

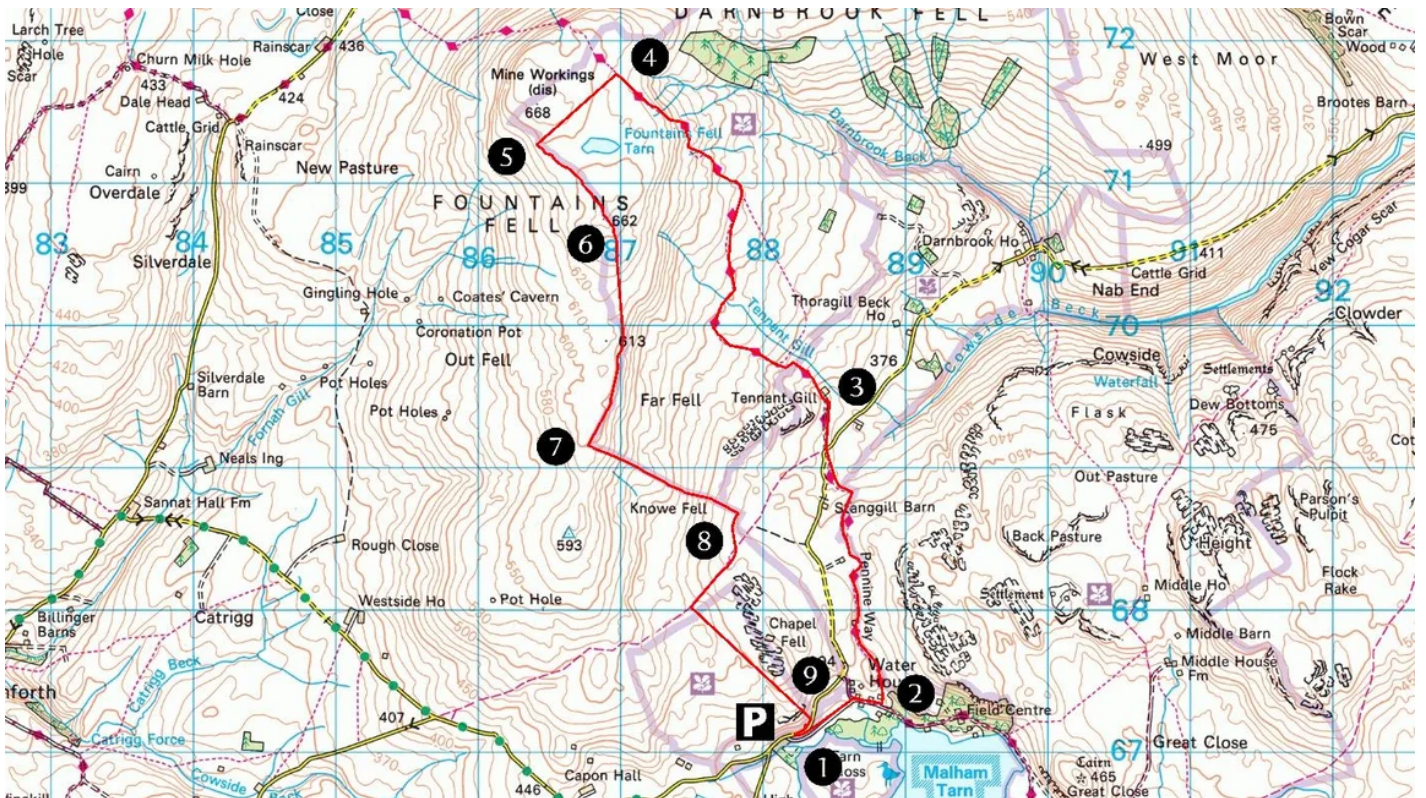
YORKSHIRE

Malham Tarn Ranger Run

This fell run follows the Pennine Way north from the glacial lake of Malham Tarn, nestled in the remote hills of the Yorkshire Dales. The circular trail heads up across open moorland onto Fountains Fell, where there are sweeping views, before traversing a ridgeline back towards the tarn. It finishes alongside the National Nature Reserve, which is home to a variety of wildlife. This route was created in collaboration with expert trail runners Jen and Simon Benson as part of our Ranger Run series.

i Inform friends and family

There's limited mobile phone signal in the area. If you're out alone, we suggest letting someone know what time you plan to return.



Information

Address: Roadside parking, Settle, North Yorkshire, BD24 9PT

OS map: Explorer OL02

Activity: Running

Challenging: A strenuous and hilly fell run. For further details, please see Terrain section.

Dog friendly: Well-behaved, controlled dogs are welcome. Be vigilant near livestock, especially those with young. Keep dogs on leads and under control. If approached by cows, move away carefully and, if necessary, let go of your dog's lead – the dog will outrun the cows. Watch out for local notices for seasonal restrictions in woodland or farmland, such as lambing season or when ground-nesting birds are raising their young, March–July.

Full trail: Miles: 8.5 (km: 13.6)

Access: Challenging

Duration: 1 hour 45 mins

Terrain

Total steps: 9

Start point: Roadside parking, Settle, North Yorkshire, BD24 9PT. Grid ref: SD881671

1. Turn right out of the car park and then left through a gate onto a track. Continue on the track until you reach the road and a post box in the wall. Turn right here, pass the cottages, and then head through the gate on the left signposted Pennine Way.
2. Continue along the Pennine Way for just over a mile until you reach the road.
3. Cross the road, heading over a cattle grid, to continue along the Pennine Way for about 2½ miles (4km). You'll head up the fellside past Tennant Gill Farm, leaving the limestone flower-rich pastures for the rough moors, until you eventually reach a tall cairn at the top of the ridge.
4. As you approach the cairn, take the waymarked track on your left, heading south-west past an old fenced mineshaft. Follow the waymarks to another large cairn on the horizon and keep walking, with the wall on your right until you reach the corner of the field.
5. Turn left, continuing to follow the finger posts along the ridge, keeping the wall on your right and passing Fountains Fell Tarn on your left. Pass the summit of Fountains Fell and continue until you reach a wall coming up from your left.
6. Cross the wall at a stile and continue south along the ridge with the old wall and wire fence on your right. Cross the next wall using a stile and continue along the ridge to a third wall.

The trail is a strenuous and hilly fell run up the Pennine Way and across open fellside and moorland. Parts of the route can be muddy after wet weather. We recommend wearing off-road running trainers and you may want to carry extra clothes appropriate to the weather.

7. Don't cross this wall. Instead, follow the waymark sign to head downhill, keeping this wall on the right. Towards the bottom of the hill bear slightly left to go through two gates, across a field and reach a bridleway crossing your path.
8. Turn right onto the bridleway and follow it through a gate to another gate leading out onto Knowe Fell. Don't go through this, but instead turn left, following the waymarks with the wall on your right until you reach the road.
9. Back on the road, turn right and walk about 150m (164 yards) to return to the starting point.

End point: Roadside parking, Settle, North Yorkshire, BD24 9PT. Grid ref: SD881671
