

CRAVEN U3A WALKING GROUP || SPRING PROGRAMME || JANUARY – APRIL 2025

Spring walks for the Craven u3a Walking Group

JOINING A WALK

If you wish to join a walk please arrive at our meeting point in Coach Street Car Park at least 10 minutes before the first time indicated. This time is when the last car will leave Coach Street.

The meeting point is in the back corner near the Gargrave Road.

If you are coming by car you are encouraged to drive via Coach Street Car Park and liaise with other members to consolidate into the minimum number of cars. This reduces the pressure on parking at the start as well as helping the environment by reducing car miles. It also ensures members that do not have cars are able to participate in walks.

We will rely on those attending via Coach Street to sort themselves out when the walk leader is not able to be present in the car park. Passengers are encouraged to offer the driver a 10p per mile donation towards their costs, although you could also offer to buy them a cup of tea/coffee in the cafe afterwards.

Where you wish to drive direct to the walk start please advise the walk leader of your intentions and arrive by the second time (in square brackets) shown. A list of all leaders' telephone numbers is included to enable you to do this. If you travel direct to the walk without advising the leader it is at your own risk; we shall not know you are attending and will not be waiting for you. It also means that on those rare occasions where a walk is changed or cancelled you may not be made aware of this.

Where the Walk Leader wants to positively discourage you from going direct, typically because parking space is limited, this will be shown on the programme. In addition the walk leader may also provide, and indeed may be using, public transport options. This is to be encouraged where possible.

GENERAL INFORMATION

We have only three specific rules:

- (1) No dogs**
- (2) Avoid muddy boots or wet outerwear in shared transport**
- (3) Your comfort and safety are your own responsibility**

Group Walking

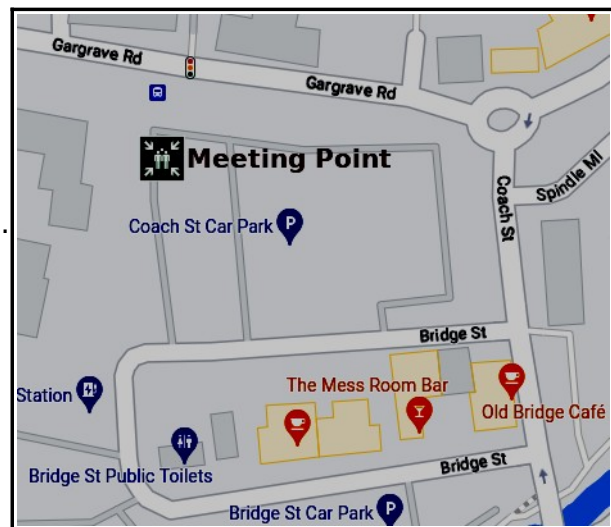
Please note that the term "Walk Leader" does not imply that this person has any formal training in leading walks, mountain craft or first aid. In fact most of our u3a walk leaders do not have any such training, although 13 members attended a one day course in May 2023. The u3a is a self-help group and each individual walker is responsible for their personal safety and welfare including having suitable walking boots, carrying or wearing clothing appropriate to the forecast weather conditions, and bringing food and a drink.

Each walk has been researched, and probably previously walked, by the walk leader. Members should review the walk descriptions and ensure the length and difficulty under the expected conditions are within their capabilities. The walk leader will have graded the walk as follows:

Easy: Track and field walking with no steep ascents or descents.

Moderate: Average Yorkshire Dales terrain with ascents & descents, but nothing steep or tricky.

Strenuous: One or several steep climbs or descents, and/or rough terrain.



Recent weather, as well as the forecast weather, can greatly affect the difficulty of the walk with slippery mud, ice and limestone as well as swollen streams and high winds, being major factors in making a walk more challenging. Remember also that high level fell walks will result in walkers experiencing lower temperatures and higher winds than the general forecast. If members have any doubts with regard to the suitability of a walk they should consult the Walk Leader.

The leader will set the pace based on the capability of the party as a whole. Please do not make their task more difficult by moving too far in front. If large gaps occur in the group then communication between leader and back marker becomes a problem.

Emergency Signals

In the event of a problem, e.g an injury or the group becoming too extended, the most effective means of communication with the leader is a whistle. If you hear a whistle, indicate that you have heard it and ensure that the information is being relayed to the leader at the front.

One blast means STOP

Two blasts means COME BACK

Multiple blasts means URGENT HELP is needed

Programme Changes

If a walk leader is unable to lead their walk, and is unable to delegate to their back marker, they should contact the Programme Secretary who will consult members to find a new walk leader. If a different walk is substituted it should ideally be of similar length and degree of difficulty as the walk being replaced and the same start time from Coach Street. Walk programme updates will be sent out by email.

Health, Safety & Incidents

The Group has a supply of laminated cards giving an outline of immediate first aid procedures and how to summon assistance from the emergency services, which you are all encouraged to have with you. The Group Leader and Programme Secretary each have spare copies. It is advisable to carry a whistle, a small first aid kit and an emergency survival blanket/bag; available from all good outdoor shops.

Walking can be a hazardous pursuit but, with care, it is very enjoyable and usually incident free. On any walk there will be hazards that will be obvious but the leader, and indeed all members, are encouraged to highlight any specific hazards (hidden holes, fence wire, slippy stiles, etc.) they observe or experience.

Walking poles are entirely optional but carried by many members. It is almost certain there will be stiles. If you are carrying poles please ensure the pointed end does not hit anyone when climbing the stile.

The u3a requires that incidents resulting in an injury to a member, or a member of the public, or damage to property, are recorded on an **Incident Report Form**. This information may be required in the event of an insurance claim against the u3a. The Group Leader is responsible for filing the form with the Craven u3a Committee, but everyone who witnessed the incident may be asked to provide details to the Group Leader, providing photos if appropriate. The form can be downloaded from the Craven u3a website (<https://cravenu3a.org/> under **Policies** on the menu).

Guest Walkers

We are happy for group members to bring the occasional guest along. If guests want to become regular walkers they will need to join Craven u3a and register for the Walking Group. Please ensure the walk leader is made aware of and keeps a record of any visitors as there are restrictions on how often guests may be covered on our insurance.

Members' Meetings and Planning Future Walks

Three members' meetings are held each year (March, July & November) to plan the next walk programme. Meetings also provide all members with an opportunity to put forward ideas for discussion.

CRAVEN U3A WALKING GROUP --SPRING PROGRAMME--

JANUARY - APRIL 2025

TUESDAY

THURSDAY

<p>Jan 7 Medium Moderate J.Perry/V.Jackson Carleton Banner Hill 8.5 miles 09:30 [09:45]</p> <p>Map OL2 SD972500 – Carleton * Banner Hill * Broughton - small wood * Sulphur Wells * Elslack Bridge * Church Lane * Eller Gill Lane * Yellison House * Pasture House * Carleton</p> <p><i>Mainly on farm tracks, fields and a little road. Some awkward stiles but nothing insurmountable</i></p>	<p>Jan 9 Short</p> <p><i>If you would like to offer a walk on this date please contact the Programme Secretary</i></p>
<p>Jan 14 Long Moderate C & G Wilkinson In Search of Lady Anne 10.5 miles 09:00[09:00]</p> <p>Map OL2 SD991519 * Entrance to Skipton Castle * Embsay Woods * Boncroft * Embsay Moor (Stone Ridge Plain) * Bilton Ings * Crookrise Crag Top * Saddle Holes * "Lady Anne Clifford Rock" * Return to Skipton via Sawley Grange. <i>Walking directly from Skipton Castle. Revisiting the rock carving of Lady Anne Clifford. Total ascent of 1512 ft. Strenuous pull up Embsay Moor.</i></p>	<p>Jan 16 Medium Moderate G & A Reay Grassington-Hebden-Mines 9 miles 08.30 [09.00]</p> <p>Map OL2 SD003637 Park YDNP Grassington Car Park * Hebden * Hole Bottom * Lead Mines * Duke New Road * Yarnbury * Grassington</p> <p><i>A gentle walk in the Wharfe Valley exploring the impact of the Lead Mines</i></p>
<p>Jan 21 Short Easy N & M Jarvis Burnsall, Howgill, Dales Way 7 miles 09:15[09:45]</p> <p>Map OL2 032612 * Burnsall * Woodbridge * Kail Lane * Winding Flat Lathe * Appletreewick * Skyreholme * Howgill * Dales Way riverside * Burnsall.</p> <p><i>We will not be at Coach Street car park to arrange car sharing. Meet at Burnsall Bridge.</i></p>	<p>Jan 23 Long Strenuous M Valiant/S Crowley Whernside Figure of Eight 10 miles 08:30 [09:30]</p> <p>Map OL2 SD 738772 Chapel-le-Dale Church Car Park (£ Donation) * Philpin Lane * Three Peaks Route to Ridge * Whernside Summit * Three Peaks Route to Bleamoor Sidings * Dales Highway to Ellerbeck * Chapel-le-Dale</p> <p><i>1800ft of ascent</i></p>
<p>Jan 28 Medium Easy T Baines/S Coombes Gargrave, Haw Crag & Airton 8.5 miles 09:30 [09:50]</p> <p>Map OL2 SD932543 Park at Gargrave main CP * Mark House Lane * Haw Crag * Bell Busk * Kirk Syke * Airton * Newfield Bridge * Pennine Way * Gargrave</p> <p><i>A gentle walk through Malhamdale. Panoramic views from Haw Crag</i></p>	<p>Jan 30 Short Moderate Karen Gregory /TBA Otterburn Moor 5.5 miles 09:30 [09:50]</p> <p>Map OL2 SD883578 Otterburn * Scosthrop Lane * Ormsgill Green * Langber Lane * Otterburn</p>
<p>Feb 4 Medium Easy M & W Hall Colne Circular 9.5 miles 09:30 [10:00]</p> <p>Map OL21 SD909404 Ball Grove Car Park * Ball Grove Park * Alkincoats * Barrowford Reservoir * Greenfield Road Nature Reserve * Ball Grove Park</p> <p><i>Visit the nature reserves around Colne</i></p>	<p>Feb 6 Medium Strenuous W Carr Malham-Malham Cove-Weets 9.5 miles 09:00 [09:30]</p> <p>Map OL2 SD900627 Meet outside Malham YDNP Tourist Information * Pikedaw * Langscar Gate * Malham Cove * Gordale Bridge * Weets Top * Hanlith * Malham</p> <p><i>Malhamdale tour with super views. 1,800ft of ascent with 2 steep climbs.</i></p>
<p>Feb 11 Short Moderate M Woronowski/A Todd Hebden Gill from Grassington 7 miles 09.30 [10.00]</p> <p>Map OL2 SE002637 YDNP Car Park Grassington * High Lane * Edge Lane * Tinker's Lane * Hole Bottom * Hebden * Dales Way * Grassington</p>	<p>Feb 13 Long Strenuous F Robertson Addingham – Bolton Abbey 12 miles 09:00 [09:15]</p> <p>Map Exp297 SE069498 Park on Big Meadow Drive, Addingham. Dales Highway * Draughton Height * Draughton * Halton East * Middle Hare Head * Bolton Abbey * Bolton Bridge * Hawpike Farm * Highfield House * Addingham</p>
<p>Feb 18 Medium Easy R.Waller/C.Powell Winterburn Reservoir 7 miles 09:30 [10:00]</p> <p>Map OL2 SD958588 Angel Inn, Hetton BD23 6LT * Scarnber Hill * Giants Graves * Friars Head * Winterburn * Winterburn Reservoir * Moor Lane * Hetton</p> <p><i>A Grade II* listed building & a canal reservoir</i></p>	<p>Feb 20 Medium Moderate C Crittenden Buckden – Upper Wharfedale 8.5 miles 09:00 [09:45]</p> <p>Map OL30 SD942773, Buckden Yorkshire Dales National Park Car Park, Cray, Yockenthwaite, Hubberholme, Buckden</p>
<p>Feb 25 Long Moderate P & D Scarborough North Nidderdale Circular 11 miles 8.30 [9.00]</p> <p>Map Exp298 SE284603 Ripley Castle Car park * Hampsthwaite * Birstwith * Shaw Mills * High Cayton * Ripley</p>	<p>Feb 27 Medium Moderate S Coombes/T Baines Hazelwood Moor 8.5 miles 09:30 [09:45]</p> <p>Map OL2 SE083529 Park in no through road by Yorkshire Pianos * Storiths * Hazlewood Moor * Cavendish Pavilion * Storiths * Yorkshire Pianos</p> <p><i>Great views from moorland paths</i></p>

Walk Group Coordinator:
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Treasurer:
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<p>Mar 4 Short Easy C.Northbridge Pendle Heritage – Barrowford 6.5 miles 09:30 [10:00] Map OL21 SD863398 Pendle Heritage Centre Car Park * Noggarth * Roughlee * Whitehough * Hollins Top * Blacko Bar Road * Water-Meetings * Pendle Heritage Centre <i>Great views of Pendle Hill and Blacko Tower, if no mist over Pendle</i></p>	<p>Mar 6 Long Strenuous G & A Reay Pen-y-Ghent & Plover 10 miles 08.00 [09.00] Map OL2 SD808726 Park at the Horton in Ribblesdale YDNP Car Park GR * Bracken Bottom * Pen Y Ghent * Plover Hill * Hull Pot * Sell Gill Head * Pennine Way * Horton in Ribblesdale <i>A walk-up Pen Y Ghent, the rocky ridge and potential for great views of the three peaks and the wilds of Plover Hill. An opportunity to visit the largest natural hole in England - the collapsed cavern of Hull Pot, returning via the Pennine Way 1755 ft of ascent.</i></p>
<p>Mar 11 Medium Moderate C & G Wilkinson Trawden Forest and Wycoller 8.5 miles 09:15 [09:45] Map OL21 937393 * Lancashire Moor Car Park (Panopticon) * Smithy Clough * Pendle Way * Oaken Bank * Stunstead Farm * Keighley Road * Pendle Way * Wycoller <i>Open moors, farmland, the ancient village of Wycoller and "The Atom" Panopticon. 1255 ft of ascent.</i></p>	<p>Mar 13 Long Moderate M Valiant/S Crowley Kettlewell – Mossdale Scar 11 miles 08:30 [09:00] Map OL30/21 SD968723 Kettlewell YDNP Car Park (£) * Rain Slack Well * Rain Pot Gate * Benfoot Brow * Mossdale Scar * Kelber Gate * Conistone Pie * Dales Way * Kettlewell <i>1000ft of ascent</i></p>
<p>Mar 18 Long Moderate F Burnett Circular walk from Settle 11 miles 09:00 [09:30] Map OL2 SD 821634 Meet Settle Green Foot Carpark * Cleatop Park * New Pasture Lane * Long Preston * New House Lane * Langber Lane * Scaleber * Lambert Lane * Settle <i>Mostly good tracks but with a couple of stiles</i></p>	<p>Mar 20 Medium Moderate K.Gregory/S.Desgranges Water Sinks to Stockdale 9 miles 09:00 [09:30] Map OL2 SD895658 Water Sinks Car Park Malham Tarn * Gorbeck * Victoria Cave * Stockdale * Water Sinks <i>Hopefully wonderful views of the 3 peaks. Possibly boggy/muddy in places</i></p>
<p>Mar 25 Short Easy D Goode Elslack Moor & Pinhaw Beacon 5 miles 09:30 [10:00] Map OL21 SD940473 Parking on old Carleton - Colne Road * Elslack Reservoir * Ransable Hill * Kirk Sykes Farm * Pin Haw Beacon & Toposcope * Pennine Way back to cars <i>With branch off to see Robert Wilson's gravestone</i></p>	<p>Mar 27 Long Moderate C & G Wilkinson Barden Moor Circular 11.5 miles 09:15 [09:45] Map OL2 037553 * Black Hill Parking Area * Rylstone Cross * Obelisk * Burnsall Fell * Barden Reservoirs <i>Mostly good tracks, hopefully far reaching views. 1300 ft ascent.</i></p>
<p><i>TBA: Walks Planning Meeting: Summer 2025</i></p>	
<p>Apr 1 Medium Moderate H.Shaw/H.Tudhope Salt & Pepper Pots 9 miles 08:40 [09:00] Map OL21 SE007451 Crosshills Co-op Car Park * Glusburn * Salt & Pepper Pots (aka Wainman's Pinnacle and Lunds Tower) * Ickornshaw * Cinder Lane * CrossHills <i>A bit of road walking but mainly tracks and well marked paths. A couple of streams to ford if there has been exceptionally heavy rain.</i></p>	<p>Apr 3 Short Easy L Morrison Walk round the Benthams 7 miles 09:00 [09:50] Map OL41 SD651693 Low Bentham CP * Punch Bowl Viaduct * River Wenning * Bentham Bridge * Windy Hill * High Bentham * Low Bentham</p>
<p>Apr 8 Long Moderate M Woronowski/A Todd Borrins from Clapham 11 miles 09:30[10:10] Map OL2 SD746692 YDNPA Car Park Clapham * Long Lane * Pennine Bridleway * Sulber Gate * Borrins * Moughton Whetstone Hole * Norber Brow * Thwaite Lane * Clapham <i>South of Borrins the walk follows the route of a trail through Ingleborough Nature Reserve</i></p>	<p>Apr 10 Medium Moderate T Baines/S Coombes Lindley Wood Res. & Folly Hall 8.75 miles 09:30 [10:10] Map EXP297 SE210509 Park at Norwood Edge Plantation CP * Prospect House Farm * Lindley Wood Farm * Lindley Green * Lindley Wood Reservoir * River Washburn * Six Dales Trail * Folly Hall * Sword Point * Top Lane * Norwood Edge Plantation * Norwood Edge Car Park <i>A super walk along the Washburn Valley in an area rarely visited. Please turn off the A59 and travel on minor roads via Cobby Syke Road, Fewston Café, & Wydra Lane, in order to avoid turning right onto the B6451 at "Dangerous Corner".</i></p>
<p>Apr 15 Short Moderate G & L Mackley Buckden & Yockenthwaite 7 miles 09:15 [09:45] Map OL30 SD942773 Park at YDNP car park in Buckden. Cray * Todd's wood * Scar House * Yockenthwaite * Hubberholme * Buckden <i>Lovely long-distance views down Wharfedale</i></p>	<p>Apr 17 Medium Moderate S Desgranges/T Baines Cononley to Lothersdale 9 miles 09:30 [09:45] Map OL21 SD 988470 Park in Cononley * Great Gib * Cook House * Leys House * Lothersdale * Street Head * Carleton Biggin * Cononley</p>
<p><i>April 18: Good Friday April 21 Easter Monday</i></p>	

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<p>Apr 22 Medium Moderate C.Powell/R.Waller Conistone Dib & Pie 7 miles 09:30 [10:00] Map OL2 SD978675 Conistone Bridge BD23 5HS * Conistone Dib * Scot Gate Lane * Bycliffe Road * Conistone Turf Road * Capplestone Gate * Dales Way * Connie Pie * Scot Gate Lane * Conistone Bridge <i>Some scrambling up the Dib, 1300ft ascent</i></p>	<p>Apr 24 Short Moderate S Coombes/T Baines Upper Littondale 6.75 miles 09:30 [10:15] Map OL30 SD881765 Halton Gill * Foxup * Cosh * Foxup * Nether Hesleden * Halton Gill <i>Views and beckside walking</i></p>
<p>Apr 29 Long Strenuous G & A Reay Wild Ingleborough & Ridge 11 miles 08.00 [09.00] Map OL2 SD 764791 Ribbleshead (Park near the Pub) * Quarry * Saxon/Viking Longhouse site * Wilding Area * Great Douk Cave * Tatham Wife Moss * Middle Pasture to Quaking Pot * Ingleton Path to Ingleborough Top * North east Ridge * Park Fell * Ribbleshead. <i>A pleasant walk past the North face of Ingleborough, past the ancient settlement and the Wilding Area and across to the Ingleton path to the Summit</i></p>	<p>May 1 Medium D Killock/J Hirst Bronte W'falls & Top Withens 8 miles 09:20 [10:00] Map: OL21 SE021363 Penistone Hill Country Park CP. (Up the track from the road. Not the CP by the road (What 3 Words: backed.sadly.crows)) Penistone Hill * Bronte Bridge * Top Withens * Pennine Way to Ponden Reservoir * Oldfield * Stanbury * Lower Laithe Reservoir * Hill Top * Penistone Hill <i>Mostly easy paths across moors and farmland on stretches of the Bronte Way, Pennine Way and Millennium Way. Short steep downhill and uphill between Oldfield and Stanbury!</i></p>
<p><i>May 5: Early May Bank Holiday</i></p>	

Leaders' Contact Numbers			
Tom Baines	01535 633981	07769 868623	Diane Killock 07434 651964
Fiona Burnett		07522 391991	George & Lorna Mackley 01756 700594 07706 369253
Steve Coombes	01756 700528	07927 115825	Cecil Northridge 07860 194076
Wendy Carr		07596 455761	Jenny Perry 01756 795508 07731 936142
Cathy Crittenden		07598 492910	Colin Powell 07444 021291
Sally Crowley		07786 516441	Graham & Anne Reay 01535 652422 07826 240894
Shirley Desgranges	01756 793106	07957 732700	Fiona Robertson 07940 031231
Douglas Goode	01756 229188	07398 117527	Pam & David Scarborough 01943 873334 07546 466010
Karen Gregory		07443 566184	Helen Shaw 07769 891235
Martin & Wendy Hall	01756 748887	07484 831301	Andrew Todd 01756 794441 07581 426266
Janet Hirst		07411 443133	Helena Tudhope 07423 052251
Val Jackson	01756 791985	07821 933653	Mike Valiant 01943 430494 07974 630253 07779 394358
Nick & Maggie Jarvis	01756 751711	07788 872998	Richard Waller 07901 957416
Liz Morrison		07790 506790	Mark Woronowski 07767 338875
			Carol & Geoff Wilkinson 07764 159296 07716 255523

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Special interest breaks



Europe & Worldwide



Guided trails



Self-guided walking



Family adventures

Visit hfholidays.co.uk/groups | Call 020 8732 1260
Email groups@hfholidays.co.uk

Share your story



Please recycle me



Craven U3A Walking Group is proud to be affiliated to the **Walking Partnership**. Support our group by booking walking holidays with **Ramble Worldwide** (formerly Ramblers Walking Holidays or Adagio) and nominating Craven u3a Walking Group when booking to ensure we receive vital funds. When booking a **Ramble Worldwide** holiday please tell them you are a member of Craven u3a walking group. This does not affect the cost of your holiday but will result in Ramblers making a payment to the group.



To book:

visit rambleworldwide.co.uk
call +44 (0)1707 537 581
or email info@rambleworldwide.co.uk



Similarly, anyone booking any holiday, not necessarily walking, with **Riviera Travel** is encouraged to mention Craven u3a and the organisation may give the group a financial contribution.

Forever Curious



Will give 15% off to **National Trust** members or **HF Holiday** members in stores nationwide. You just need to show them your membership card.