

SKIPTON DOUBLE TRIGGER 23 Miles

Please remember -notes of guidance to be used in conjunction with appropriate map. Section between Gargrave & Lothersdale follows Pennine Way

Walk begins in Aireville Park, Skipton in free car park (SD978518)

Leave Aireville Park by track S.E. past swimming pool, downhill to reach canal.

Cross bridge turn R and follow towpath. to second swingbridge (No.174). Cross bridge and follow track up to busy A65. **(961527)**

Cross with great care and take lane opposite for approx ½ mile to junction. Turn L for about ¼ mile where at 4th bend on this road locate bridleway on L (B.W. Flasby 2.5 ml.) Through gate and follow good track ahead through 2 fields, shortly after which bear R at bridleway sign and follow path uphill 320 degrees to reach a gate. Continue ahead on a defined track steadily ascending and after crossing a small stream by a plank the path leads uphill to summit trig point on Sharp Haw. **(959553)**

Leave summit almost immediately bearing R through a gap in the wall, descending on a well worn track to a gate (962556). Go through gate and swing L following track with blue waymarks towards a wood. The track runs alongside the wood then dips and rises from a stream to reach a gate at the far end of the field beyond the wood. Continue ahead, wall on L to metal gates, pass through and follow lane ahead to Flasby Hall Farm. **(948566) 6.9miles.**

On reaching the post box turn L and along lane and just past houses on R. locate stile on R. Climb, go up steps and over next stile walking up L hand field boundary to stile in top corner. Over stile, turn L to next stile where you go straight ahead close to fence on L. At the bottom of the hill, locate finger post which indicates the line of the path, down the centre of this narrow field, veering to R bottom corner and kissing gate. Pass through and up track to emerge **carefully** on lane. Turn L and follow road to junction where you follow the road signed Gargrave using the footpath on R hand side. Continue until you reach the canal. Go over canal bridge then turn R onto Leeds & Liverpool Canal towpath. **(934545) 8.5 miles**

Follow towpath (canal on your **R**) to next bridge. Here leave the canal, turn Land follow road, going ahead at road bend/junction past village hall into centre of Gargrave. Cross the A65 with great care and take minor road over R. Aire, signed Broughton. Go past pub on R and church on L. On reaching Church Close House on R turn R (P.W. sign) up drive, through iron gates and L over stone stile. Follow path with wall on your R to next stile. Climb, then ~ left to stile near wooden pylon. Continue ahead, just left of pylons up slight incline to hedge ahead. Turn L

on good track, over railway bridge. The track climbs to a cattle grid where you take the stile on the L next to a gate and wooden gatepost. Head ½ R to marker post on near skyline and on reaching it carry on ahead (heading for T.V. mast on skyline) to reach a kissing gate. Ahead, fence on R to stile where you continue ahead and over a stile next to a bush. With a fence now on your L maintain the same direction to next stile which you climb and continue to next gate. Again carry on in same direction (T.V. mast as guide) soon coming alongside a hedge on your R Having crossed a good access track with a Newton Grange Sign on your R, continue ahead, veering slightly L away from hedge to reach a metal gate and stile. Over and ahead, hedge on R to cross a double stile/bridge. Ascend short incline ahead and go across field to stone stile on R and reach a track. Turn L on this good track for approx 200 yds and locate a footpath sign and stile on L where you cross field to a wicket gate. Go through and follow narrow path over stile to another wicket gate. Go ahead, wall on R across a large meadow, swinging to top L hand corner where a gate gives access to a lane. Turn L and follow road to canal bridge and towpath at East Marton.

(910510) 11.8 miles

Follow towpath for ½ mile then leave it at P.W sign on L. downhill to stile. Cross plank, over stile then ½ R uphill past telegraph post and on to stile in fence. Go over and again ½ R downhill to stiles and bridge. Continue uphill, fence on L through gate and gateway heading now to R of barn ahead to gate. Turn L on tarmac lane and follow to main A56 in the middle of Thornton in Craven. Cross and go through a gap in fence to reach a lane (P.W. sign). Turn L down lane taking R fork at junction until you reach Brown House Farm. Go through yard and locate P.W. sign. Over stile and R to locate 2 yellow waymarks on 2 trees. From the 2nd tree head towards the line of trees or go R of a concrete trough in the centre of the field. Locate hidden footbridge/stile in hedge, climb and turn R steeply uphill with ditch on your R. Walk parallel with the ditch to cross a stile near a dead tree. Continue upwards with the ditch on your R to reach metal/wicket gate. Go through then R still following ditch up to P.W. sign. Turn R over bridge and immediately L uphill (duckboards) to ladder stile. Climb and continue uphill, wall on your L to next gate/stile. Pass through wall now on R and walk up to road. At road turn R and walk uphill to road junction. **(939471) 15.7 miles**

Cross road and take walled track ahead for about ¼ mile where it swings left to summit trig point on Pinhaw Beacon. **(944472)**

Continue in same direction on good path descending slowly to reach a wall corner. Continue ahead wall on R to handgate in wall ahead. Go through and down next field, wall on R. this becomes a walled track which descends to a gate/stile and concrete road. Follow this downhill to road and go straight across through gate and down field close to wall on L. Go over stile by gate and immediately R down long

field staying near wall on R, swinging L when a chimney comes into view to reach the fence which you follow downhill to reach a track. Turn R through gate and follow into Lothersdale. At road turn L, pass village hall and on up road to large lay by on left.

(961460) 18 miles

Take track on L signed "Tow Top Moor" Climb steeply up track and when wall bends on R stay with it uphill on track to regain walled track following this uphill towards wooden pylons and continue to reach a concrete track which you follow in same direction to meet road. Turn L and follow road to locate a grey metal gate on Rafter 300-400yds. Go through down track and after about 150 yards look for a track which goes across the field L towards a gate in the wall. Bear R just before gate and go downhill alongside wall to locate a stone stile at the bottom of field. (this is L of a small tree and gateway in the wall you have followed downhill). Go through stile and follow path near wall on R to next stile. Over staying close to wall on L following good green track to reach metal gate. Go through and immediately R following wall on your R all the way down the ridge. On reaching a gate signed "private" continue dropping steeply downhill, wall on R to sleeper stile. Over and continue downhill close to wall on R to go through a wooden handgate. Again stay with the wall passing through the second gate keeping wall on your R to reach a stile at bottom near a tree. Over and downhill on fenced path and then down driveway to main road. Turn L (beware of traffic here) on road and L again at junction going down Carla Beck Lane. At junction bear L into Carleton and after 200yds locate F.P. sign on R. Take the flagged path to Carleton Church

(974498) 21.7 miles

Take signed footpath alongside of church through kissing gate and ahead to stile in wall, and then continue to next stile. Cross and head for green metal bridge over river. Cross over River Aire and ahead towards fence where L to stile. Go over and L to reach bypass underpass. Go through tunnel and follow road through industrial estate bearing R just after row of blue portakabins. Continue up road and just after passing all weather football ground on R continue ahead on track to reach main road. Turn L and follow road round bend past Magnet joinery. Just after this turn left up small road to canal and retrace your steps though park back to start.

Finish 23 miles