

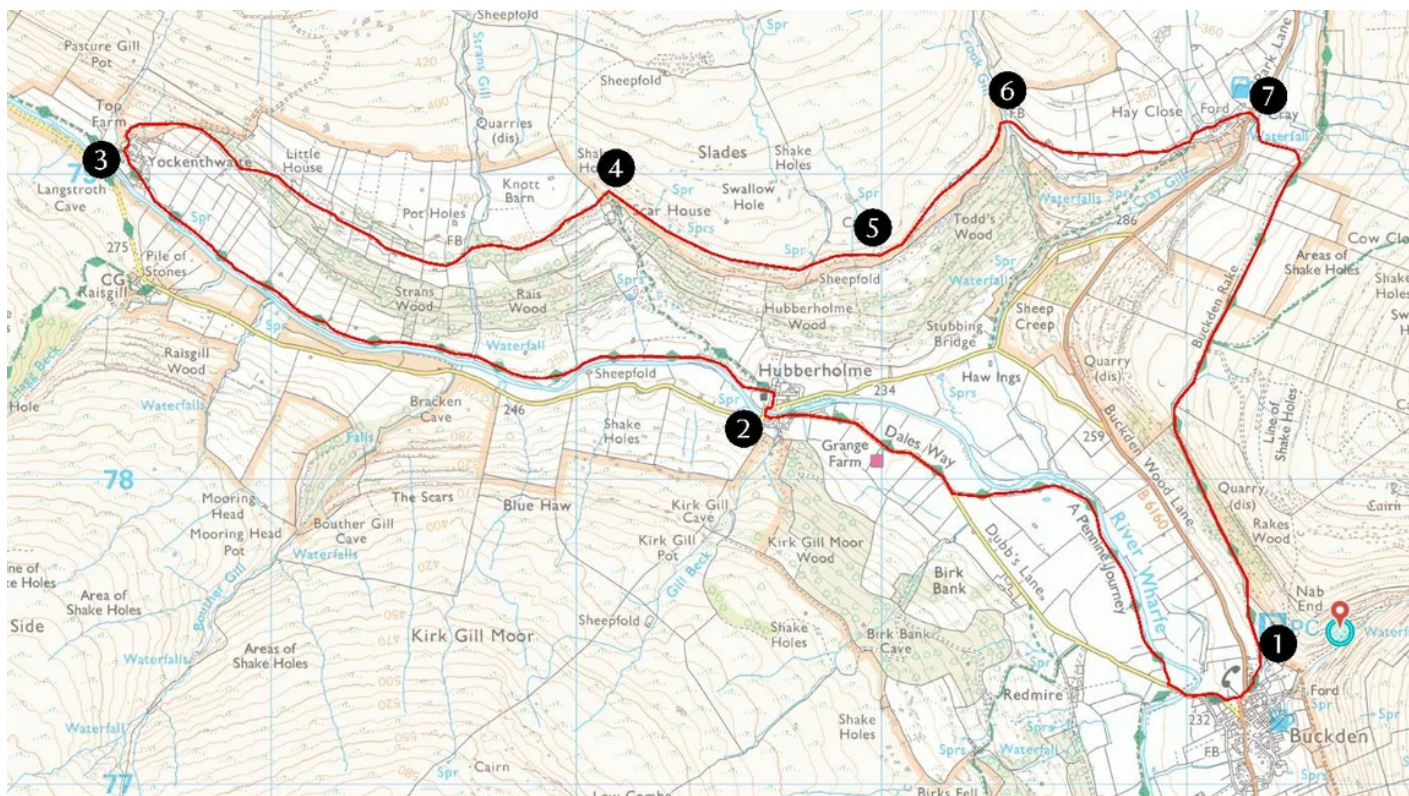
## YORKSHIRE

# Upper Wharfedale Ranger Run

Discover the Wharfedale Valley on this moderate trail run. The circular route begins by following the meandering River Wharfe through farmland and small Yorkshire villages, crossing country bridges and passing a medieval church. The trail then climbs to higher ground above the dale, tackling limestone terraces and woodland, and offering views across the glacial-formed valley. This route was created in collaboration with trail runners Jen and Sim Benson as part of our Ranger Run Series.

## Tell friends and family

There's limited phone signal so let someone know where you're going.



## Information

Address: Yorkshire Dales National Par car park  
Buckden, Skipton, BD23 5JA

OS map: Explorer OL30

Activity: Running

Moderate: Mostly grassy footpaths with some short rocky climbs. For more 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 to July.

Full trail: Miles: 6.8 (km: 10.88)

Access: Challenging

Duration: 1 hour 15 mins

## Terrain

## Total steps: 7

Start point: Yorkshire Dales National Par car park Buckden, Skipton, BD23 5JA. Grid ref: SD942773.

1. Turn left out of the car park and cross the road to head across the village green. Turn right onto Dubb's Lane and cross the bridge over the River Wharfe before going through the gate on your right to follow the Dales Way footpath. Follow this footpath as it runs alongside the river and then back onto Dubb's Lane to Hubberholme. Take care on the road.
2. At Hubberholme, cross the bridge and follow signs for the Dales Way around the back of the church and onto the footpath that runs along the northside of the river. Follow this until you reach Yockenthwaite.
3. Once at Yockenthwaite, follow the track up the hill and around the back of the farm, following signs to Scar House. Turn right off the steep farm track at another footpath sign, which will take you through Strans Wood and then onto the open hillside. Continue until you reach Scar House.
4. From Scar House, continue on the track towards Cray, keeping the woodland boundary on your right.
5. Continue on the path towards Cray as it bears gently left towards Crook Gill, which carves its way down the hillside.
6. Cross Crook Gill and continue through hay meadows until you reach the hamlet of Cray. Please remember to run in single file along the signposted footpaths through the

This route mostly follows grassy footpaths as well as some rougher, rocky limestone sections on the climbs and descents. While this route is relatively flat, there are a couple of short sharp climbs.

Trail or fell trainers are recommended, as the rocks can be slippery and the tracks can be muddy after wet weather. We recommend bringing extra layers, a map, compass and a whistle.

fields, as hay is a valuable crop to farmers and can suffer if its trampled.

7. At Cray, cross Park Lane and go over the stepping stones to join a fellside path. Head up the hill – the last little climb – to the small gate at the top. Turn right on the footpath and head down the track, which eventually bears left before heading through a wooded area, until you reach Buckden and the end of the trail.

End point: Yorkshire Dales National Park car park Buckden, Skipton, BD23 5JA. Grid ref: SD942773.

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