



## INTRODUCTION

Malhamdale offers some of the best walking among some of the finest scenery in the British Isles. The terrain, however, must not be taken for granted and walkers must be adequately prepared, and, in particular, must be properly shod. Proper walking boots giving adequate ankle support are essential for this area as, although some of the most popular paths are now surfaced almost to town centre standards, most paths are uneven if not actually rough. Trainers, for example, are not adequate for most of the walking in the area.

It should also be noted that the limestone of which the spectacular scenery of Malhamdale is composed can be a testing surface on which to walk, and great care must be taken especially when the limestone is wet or has a rime of mud on it when it becomes very slippery.

That having been said, the delights of the walking in Malhamdale are self-evident. A pause for breath at almost any point on any of the walks described here will give the opportunity to look around at some of the most breathtaking scenery you are ever likely to come across!

The backbone of walking in Malhamdale is the Pennine Way which is shown on this map as a broad dotted green line heading more or less North-South. All of the walks described here use the Pennine Way for some part of their journey. Where this is the case the Pennine Way is not overlaid on the map by the appropriate route colouring. The walks described all start and finish at the Yorkshire Dales National Park Authority car park in Malham.