



Good Friday – 7th April 2023

A Walk in The Dale

With time to think and talk and enjoy our world

After the enjoyable walk last Easter I would like to extend an invitation to join us for 2023. Last year about 35 people from The Dale joined us for parts of the route (and 25 did the whole circuit). So, why not avoid the Good Friday traffic, spend a great day outdoors, with opportunities to talk, reflect on the past and look to the coming year, and perhaps to see something different.

The walk is slightly different to last year's, but still starting and finishing at Gargrave so we can have lunch at Kirkby Malham. After stopping for refreshments at Airton we will have time for lunch at Kirkby Malham before returning via Scosthrop, Bell Busk and Coniston Cold (with a stop there). The full circuit will be just under **14 miles** with **1125 feet** of ascent), but there will be opportunities to join later or to shorten your walk if you wish. If you join us at Kirkby Malham a lift back from Gargrave to Airton / Kirkby Malham at the end of the day should be possible. The route encompasses some quiet paths and gentle hills with beautiful views, and we hope you can join us on this walk.

Gargrave, Depart from St Andrew's.

9am

Along the Pennine Way to Haw Crag **3.6k**

Newfield Bridge and along the Aire **6.0k**

Airton and the Friends Meeting House **7.4k (4.5 miles)**

11 am approx.

Refreshments at the Meeting House.

(Join us here for a **4 mile** loop to Kirkby Malham and back to Airton)

We then continue up the Aire to Hanlith Bridge

Kirkby Malham.

10.4k (6.5 miles)

12.30 to 1.30

(Join us for Lunch and a gentle walk back to Gargrave) - use church car park.

Lunch at The Vic or bring your own sandwiches and have a cuppa in St Michael's. Loos are available in church.

After Lunch the route will head up Warber Hill on the last part of Kirk Gate before dropping down to Scosthrop (**4k**) Then via Kirk Syke Lane to Bell Busk - **16.0k (6k** from Kirkby Malham) and along the road.

Coniston Cold (and drop in to St Peter's for a cuppa and a hot cross bun). Loos are available in the church hall.

17.4k (7.0k from Kirkby Malham) *4pm approx.*

Across the fields to pick up the Canal and so to

Gargrave

11.6k / 7.5 miles from Kirkby Malham

22.0k / 14 miles in total

5.30pm approx.

If you would like lunch at the Vic, please let me know by 3rd April, so I can let them know approximate numbers.

If you plan to join us on the walk, please let me know, for a rough idea of how many to expect.

Paul McWhinney phm@mcwhinney.info 07973396948

on behalf of the churches of Gargrave, Coniston Cold, and Kirkby Malham.