

# Grass Wood

**Distance:** 7.5km (4.5 miles)

**Time:** a minimum of 2 hours

**Accessibility:** a moderate walk with a significant climb up into Grass Wood. The riverside path can get wet muddy underfoot. The path through Grass Wood is rough and rocky in places.

**Parking:** Grassington National Park Centre (BD23 5LB. SE 00283 63750)

**Other transport:**

- bus 72 from Skipton
- bus 74 from Ilkley
- cycle lockers and stands by National Park Centre

**Toilets:** Grassington National Park Centre

**Refreshments:** shops, cafés and pubs in Grassington

**Closest National Park Centre:** Grassington National Park Centre BD23 5LB (call 01756 751690)

## Route description

1. Leave the National Park Centre car park through a little gate at the bottom left-hand corner, and follow a narrow walled path down to Linton Falls. The footbridge over the Falls provides a good view point both after heavy rain and also at times of low water when deep gouged holes in the riverbed can be seen. Do not cross the river but turn right and follow the riverside footpath to the road at Grassington Bridge. In spring and summer birds such as oystercatchers, dippers and kingfishers can be seen and heard along the riverbank.
2. Cross the road and continue to follow a riverside path through to Gaistrills Strid, where the river passes through a narrow limestone gorge in the rocks just a few feet wide. Keep following the riverside path for a few hundred yards until the path gradually climbs up through Low Grass Wood to a road.
3. Turn left and follow the road for 400 metres, cross the road and take a footpath through the gate.
4. The track climbs up into Grass Wood Nature Reserve, which in spring and early summer are carpeted in wild flowers. Whilst in the ancient woodland, look out for birds such as woodpeckers, tree creepers and warblers. The path climbs and meanders through the wood, passing above limestone outcrops, eventually leaving the wood at Park Stile, which is the site of an Iron Age settlement.
5. From here, cross the fields and join Cove Lane which leads you back to a narrow road.
6. Turn left and it brings you to the top of the High Street. Follow this back down into Grassington village centre and the National Park Centre car park.



# Grass Wood distance 4.5 miles (7.5km)



	Point of interest
	Route
	Other paths
	National Park Centre
	Information
	Car parking
	Toilets

