
- 10) Ingleborough in winter

- Bridget Izod



*Lakeland skyline as seen from Boot of the Wold - Mark Richards*



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

**[daleshighway.org.uk](http://daleshighway.org.uk)**