

Upland hills farm walk... 7 miles

Malham Tarn, Yorkshire Dales

 THE NATIONAL TRUST

www.nationaltrust.org.uk/walks

Discover an area of ancient limestone pastures, upland hill farms and the beautiful Malham Tarn on a walk through this popular Dales' beauty spot.

Start: Malham Tarn car park – grid ref: SD882672 – map: OS Landranger 98

How to get here & local facilities

By foot: the Pennine Way runs from Malham village and merges with point 2 on the map

By bike: Malham Tarn and village lie on Yorkshire Dales Cycle Way (Regional Route 10)

By bus: from Skipton: service 210/843 (Stagecoach / Pennine); from Settle: service 580/210 (Pennine). National Trust weekend shuttle bus, Settle-Malham Tarn, Easter-Oct

By car: close to the A65 & Settle; 4 miles NW of Malham. Follow signs from Malham

Car park at Malham Tarn (NT), cafes, pub, shop, accommodation in Malham. WCs in the Yorkshire Dales National Park (YDNP) car park. Simple trail maps available from the estate office at Waterhouses or the YDNP centre in Malham.

Things to look out for...

Malham Tarn

The Tarn lies in a natural hollow, formed in the boulder clay, overlying a bed of impervious Silurian slate. It is home to a unique community of rare plants and animals; stonewort covers most of the bed of the Tarn, sheltering pea mussels and three-spined stickleback. It also provides food for diving birds, such as great crested grebes.

Middle House

A typical Dales' farmhouse built in the late 16th century on the site of a much older building, which housed shepherds for the Fountains Abbey estate. The irregular walls indicate that this was also the site of an even earlier Norse settlement in the early Middle Ages. Little lambing crofts, a few meadows for hay and various sheepfolds (stone enclosures/pens) make this a very good example of an early Dales' settlement.

Darnbrook House

Appears in the survey of Fountains Abbey rentals from the 12th century onwards. Before 1186 William de Percy, a landowner, gave Fountains Abbey the pastures from Darnbrook to Malham Tarn and in 1206 Matilda, Countess of Warwick, granted the monks of the Abbey pasture for an area of Fountains Fell known as 'Gnup'.



Tennant Gill Farm is a traditional upland hill farm, now powered by water turbines and photovoltaic roof panels; a method for generating solar energy.

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Look out for bird's-eye primrose as you walk through the limestone pastures during June and July.

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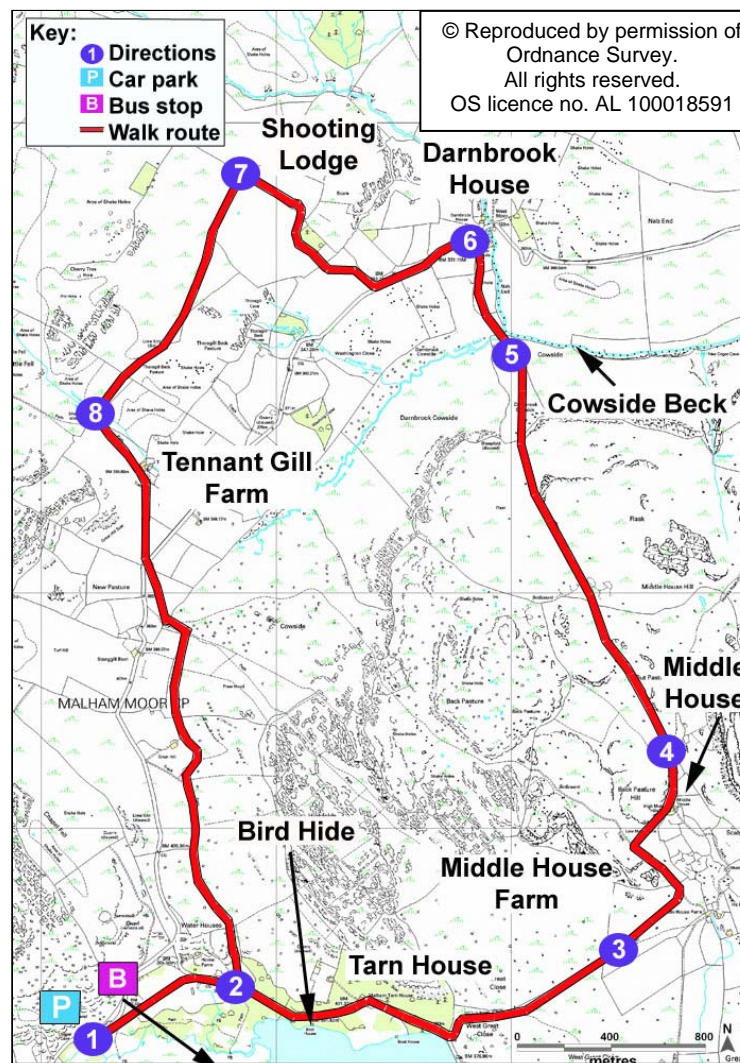


Hardy traditional cattle breeds, such as the Longhorn, have been reintroduced. Their grazing patterns help to increase the diversity of plant and animal life in limestone areas. See www.limestone-country.org.uk for further details of the project.

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Directions

1. Turn right out of the car park and follow the road for 100m. Turn left through the gate onto an unmade road.
2. Turn right at the end of the track and continue, passing behind the bird hide, Tarn House and on through the woods. Pass through the gate and turn left uphill, towards Middle House, following the old Monk's Road.
3. Cross a stile and bear diagonally left over the side of the hill, to the left of Middle House Farm. At the top of the hill, pass through the gate and follow the track to the right after a short rise, continuing to Middle House.
4. At the next waymarker, bear left to Darnbrook. Go over a wall stile and follow a well worn track, descending steeply towards Darnbrook Farm.
5. At the valley bottom, cross Cowside Beck, head towards the nearest field barn and proceed uphill to Darnbrook House.
6. At the road turn left and continue for 500m, then turn right onto a track. Passing to the left of a small wood, continue on the rising track to an old shooting lodge.
7. At the lodge turn left to follow the wall on your right. At the corner of the field, go through the gate and turn left, keeping fellside wall on your left. At the next wall cross a stile and the path eventually meets the Pennine Way, above Tennant Gill Farm.
8. Follow the Pennine Way downhill to the road. Continue diagonally across the field, go over the stile and follow the track uphill, turning right at the top of the wall. Continue following the Pennine Way to the unmade road and retrace your steps to the car park.



Terrain and accessibility

Moderate 7ml (11½ km) circular walk. Fairly hilly, across fields and unmade tracks, with a short stretch of road walking.

Some gates and stiles. Can be muddy after wet weather.

Dogs welcome under close control. Must be kept on leads at certain times of the year. Please visit our website for more information.

Contact us...

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National Trust places to visit nearby...

- Upper Wharfedale
- Braithwaite Hall
- East Riddlesden Hall
- Fountains Abbey
- Studley Royal

The bird hide

This is a fantastic place to spot the wide variety of birds that reside by Malham Tarn, so remember to bring your binoculars and look out for birds like great crested grebe, tufted duck, pochard, wigeon, teal, gosander and, occasionally, hen harrier.

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Find out more at www.nationaltrust.org.uk