



Turn this section around 180 degrees

*"It was one of the hardest routes I have ever done – with lots of up and down bits – but it was fun and I enjoyed the challenge. The promise of cake and ice-cream at the end, kept me going!"*

Hannah, aged 9¾

### Did you know?

Haverdale is a Viking name meaning 'valley of oats'

### Did you know?

The stone houses in the middle of fields are actually the old stores for hay and cattle – known locally as a cow 'us

*"We passed a spectacular waterfall and were soon on a well-made track – the boys enjoyed jumping the drainage channels on their bikes! It was easy riding, not too challenging, except for a steep descent and a climb at the start – we just got off and pushed"*

Tracey and sons Matthew (aged 15) and Ben (aged 13)

## The Swale Trail

For many people Swaledale is the most beautiful valley in the Yorkshire Dales and a bike is a great way to explore it. This is more than just stunning scenery; on your journey you can find out about the Vikings that settled here, the miners who worked underground to dig out lead and what those funny houses are in the middle of the fields.

The recently opened Swale Trail stretches from Reeth to Keld – a distance of 12 miles (19.5km) – taking you on a low level journey along the valley on tracks and quiet country lanes. Between Reeth and

Gunnerside this is an easy mountain bike trail which is mainly traffic free. Along the way are a few climbs, lots of stone tracks and very quiet roads. From Gunnerside to Keld is a bit tougher with a couple of harder climbs, but with stunning views and a more remote feel.

At the ends of the Trail and in the middle – at Reeth, Gunnerside and Keld – you will find the all important cafés and toilets.



### Share the Trail

The Swale Trail can be used by walkers, cyclists, horse riders and in places by motor vehicles. Parts of the Trail are popular for people using mobility scooters or with push chairs. Please take care and share the Trail. When passing horses riders or other people call out hello, and pass wide and slow.

### Getting here

Reeth is most easily reached from Richmond in North Yorkshire, which is close to the A1(M). The nearest train stations are Darlington and Northallerton.

### Ride right

- Make sure your bike is in good condition – check your tyres, brakes and gears;
- When approaching horse riders make sure they know you are coming and pass wide and slow;
- Carry enough food and water with you;
- Don't rely on your mobile phone to get you out of trouble as reception is patchy;
- Consider wearing a helmet and use lights if visibility is poor;
- You should match your speed to the surface and your skills, and cycle within your capabilities – particularly on the descents. The Dales includes some hazards you don't always come across such as cattle grids, narrow lanes with drystone walls and free-roaming sheep.

### Did you know?

At one time there was over a 1,000 lead miners in Reeth alone

### Bike shops and hire

Dales Bike Centre, Reeth: 01748 884908

Stage 1 Cycles, Hawes: 01969 666873

### Find out more

Make it even more fun by downloading our Viking Challenge leaflet from [www.cyclethedales.org.uk/swaletrail](http://www.cyclethedales.org.uk/swaletrail), or pick it up at local outlets. Become a Viking adventurer travelling through unknown lands. You will face challenges such as dragons and sleeping warriors and have to face six challenges before you reach safety!

To find out more about the Yorkshire Dales National Park see [www.yorkshiredales.org.uk](http://www.yorkshiredales.org.uk)

To find out more about cycling in the area see [www.cyclethedales.org.uk](http://www.cyclethedales.org.uk)

There is a National Park Centre in Reeth on the left of the green. Phone 01748 884059



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To find out more:  
visit [www.yorkshiredales.org.uk](http://www.yorkshiredales.org.uk)  
call 0300 456 0030  
email [info@yorkshiredales.org.uk](mailto:info@yorkshiredales.org.uk)

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## The Swale Trail

In the Yorkshire Dales National Park



YORKSHIRE DALES National Park Authority

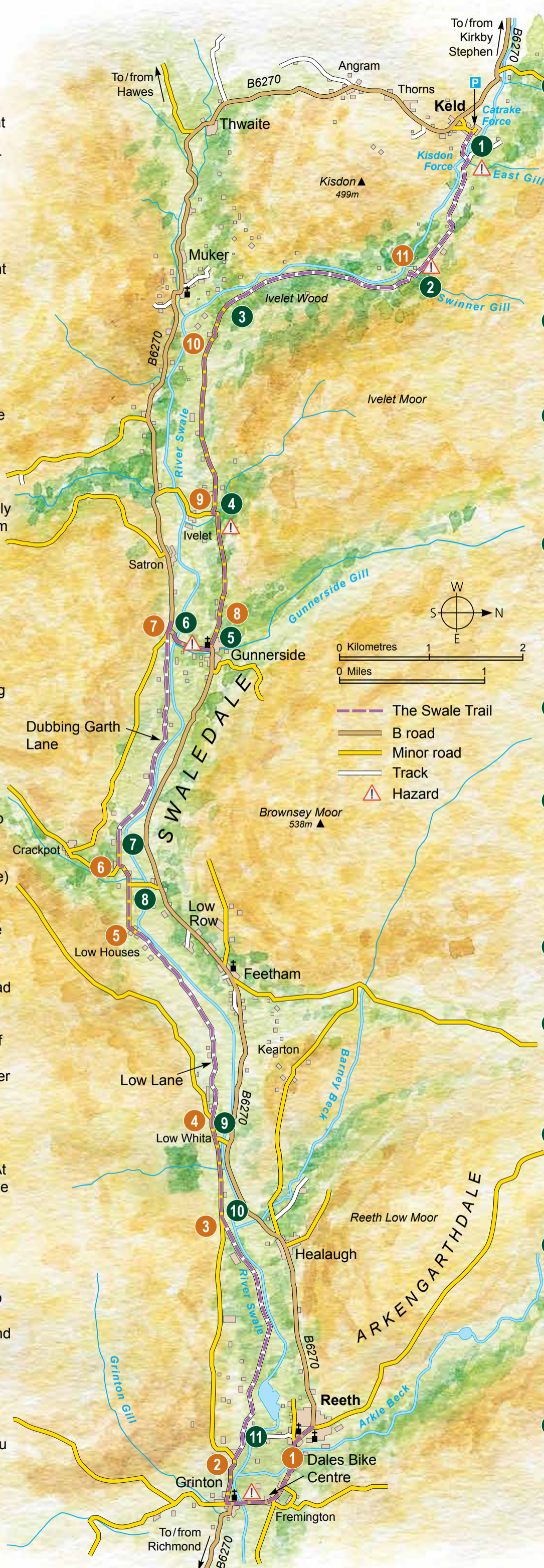


YORKSHIRE DALES National Park

one of Britain's breathing spaces

## Reeth to Keld

- 1 Take the road towards Grinton past the Dales Bike Centre, over the bridge and then carefully turn right at the Bridge Inn. Past the church and turn right signed to Harkerside. After 1/3 mile (500m) turn right on to the stone track before Swale Hall farm.
- 2 Your first off road section takes you down a walled stone lane. The track continues over fields, then turns right down to the River Swale. A great section alongside the river and then it's up a tough little grass climb and follow a wall to meet the road.
- 3 A lovely descent takes you back down towards the river. Straight on past a turn off to a bridge, past some farm buildings and then at a sharp bend turn right with care on to the next track; Low Lane.
- 4 Enjoy the easy riding along this lovely stone track. Low Lane ends at a farm called Low Houses – I am sure you will guess how these names came about but it gets harder.
- 5 Follow the road along to a junction. Take the road to the left signed to Crackpot and head towards a prominent large house. Turn right here on to a track known as Dubbing Garth Lane.
- 6 Dubbing Garth Lane is tarmac for a short distance and then you need to cycle through a ford. Continue over 1.5 miles (2.5km) along the stone track alongside the river and then up a gentle climb to reach the road.
- 7 Cross the cattle grid (or use the gate) and turn right to Gunnerside. This road is a bit busier so take care as you swoop down a hill and cross the river over a lovely stone bridge.
- 8 As you come in to the village the road swings right over a bridge where there are toilets, cafes and pub. To continue turn left and climb out of the village on a tarmac road. This is a long climb but with great views over the valley. Drop down over a cattle grid and up a short, steep climb to a junction. Turn right.
- 9 Continue along this stunning road. At a fork, keep to the right. A long gentle descent takes you to the end of the road where the Trail continues as a stone track.
- 10 Take care as you descend the track back to the river and follow a superb stone track up the valley to reach Swinner Gill where there is a ford and footbridge.
- 11 The track now climbs again passing old mining areas before dropping to a junction by a lovely waterfall. Turn left signed Keld and take care as you drop down to the river. Then it is up the other side and keep right in to Keld and a well deserved stop at Rukin's Café.



## Keld to Reeth

- 1 Leave Keld on the track opposite Rukin's Campsite (at the bottom of the village). After a short distance turn left and carefully (you may want to walk) drop down to cross the river. Climb up the other side passing East Gill waterfall to reach the main track. Turn right and follow the track as it climbs up to pass old mining remains. Take care on the descent to Swinner Gill where there is a footbridge and ford.
- 2 Continue along this lovely track following the valley. Eventually it climbs away from the river and becomes a tarmac road.
- 3 The road continues to climb with stunning views of Swaledale. Finally it levels out and contours the valley side, before dropping down to a large house on the right with a tall hedge.
- 4 Turn left and drop down a short, steep hill over a cattle grid and up a short climb. A lovely run takes you into Gunnerside where you reach a junction with the main road. Straight ahead is the pub, cafés and toilets, but the Swale Trail continues by turning right signed Muker.
- 5 Follow the road out of the village and cross the river on a lovely stone bridge. Up a tough little climb to a junction.
- 6 Turn left over the cattle grid (or use the gate) and then immediately left again on to a stone track. This is Dubbing Garth Lane which drops back down to the river. Follow this until you go through a ford and then reach a road by a large house.
- 7 Turn left. After a short distance the road swings left. Turn right here signed Low Houses.
- 8 Follow this dead end road through to the farm and take the track to the left. This is the lovely Low Lane which you follow through to where it meets the road again.
- 9 Turn left and follow the road past some farm buildings and ignore a left turn. Continue towards Grinton climbing away from the river to reach a grassy track on the left.
- 10 Take the grass track to follow the Trail through a gate and then alongside the wall. Take care on the steep drop down to meet the river. Follow the path alongside the river and across a grass field to meet a track. Turn left and continue along the track as it becomes a walled lane until it meets a road.
- 11 Turn left to arrive in Grinton by the church. Turn left again to meet the main road and continue straight ahead to cross a bridge over the river. The Dales Bike Centre is on the left or continue on to reach the village of Reeth.