

WALK 14 – HARD: 15 ¾ miles and 2,110 feet of climbing (approx)

Starting point: Park Bottom

Litton – Fountains Fell – Malham Tarn – Monk's Path – Arncliffe

Refreshments: Falcon Inn, Arncliffe; Queens Arms, Litton

Directions: With Queens Arms and Park Bottom behind you go up the road.



Just before the last houses in Litton turn left at the sign for bridlepath and head down the hill and across the River Skirfare 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 ¾ mile 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 about ½ a mile; the road is not busy but please be careful. At the path sign-posted Pennine Way to Malham Tarn turn left and begin the climb up Fountains Fell.



Follow the path up Fountains Fell, following the Pennine Way. Once at the top remains of mining works can be seen and great views of Pen-y-Ghent. The path then starts to drop down to Tennant Gill farm continue along the track to the road. Cross the road and take the path on the left, sign-posted Waterhouses; still following the Pennine Way.



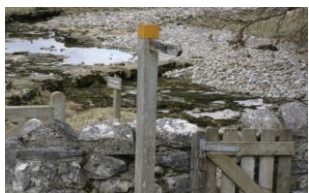
Walk across the field and through the gate. The path is now stony for a short while before turning right and following the side of the wall all the way to Waterhouses. At Waterhouses turn left and follow the track passing the Malham Tarn Field Centre. Just as you leave the field centre grounds, over the cattle grid turn immediately left (leaving the Pennine Way) and start to climb up, following the signs for Middle



The path climbs sharply to start with before turning right and then climbing more gradually for a few hundred metres until descending towards the farm. Just before the farm you will meet a path coming up from the right hand side, turn left to join this path and climb up towards the wooden gate. Go through the gate and follow the now stony path (Monk's path) as it turns right and heads towards Middle House and the wall. Follow the obvious path, now turning more grassy as it starts to head towards Arncliffe – approximately 2 ¾ miles away. The path crosses many broken walls and wooden gates before descending steeply into Arncliffe. On meeting the track turn left and walk down the track. You will arrive in Arncliffe with the Falcon Inn on your right hand side.



At the Falcon Inn continue along the road and then turn left and head over the hump back bridge, the road climbs steeply to Malham on your left but you continue along the track sign-posted Litton and Halton Gill. Follow the track and then turn right through the small wooden gate and over the spring, continue diagonally across the field following the path.



The path goes through fields, through gates and over stiles until meeting the river again at the stepping stones (see map for alternative route if the river is too high to cross). Cross the stepping stones and follow the path along the side of the river. Then follow the footpath signs as the path leaves the river and goes through fields, heading towards the Queens Arms.



