

THE YORKSHIRE DALES

GUIDE TO HEALTH & HAPPINESS

Dales

Discoveries.com

Hart's Tongue Fern and Wild Thyme ©YDNPA

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Written by SUSAN BRIGGS

Cover photo: © Yorkshire Dales National Park Authority

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National Park Authority
Sustainable Development Fund

www.dalesdiscoveries.com

STOP THE HAMSTER WHEEL!

Life's getting faster. Time to slow down. Maybe even to stop? Step off the hamster wheel for a moment: we'd love you to spend time in the Yorkshire Dales.

It seems to be the trend to strive for ever-greater levels of health and happiness. Magazines are full of articles on mindfulness and the need for digital detoxes.

Many Dales folk are already a step ahead. They're already living an active and fulfilling life, one similar to their ancestors'. They haven't lost the knack of appreciating simple pleasures, and taking time to enjoy nature.

The beauty that surrounds us in the Yorkshire Dales is very calming. People are positive and upbeat, even when battered by the elements. We're cushioned from life's challenges by a wonderful sense of community. Children grow up amid a green and wholesome backdrop. There's a deep sense of contentment.

Where better to come to feel happier and healthier, than the Yorkshire Dales?

We enjoy sharing the Dales with our visitors. Cyclists and walkers have long enjoyed the health benefits of the area.

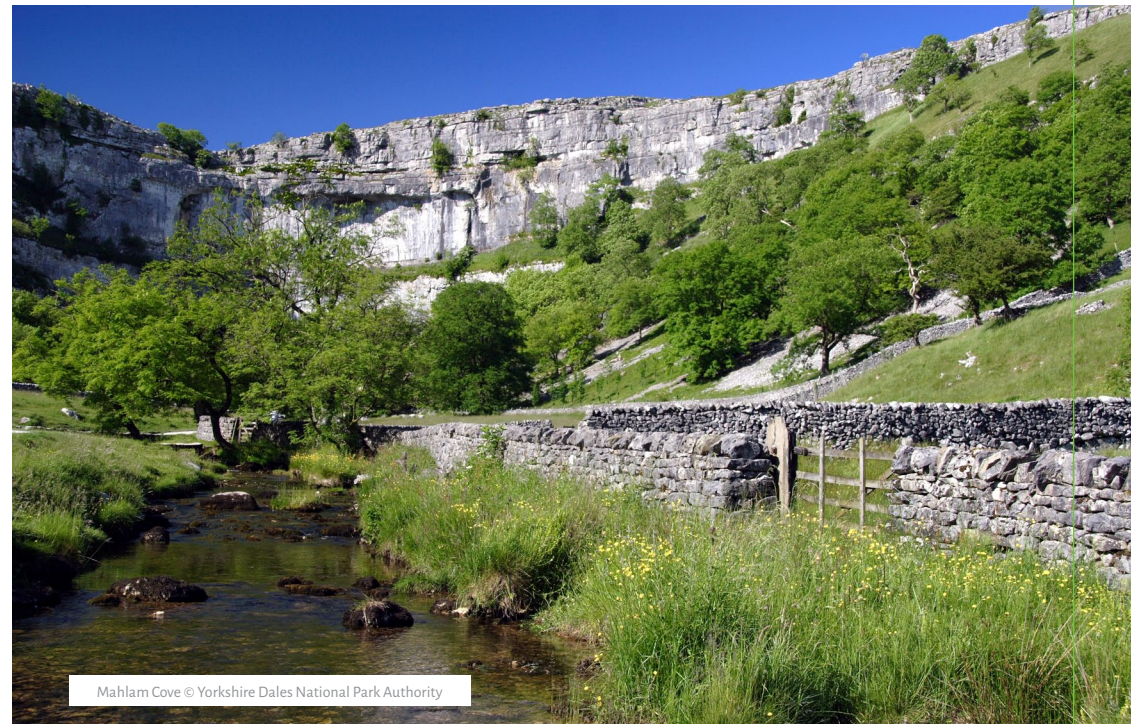
Others come to learn new activities such as caving or rock climbing. Or you could just come and be still!

Healthy doesn't have to mean hills and action: we've also got fantastic local food, and places where you can enjoy being pampered. The Yorkshire Dales are a rambler's paradise. They're also a great destination for anyone in need of rest and relaxation. We can all revel in the simple joy of paddling in a gentle stream, feeding lambs, or exploring one of the villages. The Dales market towns are restful, without being sleepy. Take your time and wander into independent shops dotted around historic cobbled squares, perhaps stopping on the way for a coffee or a sip of something stronger.

These pages are a serendipitous collection of places and recommendations from locals. We hope you enjoy them, and will visit soon.

RETREAT FROM THE WORLD

From campsites close to nature, to country house hotels where the sofas are so squishy you might never want to leave, the Yorkshire Dales offer a wonderful retreat from the world. You're sure of a warm welcome from really friendly people who are genuinely happy to share this beautiful corner of Yorkshire with visitors.



Mahlam Cove © Yorkshire Dales National Park Authority

Go where the grass really is greener...Thanks to a unique combination of soil, limestone, light, rain, sheep droppings, and some other Yorkshire Dales magic, environmentalists have proven that we do really have some of the greenest grass!

JUST WHAT THE DOCTOR ORDERED

Want to feel better? It's hard to step off the hamster wheel of life and take time for your-self so we thought we'd start with some great reasons why you should escape right now. They're all taken from scientific studies (so they must be true!...).

Green spaces are good for human wellbeing. Feeling calm and serene helps reduce stress. It's proven that you can reduce anxiety simply gazing at pleasant scenery, enjoying the changing seasons, and nature's small surprises.

Turning to nature brings instant relief from the hustle and bustle of daily life. It helps still the mind, adds perspective and never ceases to convey a sense of wonder. It's been found that patients who have a nature view, such as a garden, stay in hospital for less time and require less medication. Natural sounds such as bird song have calming effects.

Researchers at the University of Essex found that after exercising outdoors:

3/4 PEOPLE

Feel less miserable and tense

2/3 PEOPLE

Are in a better mood

2/3 PEOPLE

Have improved self-esteem

Fresh air makes you happier. Your mood-enhancing serotonin levels are affected by the amount of oxygen you inhale. Fresh air cleans our lungs, improves blood pressure and calms heart rates. Fresh air helps you sleep better.

We've got some beautiful places to stay in the Yorkshire Dales so it's easy to come and put the theory into practice!

Large-scale surveys have found that people who regularly spend time outdoors have better mental wellbeing and are happier. It's particularly good for children:

- It's fun and helps children build secure and happy memories
- Doing simple things like building dens helps children problem solve and co-operate with each other. They learn to assess and understand risks, and overcome challenges
- Children can explore, and use all their senses to understand the natural world. As they see the seasons change and nature develop, they also become more comfortable with change
- There's a sense of freedom outdoors that can't be replicated inside, with endless opportunities for creativity and imagination and improved fitness. We tend to be less inhibited outside and more willing to join in activities
- When we play outside (however we do it) we become more absorbed, motivated, purposeful, and positive

WALK TO WORK...

Got a problem to ponder? Here's a good excuse for leaving your office: fresh air helps us to think better and increases energy levels. Your brain needs 20% of your body's oxygen. More oxygen brings greater clarity to the brain, and improves your concentration.

WALK TO WAKE UP YOUR CREATIVITY

Have you ever noticed that you seem to get your most amazing ideas in the most random places, away from the office? Next time you need to hold a meeting and "think outside the box", escape the confines of your office. Come and walk in the Yorkshire Dales instead!

A University of Michigan study found that people who spent time outside were more able to solve creative problems, and that the solutions were more accurate. Stanford University researchers found that creativity improved by an average of 60% when walking.

Walking meetings are a great way to be creative, productive, and healthy. Author of the Inn Way guidebooks, Mark Reid suggests going one further with "netwalking", joining him and other businesses on a hill work to network and generate new ideas.



© Yorkshire Dales Guides

HAPPY HABITS

Action for Happiness conducted extensive research to develop their “Ten Keys to Happier Living” We’ve listed them below because you can do them all in the Yorkshire Dales!

Give: do things for others

The Yorkshire Dales Millennium Trust will really appreciate your donation, you could become a Friend of the Three Peaks, contribute to the many other good causes in the Yorkshire Dales or even sponsor a red squirrel!

Relate: connect with people

It’s easy to connect with people in the Yorkshire Dales, as we tend to greet and talk to strangers a lot! Chat with locals in a pub, at a farmer’s market or go and consult with people who really know the area in one of the Yorkshire Dales Visitor Information Centres

Exercise: take care of your body

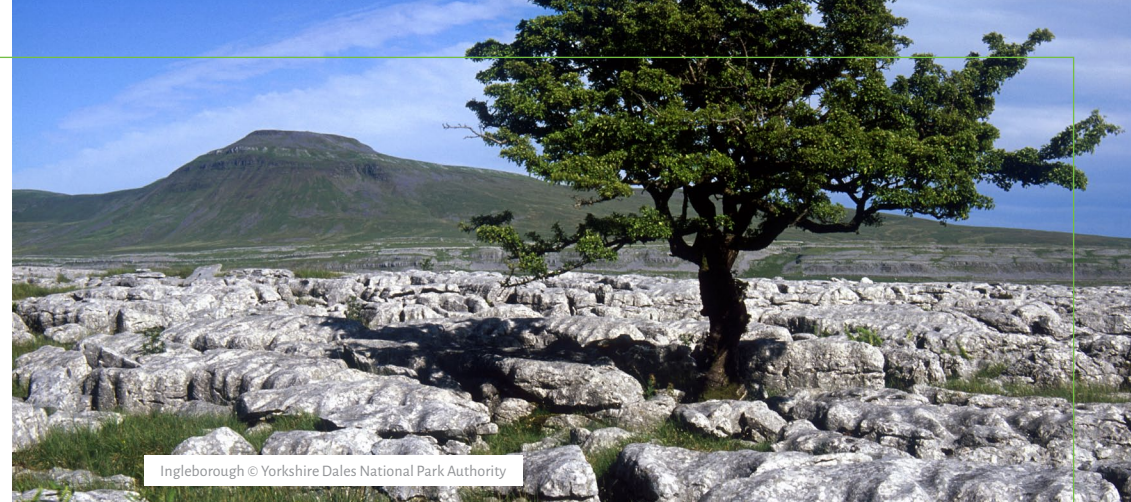
Where better to exercise than in the open fresh air, among such stunning scenery as the Yorkshire Dales?

Appreciate: notice the world around

Go to the top of any of the Dales (we’ve around 40 to choose from) and just stare at the beautiful sight below. Come and see some of the incredible crafts and art inspired by the Yorkshire Dales

Try out: keep learning new things

We can offer you plenty of opportunities to try out new skills, whether you want to cave, climb or learn a country craft



Direction: have goals to look forward to

Need a goal to look forward to? How about planning to do the Three Peaks, the Dales High Way or another long distance walk?

Resilience: find ways to bounce back

If you want to learn resilience, look no further than a Yorkshire Dales farmer and their sheep. Despite challenging weather and some harsh conditions they constantly strive to improve their flocks and look after this fantastic landscape. Try a new outdoor challenge to see how resilient you can be!

Emotion: take a positive approach

Your spirits will soar and you’ll feel upbeat and sometimes even a little emotional about the sheer beauty of the Yorkshire Dales as you explore our beautiful villages and landscapes

Acceptance: be comfortable with who you are

Be comfortable with your place in the world, and get another perspective, gazing down on creation and the spectacular views.

Meaning: be part of something bigger

Join in with one of our regular celebrations and be part of a community, even if only for one day. Come along to a country show, take part in a church service, or a village gathering. You’ll be very welcome.

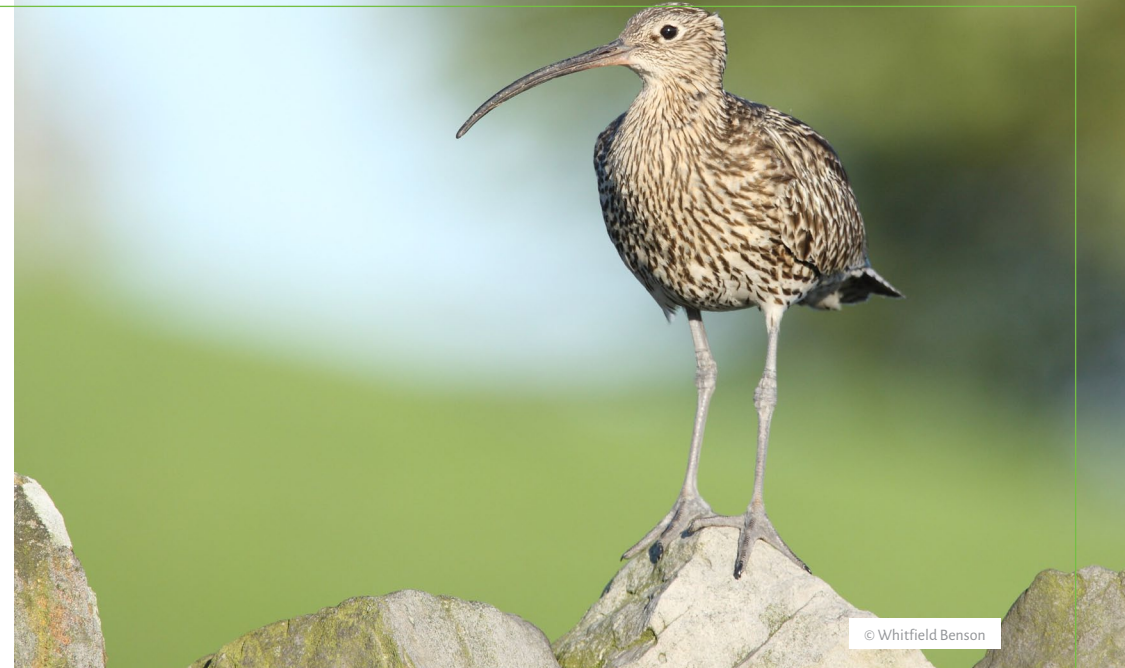
WATCH IN WONDER

Get even closer to nature with some local experts:

- See nesting Peregrine falcons at Malham Cove: A family of these beautiful birds has been nesting and raising young successfully at Malham Cove in the Yorkshire Dales since 1993. The RSPB and Yorkshire Dales National Park Authority run a viewpoint at Malham from April to August where volunteers with telescopes and binoculars help visitors spot the birds.
- You can join a Wild Workshop at Nethergill Farm Field Centre, in Langstrothdale. Learn how to identify species, and discover more about the wildlife on the banks of the rivers and streams.
- Red squirrels live wild at Snaizeholme in Wensleydale so you can follow the trail and may be lucky enough to see them. Simon Phillpotts is a fantastic wild life photographer who focuses (literally!) on the nature on his doorstep, and offers one to one and small group photography workshops. He even has a purpose-build woodland hide to photograph the red squirrels. You can also see red squirrels at Kilnsey Park where they're running their own breeding programme.



Nethergill Bird Hide - Nethergill Farm



© Whitfield Benson

CAPTURE THE MOMENT

With so many stunning landscapes and fantastic light, it's no surprise that many photographers choose to base themselves in the Yorkshire Dales. Some of them also run photography workshops to help visitors get the most out of their camera and find that perfect shot.

Lizzie Shepherd specialises in landscape, nature and travel photography and also runs one-to-one and small group workshops such as her popular Flowers, Falls & Walls.

Whitfield Benson is a full time photographer with a passionate interest in the natural world. He passes on his expertise in workshops at Artison near Masham.

Rich Bunce is known as the Walking Photographer: he'll take you on a guided walking tour to find perfect views and atmospheric shots.

ENJOY A NATURAL HIGH

There's no shortage of natural highs in the Yorkshire Dales. Come and enjoy that euphoric sense of achievement you get when you've walked to the summit of a hill and can stand at the top, enjoying the marvellous views.

Jonathan Smith of Where2Walk has put together a list of Dales' Hewitts. These are hills of at least 2000 feet, with a drop of 100 feet on all sides so you're certain of amazing vistas.

As an added bonus, many of these are lesser-known paths so you'll have a wonderful "King of the Castle" feeling when you reach the top, with not another soul in sight!

See the Where2Walk website for details of where they are.



- | | |
|-------------------------------|------------------------------|
| 1 Whernside | 16 Great Knoutberry Hill |
| 2 Ingleborough | 17 Rogan's Seat |
| 3 Great Shunner Fell | 18 Dodd Fell Hill |
| 4 High Seat | 19 Fountain's Fell |
| 5 Wild Boar Fell | 20 Little Fell |
| 6 Great Whernside | 21 Nine Standards Rigg |
| 7 Buckden Pike | 22 Simon Fell (Ingleborough) |
| 8 Pen y Ghent | 23 Yockenthwaite Moor |
| 9 Great Coum | 24 Fell Head |
| 10 Swarth Fell | 25 Yarlside |
| 11 Plover Hill | 26 Gragareth |
| 12 Baugh Fell, Tarn Rigg Hill | 27 Darnbrook Fell |
| 13 The Calf | 28 Randygill Top |
| 14 Lovely Seat | 29 Drumaldrace (Wether Fell) |
| 15 Calders | 30 Birks Fell |

ENJOY A SENSE OF ACHIEVEMENT

Why not set yourself a challenge and make a plan to tackle a long distance walk or try something new like rock climbing or caving?

- Instructors from Low Mill Outdoor Centre or Yorkshire Dales Guides will show you how to safely navigate the rocks or caves, or you could test your skill at the Via Ferrata in How Stean Gorge
- Many visitors come to tick the Three Peaks off their list but there are equal delights to be enjoyed by walking one of the other long distance routes, whether it's part of the Pennine Way, Coast to Coast, Lady Anne's Way, Dales High Way or Dales Way. Slightly shorter walks (50 - 70 miles) include the Herriot Way, Ribble Way and Dales Inn Way

- You can book experienced guides through Where2walk and Yorkshire Dales Guides. Skyware Press carefully research and describe their walks such as the Dales High Way. Fell runners will delight in the races that take place throughout the Dales, particularly on days of local shows

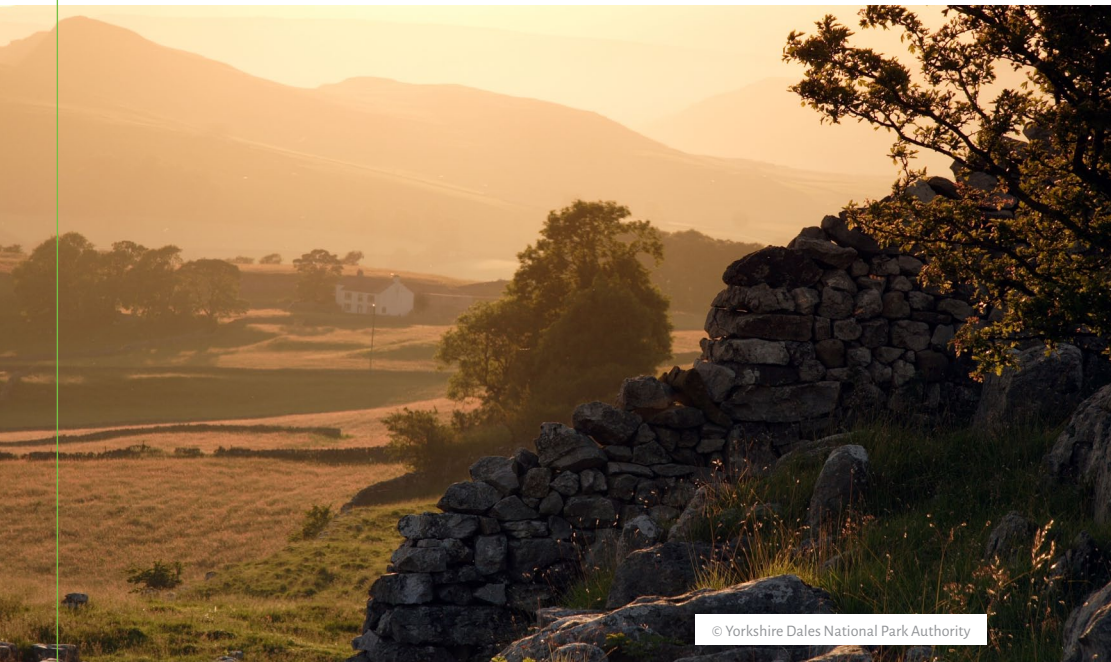
- Mountain bikers are attracted by the hills and challenges to be enjoyed off-road. The Dales Bike Centre near Reeth is a great starting point, with fantastic local tracks and great cakes to reward you on your return.



"Don't forget that there is as much going on under the Dales as above it. This is the number one caving area in the country and they can be dramatic and inspiring places. If you have never been underground it is really worth it – either at one of the show caves or by going on a trip with a local instructor".
Mark Allum, Yorkshire Dales National Park Authority.

COME ALIVE WITH A MICRO ADVENTURE

"Climb a hill, jump in a river, sleep under the stars"
Alastair Humphreys



© Yorkshire Dales National Park Authority

Adventurer Alastair Humphreys has a great idea for people who dream of adventures but lack time: a micro adventure. In his book, he suggests thinking of adventure as a loose word, more a spirit of trying something new, with enthusiasm, ambition, open-mindedness and curiosity.

Instead of putting off the pleasure of a big trip or major challenge, he suggests a shorter trip on your doorstep.

One of the joys of the Yorkshire Dales is that you really can take impromptu pleasure in the outdoors. There is so much space, so many places you can get away from it all.

WONDERFUL WATERFALLS

There's something enthralling and uplifting about waterfalls: the sheer delight of the first glimpse of tumbling water, and the wonder you gradually start to feel as you stare, transfixed at the water bubbling along its course, never ending and always mesmeric. The waterfalls are at their most spectacular when it's been raining. These are some of our favourites:

Stainforth Foss A picturesque waterfall where the salmon leap on their way upstream to spawn

Aysgarth Falls & Cotter Force Both can be seen using easy access footpaths

Ingleton waterfalls The trail takes in a series of lovely waterfalls in a shaded woodland setting

Hardraw Force The longest single drop waterfall in England, accessed by the Green Dragon pub

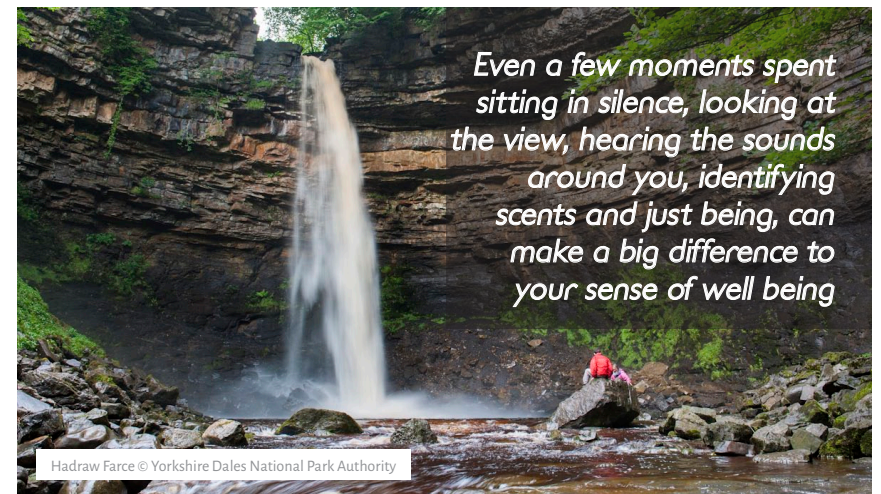
Catrigg Force A hidden gem located in a small wooded copse one mile upstream from Stainforth village

Cautley Spout England's highest waterfall above ground, in the Howgills

Force Gill Waterfall An often overlooked beautiful waterfall just a short detour from the Three Peaks

West Burton Cauldron Falls One of the waterfalls drawn by Turner, in one of the Dale's most beautiful villages

Janet's Foss A small and pretty waterfall near Malham



Even a few moments spent sitting in silence, looking at the view, hearing the sounds around you, identifying scents and just being, can make a big difference to your sense of well being

Hadraw Force © Yorkshire Dales National Park Authority

SERENE AND SPIRITUAL

Looking out from the top of one of the Dales, you can't help but wonder at the creation of this magnificent landscape. It's easy to enjoy the serenity of the countryside and to find a quiet corner to stop and reflect.

Over a thousand years ago, the first monks recognised the beauty of the Dales and established their communities at Bolton Abbey, Jervaulx and Fountains Abbey. Although the Abbeys are now in ruins (thanks to Henry VIII), you can still feel the power of these splendid buildings, their settings, and the sense of awe they instil.

We still have many small, ancient and beautiful village churches, which offer a place to pause and enjoy quiet contemplation. They tell the story of a strong community and families who have remained in this area through the generations. Most of the churches are open and welcome visitors, to pray and ponder. Take a look at their notice boards for details of village activities such as shows, coffee mornings and talks.

If you'd like to retreat and reflect for longer, Scargill House near Kettlewell offers short breaks and holidays, or you can just pop into their tranquil walled garden.



© Yorkshire Dales National Park Authority



FREE RANGE CHILDREN

Remember those wonderful carefree
days when you played outside?

It would get gradually darker and colder, and you were desperate for the loo but you couldn't tear yourself away from the latest game. In many places it's now harder for children to play out and make those special memories, yet we're lucky enough to still have free-range children in the Dales. Come and share some happy family times!

FAMILY FUN

"I love to see the kids loving life in the great outdoors, with nothing more than a shallow river and a pair of wellies to keep them happy. Not an iPad in sight". Christina Brion, Gorgeous Cottages

- Tackle the stepping stones at Bolton Abbey, and go in search of the money tree
- Have an adventure at How Stean Gorge, and taste their delicious meringues!
- Enjoy the excitement of a short trip on a steam railway: choose from Settle - Carlisle, the Embsay and Bolton Abbey Steam Railway, and Wensleydale Railway
- Treat yourself to a trip to the Yorkshire Dales Farmhouse Ice Cream Parlour, set in an old-fashioned diner, with a great playground for children to release their pent-up energy
- Go back in time at the Dales Countryside Museum, and see what makes the Yorkshire Dales special
- Marvel at some of the quirky exhibits and historical curiosities on display at Nidderdale Museum,
- Grassington Folk Museum, Swaledale Museum, Richmondshire Museum and the Museum of North Craven Life in Settle
- Get a giant's eye view at Ewedale, the miniature Dales village in Kettlewell
- Explore the many paths and lovely places to sit and enjoy the calm at Parceval Hall Gardens
- Be king of the castle at Skipton Castle and look out for the Long Drop, pretend to be King Richard III at Middleham Castle, or a Norman invader at Richmond Castle
- Scramble, climb and play hide and seek at Brimham Rocks, where there are all kinds of curious formations and shapes and hidden spaces
- Take a gruesome delight in the dungeons at Bolton Castle, explore the maze, watch archery displays, spot the wild boar and climb to the top of the tower for stunning views
- Discover something completely different on the Studfold Trail in Nidderdale, and enjoy the fantastic views
- Meet farmer Chris and his animals at Hesketh Farm Park or Holme Open Farm near Sedbergh
- Learn to climb, cave and navigate with Yorkshire Dales Guides or Low Mill Outdoor Centre



- Call in at the small but perfectly formed Keld Countryside & Heritage Centre to learn more about the surrounding countryside
- Explore a secret underground world at Ingleborough, Stump Cross Caverns and White Scar Caves, looking out for stalactites, stalagmites, tunnels and caverns.
- Solve riddles, marvel at the madness, and laugh at Forbidden Corner
- Follow in the footsteps of the monks at Jervaulx or Fountains Abbey
- Go Wild at Kilnsey where children can fish for their supper, feed animals and explore the discovery trail
- Reward everyone with a trip to England's oldest sweet shop in Pateley Bridge
- Find a folly - go in search of Druid's Temple near Masham

ESCAPE ORDINARY - IN PRAISE OF A LITTLE GENTLE RULE BREAKING

When was the last time you were really silly? Got messy? Ate with your hands? Every day life demands that we abide by the rules. You know the ones: act your age, brush your hair, eat nicely...

Wouldn't it feel wonderful to feel the childlike joy of being just a little naughty, of stepping away from the conventions of every day life?



Research has found that speaking to strangers for just a few moments every day significantly enhances levels of happiness. Apparently when we interact with a stranger, we not only feel better at that point, but also continue the mood boost into the rest of the day!

We've so much space in the Yorkshire Dales, it's easy to indulge in a little gentle rule breaking. Here's how:

Don't act your age!

It's all very well being a proper "grown up" but there are times when you've just got to let yourself go. Roll down a hill and giggle. Paddle in a bracingly cold stream. Buy and eat the biggest, most hundreds-and-thousands-with-a-flake ice cream you can find. Freewheel down a hill on a bike with your legs in the air. Visit a farm attraction, do the things that make you happy instead of taking the sensible option. It's easy to find a place where you can just be you.

Eat with your hands

Buy provisions from a farm shop, shop at a farmers market and enjoy a picnic with a wonderful Yorkshire Dales view. Re-discover that wonderful Famous Five sense of adventure, go camping & eat outdoors. Drink in the peace and space, and enjoy munching in the open air. The cattle might stare at you, but they're not likely to moan about your table manners.

Be a lazy layabout

Dawdle. Idle. Lollygag. Relish the moment. Don't rush about. Just stop, and stare at the landscape. Breathe in fresh air. Listen to the sounds of the birds and animals. Wander and wonder. Be still in the special places suggested by our Dales' insiders.

Stay up late

Forget about clocks. Stay up late. Gaze at the stars and our amazing night sky. Enjoy the sights you normally miss when sleeping!

Walk on the grass

We're not suggesting you trample a hay meadow, but when was the last time you walked bare foot and let the grass tickle your feet?

Don't care what the neighbours say

You don't have to keep up appearances when you stay in a riverside retreat or ancient converted barn. Stay up late, sleep in. Sing out loud! Don't bother brushing your teeth or hair. No one's looking! It's easy to get away from civilization and enjoy time alone. Explore some of the lesser known Dales such as Barbondale, Garsdale and Langstrothdale where you're unlikely to meet anyone else.

Tell tales and talk to strangers

Discover our quirky secrets, explore hidden valleys, chat with a local. Dales folk are incredibly friendly and will nearly always greet you and be willing to offer their own recommendations. Strangers don't stay strangers for long! We love to share our favourite places.

LEARN THE LINGO

Bait	<i>Lunch</i>
Beck	<i>Stream</i>
By its grand	<i>It's lovely!</i>
Byre	<i>Barn where animals are kept</i>
Ghyll	<i>Wooded glen or ravine</i>
Girt beast	<i>Big beast</i>
Laithe	<i>Barn</i>
Mistles	<i>Barn where hay is kept</i>
Mizzle	<i>Mild rain</i>
Nithered	<i>Frozen</i>
Now then	<i>Hello, pleased to see you, how are you?</i>
Reet grand	<i>Good</i>
Riggwelter	<i>Sheep that's fallen onto its back and can't get up</i> <i>(& name of a Black Sheep beer!)</i>
Tupped	<i>Mated (male sheep is a tup)</i>
Yow	<i>Ewe, female sheep</i>

TALES OF THE DALES

Local artist Ian Scott Massie has spent years using the Yorkshire Dales as his inspiration. He's fascinated by the Dales' rich in folklore, myths and legends and has now collected many of them together in a book called "Tales of the Dales", illustrated with his atmospheric paintings.

Bill Mitchell was editor of The Dalesman magazine for over 30 years and has written more than 200 books on local history, and collected over 600 taped interviews with Dales folk over the last 40 years. Settle Stories is now digitising this fascinating archive and making these wonderful tales available to everyone.



GET INTO THE FESTIVE SPIRIT

Uplifting festivals and other exciting events take place through out the year. Everything that happens is set within a glorious backdrop of dramatic scenery, fresh air and greenery.

Here's a selection of the festivals that regularly take place in the Yorkshire Dales

Flowers of the Dales Festival	<i>March to October</i>
Ridezstride, Settle-Carlisle Walking Festival	<i>April to May</i>
Swaledale Festival	<i>May to June</i>
Dales Festival of Food and Drink	<i>May</i>
Dentdale Music and Beer Festival	<i>June</i>
Ingletton Overground Underground	<i>June</i>
North Yorkshire Open Studios	<i>June</i>
Grassington Festival	<i>June</i>
Kettlewell Scarecrow Festival	<i>August</i>
Richmond Walking and Book Festival	<i>September to October</i>
Settle Storytelling Festival	<i>October</i>
Grassington Dickensian Festival	<i>December</i>

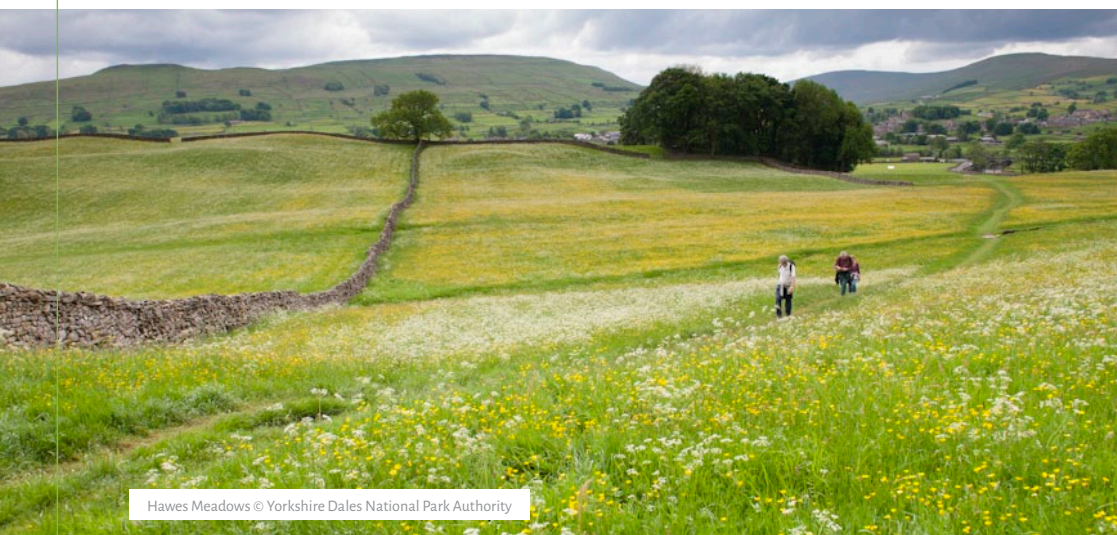
There's also a vibrant programme of performances and events in these venues around the Dales:

- Georgian Theatre Royal in Richmond dates back to 1788 and is Britain's oldest working theatre in its original form, with a really intimate atmosphere. Nearby is the Station Cinema
- The Old School House in Leyburn was recently converted into an arts centre with a lively programme of arts events
- Victoria Hall in Settle is a grade 2 listed former Victorian music hall, now with a wide programme of drama, comedy and music
- The Mart Theatre in Skipton is the world's only theatre residing in a working cattle auction mart - they alternate so you won't be watching a show surrounded by cattle!

You'll also find many smaller events taking place in town, village and church halls as well as in pubs, fields and many other intriguing spaces!

MAKE HAY WHILE THE SUN SHINES...

If you're looking for somewhere to be really mindful, to stop and look more closely and delight in the detail, seek out a wildflower meadow. Their richness is incredibly uplifting and beguiling. Your eye gets drawn into counting the many different varieties of grasses and wildflowers. You'll find some particularly lush meadows in Swaledale, Langstrothdale, Dentdale and Wharfedale.



Hawes Meadows © Yorkshire Dales National Park Authority

Rich hay meadows are not only visually stunning, they are teeming with wild life. The Yorkshire Dales Millennium Trust and Yorkshire Dales National Park Authority have been working hard to conserve and restore these complex ecosystems and protect the wildlife they support. A traditionally managed meadow can support up to 120 different species of wildflowers and other plants, as well as invertebrates, bats, mammals and birds. They're at their best between late May and early July.

The Yorkshire Dales Flowers of the Dales Festival is one of the highlights of the Yorkshire Dales wildlife calendar, chock full of special guided events and wildflower walks from Spring through to Autumn.

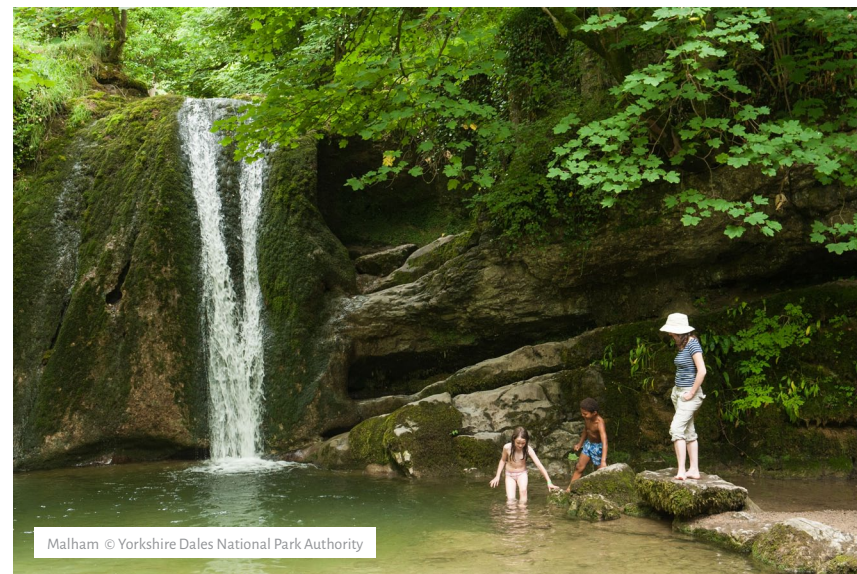
Don't go home until you've spotted: meadow buttercup, selfheal, pignut, red clover, bistort, eyebright, yellow-rattle, betony, globeflower, lady's-mantle, wood crane's-bill, sweet vernal grass, common bent and crested dog's-tail.

WAKE UP WITH WILD SWIMMING

Want to feel really alive and awake? Wild swimming in the Yorkshire Dales is the answer. The health and mental benefits of a quick dip in natural waters meant that Charles Darwin and Florence Nightingale were all fans of wild swimming. Cold immersion soothes muscle aches, relieves depression and boosts the immune system.

Whether you want to paddle or plunge, we've got plenty of splashing spaces. Forget crowded, chlorinated public swimming pools. Our open air streams, rivers and waterfalls offer some of the most private and stimulating spots to splash and enjoy the rejuvenating effects of water.

You might want to start gently with Ingleton Open Air Swimming Pool, an idyllic place to swim with a riverside setting. Or perhaps you could recreate the scene from Robin Hood, Prince of Thieves where Robin Hood bathes under the waterfall at Harddraw! With over 30 Dales, all with a river, there's no shortage of other places to paddle and swim.



Malham © Yorkshire Dales National Park Authority

"All wild dippers know the natural endorphin high that raises mood, elates the senses and creates an addictive urge to dive back in. However the world seemed before a swim, it seems fantastic afterwards". Daniel Start, author of Wild Swimming

DIFFERENT WAYS TO SEE THE YORKSHIRE DALES

Why not take a different approach and set out to do something more distinctive? Enjoy and explore the Yorkshire Dales in a new way. Trying something new stimulates the brain and body.

- Stay overnight so you can wake up early and enjoy the dawn chorus
- Take a short blindfold walk through a wood, feeling your way, smelling the damp undergrowth and listening intently to the crack of wood, the birdsong and other sounds
- Enjoy a midnight wander. Be still and watch for nocturnal activity and wildlife. Stare at the sky and marvel at the stars. Sit in the dark and enjoy the absolute sense of calm, space and tranquillity
- See the Dales from a different angle: lie down on the top of a hill and watch the racing clouds
- Sit and sketch. Even if you don't think you can draw, spend a few moments doodling what you see. Keep your master-piece as a reminder of that moment of peace
- Feel your way around. Feel the bark of different trees, explore the texture of dry stone walls and mossy tuffets



SIMPLE WAYS TO ENJOY NATURE (THAT WE OFTEN FORGET TO DO)

- Go outside, sit on a hillside and whatever the weather, turn your face toward it. Feel the sun on your face or the wind bashing your cheeks for a few moments. Enjoy the simple contentment of being alive
- Collect treasure. As you walk, pick up a small stick, a feather, a conker, a pebble - whatever catches your magpie eye. Keep a few precious treasures in a pot on a window sill or in a coat pocket so each time you come across them, you're instantly taken back to the place you collected them
- Splash in a stream, gaze in wonder at a waterfall
- Take a photo of every wildflower and type of grass you see, with the date you first see them and keep a record over a whole year. You'll be amazed how many you can count
- Make a date to climb a hill and silently watch the sunrise. Go back later to watch the sun set
- Sit by a fallen log for a few minutes and count how many insects you find
- Collect some cones, sticks, leaves, and create a nature table, remembering the wonder you felt as a child
- Make a collage or a model out of your nature treasures (we used to call them "muddles")
- Go for a walk on a wet or snowy day and look out for animal tracks in the mud or snow
- Wait for the rain. Look out for it after a few dry days and then go out in the rain. Breathe in the fresh smell
- Walk around in the rain, watching the rain drops as they fall and gently balance on the grass or leaves, before plopping to the ground. Relish the idea of the water soaking into the ground, nourishing the earth and making the grass even greener
- When you're completely soaked to the skin, enjoy that wonderful feeling of putting on dry clothes and going in search of a cosy cafe or country pub!

Petrichor: the wonderful earthy scent produced when rain falls on dry soil

FEEL YOUR SPIRITS SOAR

How many of these birds have you already spotted? Depending on the time of year, you can see all these in the Yorkshire Dales.

Lapwing, curlew, oyster catcher, heron, buzzard, black-headed gull, black grouse, pheasant, dipper, grey wagtail, kingfisher, willow warbler, blackcap, spotted flycatchers, redstarts, spotted woodpecker, nuthatch, green woodpecker, fieldfare, redwings, goldeneye, red kit, hen harrier, merlin, kestrel...

You can also see Birds of Prey displays at Bolton Castle, the Bird of Prey Centre at Swinton, at Thorpe Perrow and enjoy a falconry experience on Coniston Estate.

SLOOOOOOOOWWW
DOOOOOOWWWWWNN...

Whatever you're doing, challenge yourself to do it really slowly:

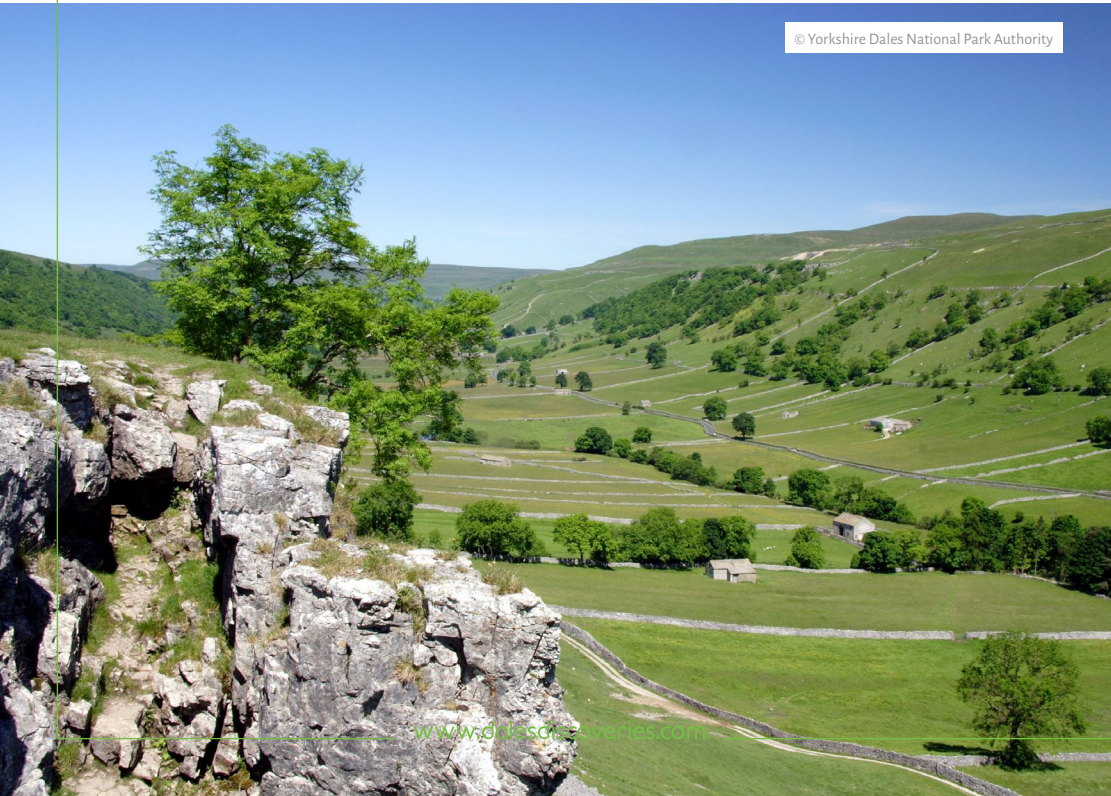
- Feel your shoulders drop and your knees unlock as you slow motion walk along the footpath
- Focus on a tree, then a branch, and a twig and a leaf, noticing every detail
- Stand for a moment and listen to the sounds of birdsong around you
- Close your eyes, take a deep breath and see if you can actually smell the tree, the grass, the individual scents of the countryside
- When you open your eyes and look into the distance, you'll have a completely different perspective.

THE ROAD LESS TRAVELLED...

It pays to really get to know the individual villages and market towns, where most of the interesting sights are hidden from view on the main road. Don't plan a long route, set out to take detours and find hidden routes.



Even the roads are relaxed in the Dales, taking a leisurely wander through the landscape, with no sense of urgency, bending this way and that to admire the view



DIFFERENT WAYS TO SEE

We're normally on our feet as we look at our surroundings. Simply getting down on your knees or stomach to take a closer look at nature's tiny details: the lichens, insects, rocks, tiny flowers, grasses, tracks makes a difference to what you see.

Instead of trying to see many villages and areas within the Dales, why not stay in one place and set out to see every tiny place, notice each detail of just one Dale? You'll gain a much better insight into the Yorkshire Dales - and have at least 39 reasons to come back and explore each of the other Dales!

For an insider's view look out for the "local parliament" in many Dales villages: a bench where the locals (often wise old men) sit and reflect on life. Take a seat alongside them - you'll quickly be taken into their conversation and told everything you could possibly want to know!



Wharfedale © Yorkshire Dales National Park Authority



© Embsay & Bolton Abbey Steam Railway

TRANSPORTS OF DELIGHT

Forget the 7.46 taking you to work. Trains here are much loved, more about awe-inspiring views and the journey than the destination. A pleasure that it's hard for cynical commuters to believe until they've tried a trip on the Embsay and Bolton Abbey Steam Railway, the Settle to Carlisle or Wensleydale Railway. Much of the spectacular scenery you'll see is far less visible by road.

If that isn't relaxation enough, why not drift along the 200 year old Leeds and Liverpool canal from Skipton? Or step back from today's frenetic world with a trip on the Wensleydale vintage bus?

Jason Richards of Yorkshire Trike Tours will also take you on a journey with a difference, on his boom trike accompanied with a running commentary on what you see as you travel along small country roads.

CELEBRATE THE SEASONS

There's no denying that we get some "real weather" in the Yorkshire Dales. You may delight in the sunshine as you gaze at a hay meadow, but there are also times when snow lies heavy on the hill tops. Instead of worrying about the weather why not celebrate the seasons and the different benefits each one brings?

We see it as four times a year when we can enjoy how the landscape changes and refreshes, bringing new activities and ways to enjoy it.

Spring - look out for:

- the first wild flowers such as lesser celandines, wild primroses, bluebells. Look for lily-of-the-valley in Grass Wood near Grassington or wood anemones in Freeholders' Wood near Aysgarth
- birds beginning to build their nests
- listen for the dawn chorus - International Dawn Chorus Day is in May
- the first bumble bees in the spring flowers
- the first shoots of blackthorn and then hawthorn blossom, the startling green of early leaves followed by the lush new green grass on limestone pastures
- the cries of the returning curlews and "peewit" sound of the lapwings

Autumn - look out for:

- heather moorlands clothed in purple, and bracken as it starts to turn brown
- crab apples, sloes, blackberries, rosehips and hawthorn berries
- conkers, acorns and other treasures for your nature trail
- leaping salmon, especially at Stainforth Foss near Settle

Summer - look out for:

- the hay meadows and grass verges really come alive with their many wild flowers. You'll see some of the finest meadows in Swaledale, Wharfedale and Dentdale. Breathe in the rich scent and listen out for the busy insects and other wildlife they support
- birds hunting food to feed their young, and the fledglings venturing out of their nests
- birds of prey flying high and spotting their next meal - you could see buzzards, hen harriers and red kites
- Volunteers at Malham Cove will help you spot the peregrine falcons that nest there
- bats around the many barns

Winter - look out for:

- animal footprints in the snow, perhaps even otters which are returning to the Dales in good numbers
- fieldfares and waxwings come to feed on hedgerow berries and you can also spot tits and chaffinches, and tree creepers
- this is also the best time to enjoy the amazing dark skies of the Yorkshire Dales, as our lack of light pollution means you'll see an incredible array of constellations and planets



SIMPLE PLEASURES

There are so many details we can miss in a busy life. When we stop rushing around, slow down and just look at our surroundings we can feel so uplifted

- The tiny changes of the seasons, different every day. They can be the first rays of light in January, the sound of a woodpecker, or a whiff of wild garlic - all signs of changing seasons
- There's a real pleasure in being still while there's so much industrious nature around us. At first glance, a view may be empty and you gradually piece together the sights, smells and sounds of activity
- The bubbling sound of crystal clear waters welling up out of a ground from a freshwater spring
- A shepherd and his dog working together to herd sheep
- Many of nature's wonders are transient. It only takes a glance to enjoy them and yet the magic stays with us for so much longer: sunlight glinting on water, dappled light through the leaves of a tree, a new bud about to burst...
- That "aaahhh" moment after a long walk on a windy hill side when you finally sit down in a cosy pub and take the first sip of a local beer
- The first calls of the curlew - the sound of Spring, alongside the oyster catchers, lapwings, newly born lambs and flowers pushing through the hard ground
- Strolling along the riversides and spotting elusive dippers and kingfishers

INSPIRING VIEWS

AS RECOMMENDED BY LOCAL PEOPLE

It's no surprise that so many artists and photographers come to the Yorkshire Dales to feel inspired and creative. The views are stunning. Locals suggest some favourite places to stand and stare:

The 360 degree views at the top of the Tower at Bolton Castle never fail to uplift and inspire me, even on the dullest day. They are ever changing, beautiful and atmospheric. In cities, it's hard to find the space to breathe, but here you have such a sense of peace.

[Katie Smith, Bolton Castle](#)

There's a fantastic view as you come from Hawes to Thwaite over the Buttertubs. Just as you start to descend, the majesty of Swaledale opens out in front of you. Every time it's different and special because of the fabulous changing light and weather.

[Glen Payne, Herriots in Hawes](#)

I feel so lucky to be here. Standing at the viewpoint on the road from Hawes to Oughtershaw, especially when there is an amazing red sun setting over the flat top of Ingleborough. It feels truly on top of the world as you can see wilderness for miles and miles.

[Fiona Clark, Nethergill Farm](#)

I love the view from Middlesmoor Church, looking down into Upper Nidderdale. There's not a more beautiful and thought-provoking place in the world!

[Anne Challis, Studfold](#)

In the Autumn I love to sit and watch the salmon jumping up Redmire Falls as they complete their lifecycle and return from the north Atlantic to spawn in the same river where they were born. It is a miracle of nature that will never cease to amaze me.

[Tom Orde-Powlett, Bolton Castle](#)

On the road above Langcliffe looking up the Ribble valley, where you can see all Three Peaks and so much more.

[Pam Hickin, Yorkshire Dales Guides](#)

There's a bench by the river Ure in Masham, next to a place locals call Sandy Bay, just along from The Wishing Tree - the spot is really magical.

[Josie Beszant, Masham Gallery](#)

Oxenbur Ridge is a flat, limestone paved hill. From its top you can see Austwick, village life and farming traditions that stretch back centuries.

[Paul Reynolds, The Traddock, Austwick](#)

I love to sit and stare the reservoirs at Blubberhouses, Swinsty or West End.

[Stephen Walker, Embsay and Bolton Abbey Steam Railway](#)

I love to sit on the edge of Moughton Scar overlooking the beautiful and little known valley of Crummack Dale.

[Chris Grogan, Skyware Press](#)

I love sitting on the top of High Hill from which there is a stunning, panoramic view of Settle, Giggleswick, Pendle Hill, the Bowland Fells, Ingleborough, Pen-y-gent, the River Ribble and the Settle-Carlisle Railway.

[Sue Amphlett, Cottontail Crafts](#)

It's wonderful to be in Oxenbur woods at bluebell time, looking across a sea of bluebells and really savouring the scent.

[Gail Smith, Yorkshire Dales Millennium Trust](#)

It's wonderful to simply sit in the walled garden at Scargill House. It is a place of great peace & beauty, and sheltered too, a lovely place to spend time with my own thoughts.

[Linzi Blundell, Scargill Foundation](#)

Looking north from near Buttertubs towards Keld, Muker and Kisdon Hill with the wild Pennine moors beyond is a marvellous view.

[Jonathan Smith, Where2Walk](#)

Looking out over Thieves Moss from Sulber. It is just such a fantastic view over this sweep of limestone pavement and Crummackdale.

[Mark Allum, Yorkshire Dales National Park Authority](#)

I really enjoy the views from Cautley Spout, about half way up (because it's such hard work climbing to the top!) There's a rock you can sit on to look back down the valley, following the ribbon of stream to where it joins the river.

[Laura Rosenzweig, Laura's Loom](#)

There is something truly fantastic about descending off Buttertubs Pass and seeing Swaledale in all its glory, especially on a Summer afternoon. I also love the summit of Coverdale, near the Aberdeen Angus cattle that you usually find up there. Whatever the weather, it is awesome.

[Judith Richards, Yorkshire Trike Tours](#)

I love to walk up to the top of Fremington Edge and just sit and watch the convergence of Swaledale and Arkengarthdale. Reeth is a perfect spot for a tiny town – no wonder the Roman and Vikings settled here!

[Jane Sammells, Kitchen Curriculum](#)

The view from the top of Kilnsey Crag at sunrise is pretty hard to beat.

[Jamie Roberts, Kilnsey Park Estate](#)

Reaching the summit of the climb on the road between Airton and Settle on my road bike. The view on a clear day goes for miles – and there's a delight in knowing that what goes up must come down, with an exhilarating descent to Settle.

[Mark Allum, Yorkshire Dales National Park Authority](#)

It's just a short climb over the canal bridge here in Bank Newton to the top of Banks Hill, and yet there's a wonderful 360 degree panorama taking in Malham Cove and Pendle Hill.

[Rachel Berry, Newton Grange](#)



Scientific studies show that helping others can improve our mood and make us feel good. There's even evidence that those who give support to others live longer than those who don't! It could be giving money for a good cause, or volunteering your time and ideas. Sometimes it's as simple as smiling at a stranger as you pass them on a walk.

They are lots of ways you could do this in the Yorkshire Dales

- Just visit, smile and say hello - we're happy when our visitors are happy!
- Come along to one of the many village shows or events, buy a cake, cheer on the competitors and have a go at some of the fun games like splat-a-rat - they're usually to raise money for local facilities
- Give a donation when you visit one of our beautiful churches, or small museums
- Volunteer - there are plenty of organisations who need practical help on an ad hoc or permanent basis

Some visitors comment that they feel better just noticing the strong sense of community and way that we help each other out and greet everyone we see!

MOOD FOOD?

Why buy food from faceless supermarkets when you can buy from people who care what they do, who know their customers and their suppliers and who take proper pride in serving high quality food at really reasonable prices? These are our favourite places to buy healthy food from friendly people:

- The Town End Farm Shop at Airton by Malham is a great place to buy local food, as well as to enjoy excellent cakes, coffee and meals. Upstairs you'll find a really fantastic selection of gifts and home wares, many of which are lovingly created in Yorkshire
- Look out for the assortment of animals near Berry's Farm Shop at Swinithwaite or walk down the hill to see the waterfall before enjoying a meal or snack in the cafe
- Country Harvest at Ingleton is a veritable emporium of food and gifts, with a great programme of demonstrations and events
- Kilnsley Park's shop sells fish, seasonal game and delicious smoked products from their own smokehouse
- Growing with Grace in Clapham is an award-winning farm shop for freshly picked organically grown vegetables, organic fruit, bread, milk, eggs and cheese
- The award-winning Courtyard Dairy near Settle sells carefully selected and very special cheeses
- Campbells in Leyburn is an unexpected delight, unveiling foodie delights and with a very extensive selection of fine wines. Ideal for picking up a picnic to enjoy on the Shawl when the sun shines!
- The newly opened Keelham Farm Shop near Skipton offers an excellent selection of food sourced from local producers, while Forage in Skipton prides itself on taking seasonal ingredients from local producers, and turning them into tasty food with real heart
- Enjoy a surprising welcome at Mainsgill Farm Shop & Tea Room near Scotch Corner - you'll be greeted by a camel!



SMALL TREATS, BIG SMILES

Whether you're trying to live in the moment, reward yourself or treat others, sitting down in a cosy cafe or tea room to enjoy some delicious cakes is a good thing to do!

Take a look at [DalesDiscoveries.com](https://dalesdiscoveries.com) for recommended places to enjoy cake or beer!

CELEBRATIONS AND APPRECIATING THE FINER THINGS IN LIFE

While the Yorkshire Dales are undoubtedly a rambler's delight and outdoor enthusiast's paradise, they are also home to very fine country house hotels and excellent places to eat. If you're looking for indulgent relaxation in a beautiful setting and a celebratory meal, try some of these award-winning restaurants and country house hotels:

[The Traddock](#) at Austwick

[Yorke Arms](#) in Ramsgill

[Swinton Park Hotel](#) near Masham

[The Angel](#) at Hetton

[Yorebridge House](#) in Bainbridge

[The Blue Lion](#) in East Witton

[The Wensleydale Heifer](#) at West Witton

[Devonshire Arms](#) and [Devonshire Fell Hotel](#)

[Hipping Hall](#) by Kirkby Lonsdale

[Grassington House Hotel](#) in Grassington

[Vennells](#) in Masham



YORKSHIRE DALES MARKETS

These are the dates of the regular markets around the Yorkshire Dales. Please double check details before starting your journey. Some markets are much bigger during the summer months.



Monday

Skipton market

Kirkby Stephen market

Richmond market

Tuesday

Bedale market

Hawes market

Settle market

Richmond market

Wednesday

Sedburgh market

Bentham market

Skipton market

Richmond market

Masham market (small)

Thursday

Ripon market

Kirkby Lonsdale market

Richmond market

2nd Thursday of the month - Harrogate farmers' market

Friday

Ingleton

Skipton market

Leyburn market

Richmond market

Saturday

Skipton market

Masham market

Richmond market

4th Saturday of the month - Leyburn farmers' market

3rd Saturday of the month - Richmond farmers' market

Sunday

1st Sunday of the month - Skipton farmers' market

3rd Sunday of the month - Grassington farmers' market

3rd Sunday of the month - Settle farmers' market

3rd Sunday of the month - Masham farmers' market

LIVE IN THE MOMENT. JUST BE

In such a busy, frenetic world it's good to sometimes just be. Sometimes we just need to stop, to stare and breathe in the beauty and fresh air around us.

Many people are now talking about mindfulness and living in the moment. We've asked some locals about what they do, and where they go to still their mind and feel at ease. We hope you'll be able to try some of these:

At lunchtime I like to take a 20-minute stroll up the lane opposite where I work by Ingleton. I have been doing this for about a year now and so have seen the landscape change with the seasons. The walk not only clears my head, but it also refreshes my soul. I have to keep stopping to drink in the view. Ingleborough dominates the scene, but there are rolling fields, a church spire, sheep, a village pub, a farmer and his dog, birds in the hedgerows, a breeze, a cold wind, sunshine, sometimes a shower. Every day is different. But the effect is always the same. I feel good, I feel alive, I am happy. And then I can come back to delicious food and plentiful local produce at Country Harvest!

Gillian Cowburn, Country Harvest

If you aren't able to tackle one of the Three Peaks but want to walk for an hour and get fabulous views try the walk over the limestone pavement at Chapel-le-Dale, at the foot of Ingleborough, the start is just past The Old Hill Inn on the right hand side of the road coming from Ingleton. The views down the valley are spectacular and on a clear day you can see the sea in Morecombe Bay. The wild flowers in the limestone crevices are beautiful. Also try

the walk from Feizor along part of the Pennine Way (you can park at the tea rooms which are well worth a visit) and in late Spring go into the bluebell woods, they really are stunning. The views of Ingleborough and Pen-y-gent make you feel like you are on top of the world. It could be just you, the sheep, the birds or the sound of silence.

Carolyn Smith, Inglenook Guest House

I love the views & healthy feeling I get from horse riding across the moors, especially around Arkengarthdale and Swaledale I feel very privileged to live where I live. I never get tired of the views. I love the wildness of the Dales and the peace. When people come and ride with me up on the moors they say how quiet it is. I love the seasons, looking forward to the sound of the curlew and lapwing in early March. The young birds in the spring, the purple heather in the summer and the beautiful Autumn colours. The winters can be bracing but as I speak I am cosy in front of a log fire with the wind and snow howling around us and the ponies tucked up nice and warm in their stables.

Jane Baker, Arkle Moor

To see local folk mingling & sharing wholesome fresh air and local food at the wonderful local agricultural shows, and the Festival of Food is great. I feel so lucky when I take my Middleham fish and chips and sit up above Pinkers Pond on my favourite seat and look across over the greenness of Coverdale, or take a trip to look at Semerwater especially at haytime with the newly made hay scent in the air.

Angela Walton, Middleham Antiques

Climb the five floors of spiral staircases to the battlements at the top of Bolton Castle's remaining tower and you will find the view is always worth the long climb. The panoramic view of the Dales is always a joy and as you look out over beautiful, tranquil Wensleydale you feel as if you can really breathe freely and relax away from the hustle and bustle of everyday life. I always take a few minutes to take in the view and let the open rolling countryside and massive expanse of sky rejuvenate me for the day ahead.

Katie Smith, Bolton Castle

Here are just a few places and things that make me say "wow": standing at the viewpoint on the road from Hawes to Oughtershaw (Kettlewell) especially when there is an amazing red sun setting over the flat top of Ingleborough. It feels truly on top of the world as you can see wilderness for just miles and miles; on the footpath to Cray from Yockenthwaite, the view down the dale is breathtaking. Hearing and seeing the Black Grouse burbling really early on a Spring morning; the first Curlew flying over our farm in March; the Dippers flying low

over Oughtershaw Beck, following all the bends with such accuracy; and the wrens flying up to roost in the House Martin nests on the farmhouse windows, hunkering down in the depths of Winter and spilling out at dawn.

Fiona Clark, Nethergill Farm

Walking down Stockdale Lane in the early evening, which is part of The Pennine Way from Hawes to Thwaite, looking down Swaledale. It is a magnificent view, listening and watching the Curlews, Lapwings & Oyster Catchers with Swaledale moor streams tinkling and the faint bleat of sheep in the background.

Valerie Hunter, Thwaitedale Cottages

Going to Grinton church for a Swaledale Festival concert which is enough itself to make one happy but to come out at about 9.30pm and find it is still light, still warm enough not to need a jacket and that the birds are still singing. Look up to the magnificence of Fremington Edge, cross the road to The Bridge Inn at Grinton for a drink or listen to the ripple of the Swale as it flows under the bridge on the way back to the car park. Happiness, serenity, wonderful!

Janet Hall, Swaledale Festival

Come and take a breather in the Yorkshire Dales fresh air - there's plenty for everyone



GREAT MINDS DON'T ALL THINK ALIKE

Psychologists have looked at the particular mind-set of creative people, and what others might learn from them.

Most creative people share these traits:

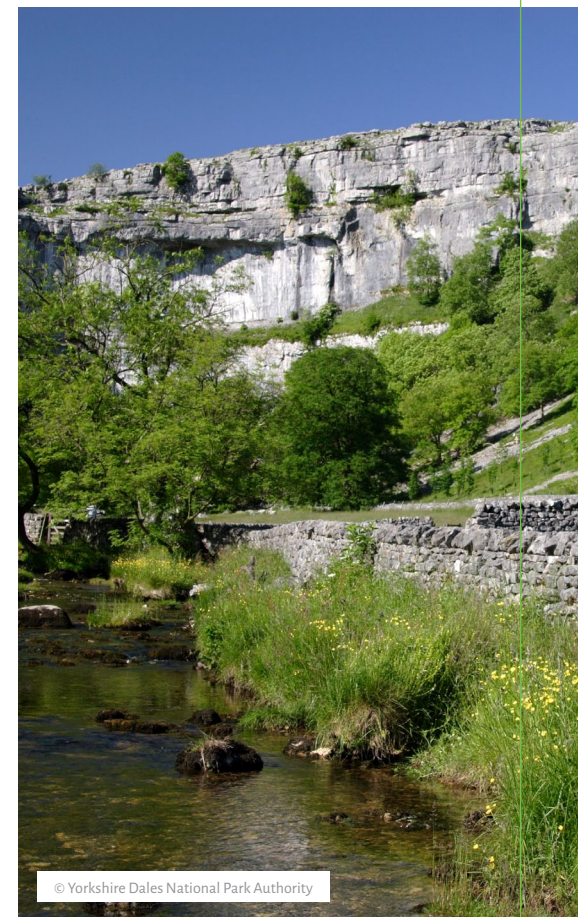
- day dream and allow the mind to wander
- notice details, observe everything
- take time for solitude
- lose track of time
- seek out new experiences
- curious about everything
- surround themselves with beauty

So it's no surprise that so many artists and creative people live in the Yorkshire Dales! If you're in need of some fresh thoughts, it's clear where you need to be. Come and sit on a hill in the Dales and day dream!

THE ART OF SERENDIPITY

Amazing art sometimes appears in surprising locations:

- As you travel between Pateley Bridge and Grassington, you'll see Toft Kiln by the roadside. Stop there and then climb the hill to the remarkable Coldstones Cut, a new and magnificent art work made from local stone, with an incredible view of the surrounding countryside
- Wander through Mallerstang and you'll see one of the Eden Benchmarks, spectacular sculptures along the River Eden
- Follow the Poetry Path near Kirkby Stephen, a circular walk describing a year in the life of a hill farmer through poems carved in stone
- The Gallery on the Green near Settle is probably the smallest gallery in the world. Paintings, drawings and photographs are exhibited in this former BT telephone box
- In Masham tiny works of art, carvings and miniature curiosities have appeared along the river walks, a gentler, rural version of guerrilla art





INSPIRED BY THE YORKSHIRE DALES...

The Yorkshire Dales have fired the imagination of artists and writers for generations. Lewis Carroll and Charles Kingsley found inspiration among the meadows and ancient green pastures of Malham Tarn and Wensleydale. Turner particularly loved the area around Askrigg and Hardraw Force. Catrigg Force and its lush, wooded valley was one of Edward Elgar's favourite places during his regular visits to the area.

Contemporary artists and craftspeople continue to be inspired by this glorious landscape.

HOLD A LITTLE HAPPINESS IN YOUR HAND

A recent study found that you can enhance your levels of happiness by simply gazing at beautiful things. While you can't take our wonderful landscape home with you, you can take home hand made objects of beauty that are inspired by the Dales

- Masham Gallery owner, Josie Beszant is passionate about supporting local artists and craftspeople so her gallery is full of carefully selected, high quality and very beautiful products inspired by the Dales
- Near Settle you'll find the refurbished farm buildings, The Courtyard where you'll find the beautiful Lime Gallery, Dalesbred and The Courtyard Dairy (where you'll see why I think cheese can be a work of art!). The walls of the Bistro feel alive with Dales' scenes thanks to Andrea Hunter's incredible felt wall hangings
- See fun work by Nikki Corker at the Little Picture House Gallery, and Nolon Stacey's intricate line drawings of animals at his gallery, both in Masham
- Enjoy browsing around the art galleries in Leyburn: Wensleydale Galleries; Northern Galleries; and Warland's Gallery. Nearby is Tennants with its new garden rooms, where works of art and items from forthcoming auctions are displayed
- In Hawes you'll find the Chapel Gallery, the newly refurbished shop and gallery at the Dales Countryside Museum with changing exhibitions from Dales-inspired artists. The Herriot Gallery houses a constantly changing selection of paintings and other artwork within the cafe
- Richmond has independent shops and galleries including the Showcase Gallery, and Yorke House. Just down the road is the former Richmond Station where there is a usually an exhibition alongside the cluster of small food producers
- Focus on Felt in the village of Hardraw is where Andrea Hunter displays her unique felt pictures. Other small Dales galleries include the Smithy Gallery in Kettlewell. Fabric of the Field in the lovely village of West Burton gathers together crafts from the Yorkshire Dales, with a particular focus on textiles
- Craftworkshop in Sedbergh at 61 Main Street is small, but displays a myriad of items, all locally made
- Nearby is Laura's Loom, where you'll often find Laura creating beautiful woven products from locally sourced wools
- Scenic View Gallery in Reeth is famed for their fantastic landscape photography. Nearby is Fat Sheep, selling products made in the Yorkshire Dales
- At Tarts Gallery in Duck Hill, Ripon artist Sue Dewhurst and paper cutter Clare Lindley show their work. Art in the Mill in Knaresborough is housed in a former flax mill in the pretty Green Dragon Courtyard
- Visit craft workshops where you can see new works of art and beauty being created: such as at King Street Studios in Pateley Bridge, the Dales Craft Centre in Reeth, Craftworks and Farfield Mill in Sedbergh

WATCH WHILE THEY WORK

It's fascinating to see traditional and artisanal crafts being brought to life, and practised in a real life setting. Getting the inside track and discovering what goes on behind the scenes is enjoyable, especially if it involves watching other people work while you're enjoying your time off! Here are some places you can visit and see things being made:

- See Annabelle Bradley, the blacksmith at work in her smithy in Malham. Lucy Sandys-Clarke works from her own smithy in Dent
- You can often see candles being made at the White Rose Candles workshop in Wensley (don't mention Heath Robinson contraptions or they'll threaten to melt you down for tallow)
- You'll see several talented people at the Silver Street Studios in Reeth including sculptor, Michael Kusz at Graculus and cabinet maker, Philip Bastow
- See how the twist is put into the ropes at Outhwaites Ropemakers in Hawes
- Take a tour behind the scenes at the Georgian Theatre in Richmond
- Discover how the famous, delicious cheese is made at Wensleydale Creamery. A short walk away is Gayle Mill - you can book your visit at the Countryside Museum in Hawes
- Watch cheese makers, bakers and brewers at the Station in Richmond, where you can also see a film, enjoy an art exhibition, meal in the café or an ice cream
- Learn how to make beer from the experts, with a tour (and tasting) of Black Sheep Brewery or Theakstons in Masham
- See chocolates being made at the Little Chocolate Shop near Leyburn
- Visit Farfield Mill on the edge of Sedbergh, where you can sometimes see craftspeople at work and the huge old loom



© Black Sheep Brewery

"Revisiting time-honoured traditional methods and making the most of simple things in life is so relaxing and rejuvenating... and ought to be made law!". Sarah Champion

LEARN SOMETHING DIFFERENT

Learning a new skill not only gives you something interesting to tell your friends about, it can also enhance your wellbeing. New skills help us stay curious and engaged in the world around us, and the sense of accomplishment helps self-confidence and resilience. Friendly Dales-folk would love to pass on some of their skills:

- Try something completely new with an art or craft workshop at Artison near Masham, where you can learn anything from water-colours, to blacksmithing and ceramics
- Tackle a new physical challenge in the safe hands of Yorkshire Dales Guides who offer navigation courses, or safety on the hills courses, and opportunities to learn vertical caving techniques or how to climb
- Old Sleningford farm near Masham has an excellent range of courses, where you can learn to make baskets, willow chairs, sausages and how to make wild medicine and food!
- Go for a walk with a difference in the company of Nidderdale Llamas who are gentle and friendly fun
- Stay at Nethergill Farm, a mixed hill farm with luxurious accommodation, which has its own bird hides and runs many day courses including a wildflower workshop, sketchbook fun, and creative photography
- Have a creative day at The Threshing Barn in Sedbergh learning to process and dye local wool before learning to spin, weave or felt. Or you could create your own miniature landscape complete with dry stone walls, tree trunks and even a dormouse or squirrel by a dry needle felting technique
- Malhamdale farmer Chris Wildman, offer butchery courses where you can learn to make sausages, cure meat and make your own charcuterie
- Learn from John Rudden as he demonstrates master-chef techniques for superlative cooking. Witty and entertaining, the master-classes are held in the dining room at Grassington House Hotel
- Take part in a woodworking weekend at Gayle Mill where you can smell the wood being cut on a rack, hear the click of the belts running over the wheels as the turbines drive them and see the machines cutting. They also have other courses such as crochet, spinning yarn and knitting



- Iona at Ribblesdale Cheese can teach you how to make cheese that's almost as good as her own award-winning versions!
- Find out how to make felt, weave and other textile crafts at Farfield Mill near Sedbergh. Look out for the details of events accompanying their exhibition programme
- Visit Bentham Pottery to browse the showroom, or book a half day, full day or weeks course to learn all the skills needed to produce handmade pottery
- Pip Hall can teach you to carve letters in stone at her base in Dentedale
- Swinton Park Cookery School runs a busy programme of classes throughout the year, ranging from teenager boot camps to sophisticated dinner party catering
- Learn to fish at Kilnsey Park, which has two ponds, one for children and beginners and another for fly fishing
- Learn woodworking with a difference - with bodger Richard Law, working with green wood in his woodland workshop in Strid Wood at Bolton Abbey
- Learn the traditional skills of scything and make a hay rake at Broadrake near Ingletton

"I recently went to a workshop at Artison near Masham and had an absolutely fantastic day. It is a wonderful feeling to create something you are really proud of and fantastic to meet other people to share this with". Katie Boggis

LOCAL SHOWS

If you'd like to feel like you're a part of a community, even if only for a short time, then coming along to one of our events is the way to do it. The Dales boast a rich calendar of summer events and country shows, attracting locals and visitors to show off their skills, learn some new ones, taste and buy excellent local produce.

Look out for ferret racing, pig obstacle courses, proud shepherds, show jumping, fell races, handicrafts and flower displays, food markets & unexpected delights! Here's a small selection of the summer shows. Look out for more advertised through the Yorkshire Dales National Park Centres and advertised on village notice boards.

May

Dales Festival of Food and Drink - Leyburn

July

Great Yorkshire Show - Harrogate
Birstwith, near Harrogate

August

Wensleydale Show - Leyburn
Malhamdale at Malham
Kilnsey Show, near Kettlewell
Reeth, near Richmond

September

Nidderdale Show - Pateley Bridge
Masham Sheep Fair



THE DALES ALPHABET OF EXPERIENCES

Enjoy an **adventure** in the wide-open spaces
Stand and admire the **breath-taking** views
Discover the magical underground world of our **caves**
Learn the centuries-old art of **dry stonewalling**
Take an **evening** walk by the riverside as dusk falls
Fish for your supper at Kilnsey
Gaze at the incredibly starry and clear night sky
Take a moment to count wild flowers in a traditional **hay** meadow
Enjoy **ice cream** on a farm
Experience the **joy** of suddenly spotting a red squirrel in Snaizeholme
Go to **Kettlewell** Scarecrow Festival & other quirky events
Be **lazy**, lolly-gag and just enjoy being
Create lovely life-long **memories**: take your children to an open farm
Enjoy a **natural high**: walk to the top of a hill and wonder at the world below
Stay **outdoors** all day from dawn to dusk
Spot the **peregrine** falcons and their chicks at Malham Tarn
Join the locals in a traditional game of **quoits** on a village green
Brace yourself for a quick splash in an ice-cold **river**
Marvel at the amazing variety of **sheep** at one of our country shows
Take a trip on a steam **train** through stunning countryside
Unwind: sit among the heather on the moors and watch the bees at work
Visit one of our small local museums, full of curious signs of the past
Stand in wonder and admire a **waterfall**
X marks the spot - enjoy a family day geocaching
Buy and knit **yarn** made from Yorkshire Dales sheep
Zzzzzz... if you don't sleep well after all that, you never will!



TOP TEN WAYS TO FEEL HAPPIER AND HEALTHIER IN THE YORKSHIRE DALES

ONE

Giggle. Roll down a hill. Feel like a child again, indulge in a little gentle rule breaking. Be a lazy layabout, eat with your hands. Pick up a picnic. Paddle in a stream.

TWO

Take a different route, explore in a different way. Take a new path, unlock fresh thoughts and ideas. Try travelling without your car.

THREE

Climb a hill. Enjoy the sense of achievement. Breathe in the fresh air. Marvel at the world around you. Spot all the distinctive Yorkshire Dales features: dry stone walls and barns, hay meadows, curlews...

FOUR

Enjoy time with friends and family, meet new people. Eat, drink and be merry. Savour our flavour.

FIVE

Explore. Discover each individual dale. Stand and stare. See their differences. Speak to locals who'll willingly divulge their insider secrets on what to do and where to go.

"Pick a day of blue skies and warm air and find your way onto an expanse of heather moorland. Lie back on the heather, close your eyes, listen to the songs of curlews, skylarks, bumblebees and more, and open your nose to the heavenly honey-tinged scent of flowering purple heather. And think to yourself: does it get any better than this?". Jamie Roberts, Kilnsey Park

SIX

Learn a new skill. Do something creative. Use your hands. Appreciate the skill of artists and craftspeople, inspired by this beautiful landscape.

SEVEN

Sit still for long enough to really feel the world around you. Experience it with all your senses. Smell the fresh air, switch off your music, tune into the bird song. Feel the grass tickling your feet. Ditch the GPS for a compass. Just look.

EIGHT

Believe in magic. The magic of nature, the delight of ancient tales. Discover some of our quirky traditions and stories.

NINE

Stay up late. Marvel at the incredible night sky. Live in the moment, delight in the detail.

TEN

Treat yourself. Treat others. Buy from real people, who've lovingly created products with a story and sense of place.



Kilnsey Crag © Yorkshire Dales National Park Authority

Dales

Discoveries.com



YORKSHIRE DALES

National Park Authority

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