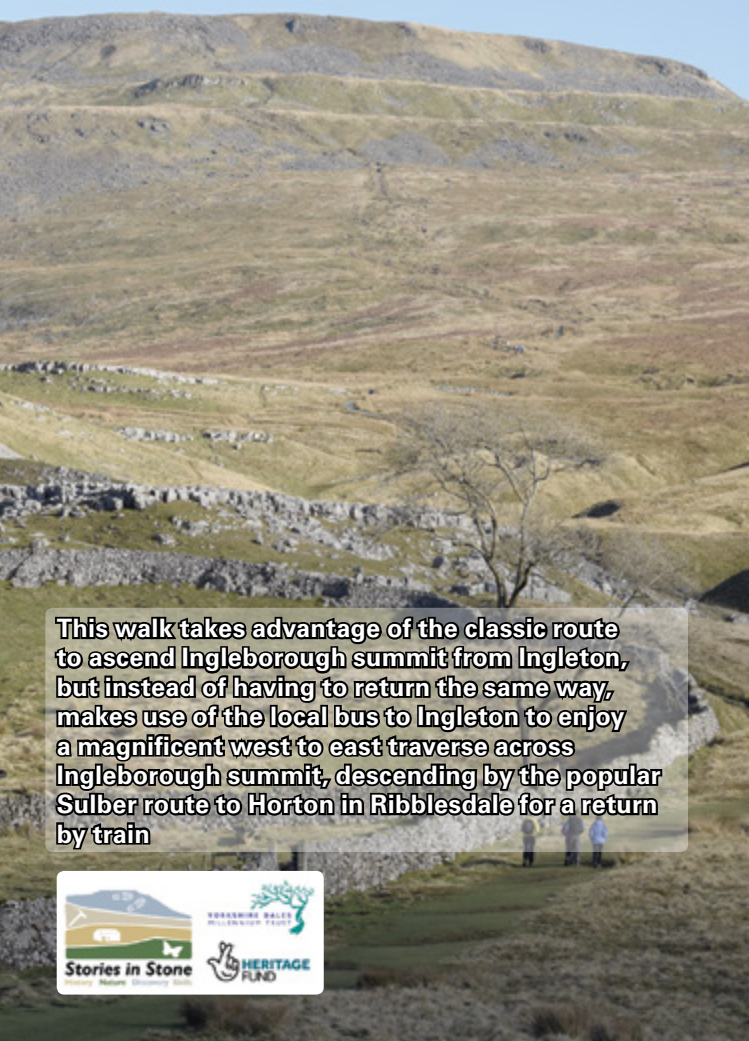


Ingleborough Walks

Walk 7 The Ingleborough Sulber Traverse Ingleton - Horton



This walk takes advantage of the classic route to ascend Ingleborough summit from Ingleton, but instead of having to return the same way, makes use of the local bus to Ingleton to enjoy a magnificent west to east traverse across Ingleborough summit, descending by the popular Sulber route to Horton in Ribblesdale for a return by train



The Walk

From Ingleton bus stop and Community Centre, descend the steps from the corner of the car park beyond the public toilets, alongside the viaduct and down to the main road at Bank Top, turning right to pass the junction with the lane down to the Waterfalls, but then keeping right past Market Place into Seed Hill and up to the centre of this pleasant village with its welcoming shops, cafes and the Wheatsheaf pub. You soon reach the main Hawes road. Turn left here for 420 metres, to the edge of the town, where on the right, signposted Ingleborough, an open, stony track leads along the edge of Storrs Common towards Ingleborough.

Follow this track for 300 metres to where at a field gate the track enters a walled section, Fell Lane. You now climb steadily. After about a mile and another gate, the track enters White Scars, a magnificent an

extensive area of fellside and limestone pavement which forms part of the Ingleborough National Nature Reserve, with great views along the Twistleton Scars and to Whernside across the valley. Shortly before Crina Bottom Farm the path splits away from the track, continuing alongside and up Hard Gill, past Greenwood Pot. From here more serious climbing begins. The stony path gets steeper and more challenging as you ascend towards the great summit ridge ahead. You eventually reach a steep area of boulders and rocky scree before finally arriving at the level high plateau of Ingleborough summit with summit trig point, cairns and wind breaker. It is usually busy at any time of the year.

On a clear day, this is one of the finest viewpoints in the Yorkshire Dales. There are panoramic vistas in all directions, most notably across Morecambe Bay to the west, the Lakeland mountains the north and west, the

long whaleback of Whernside to the north, Pen y Ghent to the east and the Bowland Fells to the south. There is a stone wind shelter, but many of the rocks are remains of an Iron Age site, now believed to be a religious or burial site rather than a military site. Please do not disturb this archaeology.

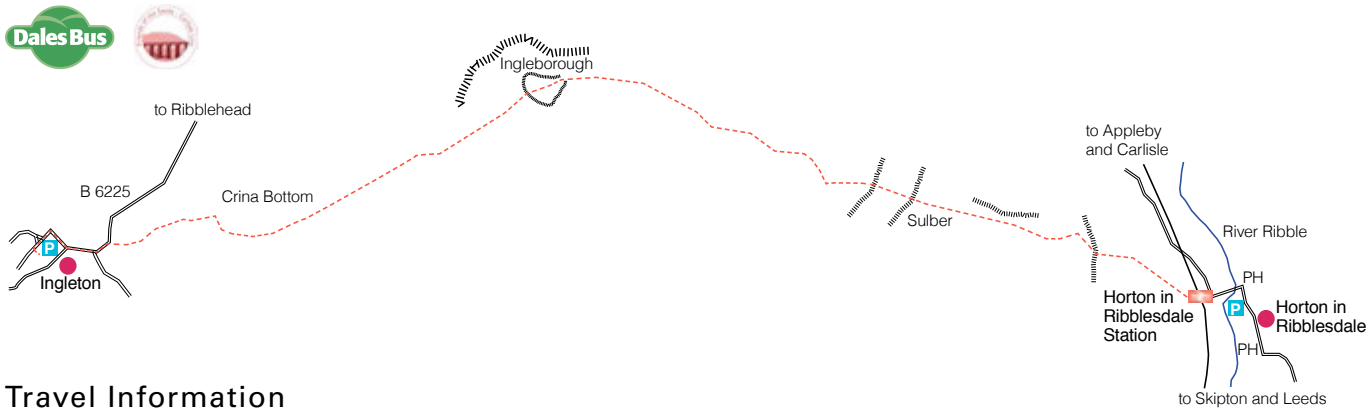
To descend, head for the northern corner of the plateau, known as Swine Tail, following a line of cairns with the path to the left alongside a short cliff face. The path then drops down man-made stone steps. Part way down this paved way, as the path bends around to the left, another path branches off to the right in front of a cairn. Take this path and drop down past a small moorland tarn. You now follow this stony path east and south-eastwards, and, avoiding the branching path right which leads south towards Gaping Gill.

Keep to this the main, usually busy, Three Peaks Walk route heading due east before curving southeast. This extends steeply and impressively along and down Simon Fell Breast, past shake holes, above a great bowl of fellside and springs known as Fell Beck Head. Cross the stile in the wall ahead and descend to a stream and small waterfall, keeping ahead to reach and follow the wall which bears right, passing a small shooting hut, and grouse butts, then over another stile. Keep left at the next junction of paths alongside the wall before working your way though some narrow limestone pavement to a cross roads and tall finger post, indicating Horton 2 miles ahead, downhill. You now follow Sulber Nick, an ancient way reputed to date back to Iron Age times. For the first half mile or so this is not easy walking along usually muddy sections of path through a shallow valley that forms Sulber Nick - “nick” is a word often used in northern England for ancient moorland passes.

As the path descends, magnificent views open out into Ribblesdale and across to Pen y Ghent. Beyond a stile, the path meets the footpath from Moughton Scar, before curving sharply downhill, offering a steep but better drained surface, the massive outline of Horton Quarry with its strangely turquoise waste pool a dominant feature to your right.

Easy walking now with a couple more stiles and a gentle hill before the pedestrian gate and the level crossing at Horton Station. For toilets or refreshment before your train, the village is another 500 metres along the lane straight ahead.

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Travel Information

Distance: 8 miles.
Time required: 4½-5 hours plus times for stops.
Start: Ingleton village centre.
Finish: Horton in Ribblesdale.
Travel: **Outward:** Craven Connection bus 581 to Ingleton.
Return: Leeds-Settle-Carlisle Line train from Horton in Ribblesdale.
Terrain/Grade: Strenuous - an extended moderate climb along tracks, then short and steeper section over rugged terrain. Steep descent (care required) along a well-used section of the Three Peaks

Route which can be boggy in places. This route is not recommended in poor weather conditions. Boots and rainwear essential.

Refreshments: Cafes and pubs in both Ingleton and Horton.
Toilets: In Ingleton - by information Centre. Horton in Ribblesdale in car park.