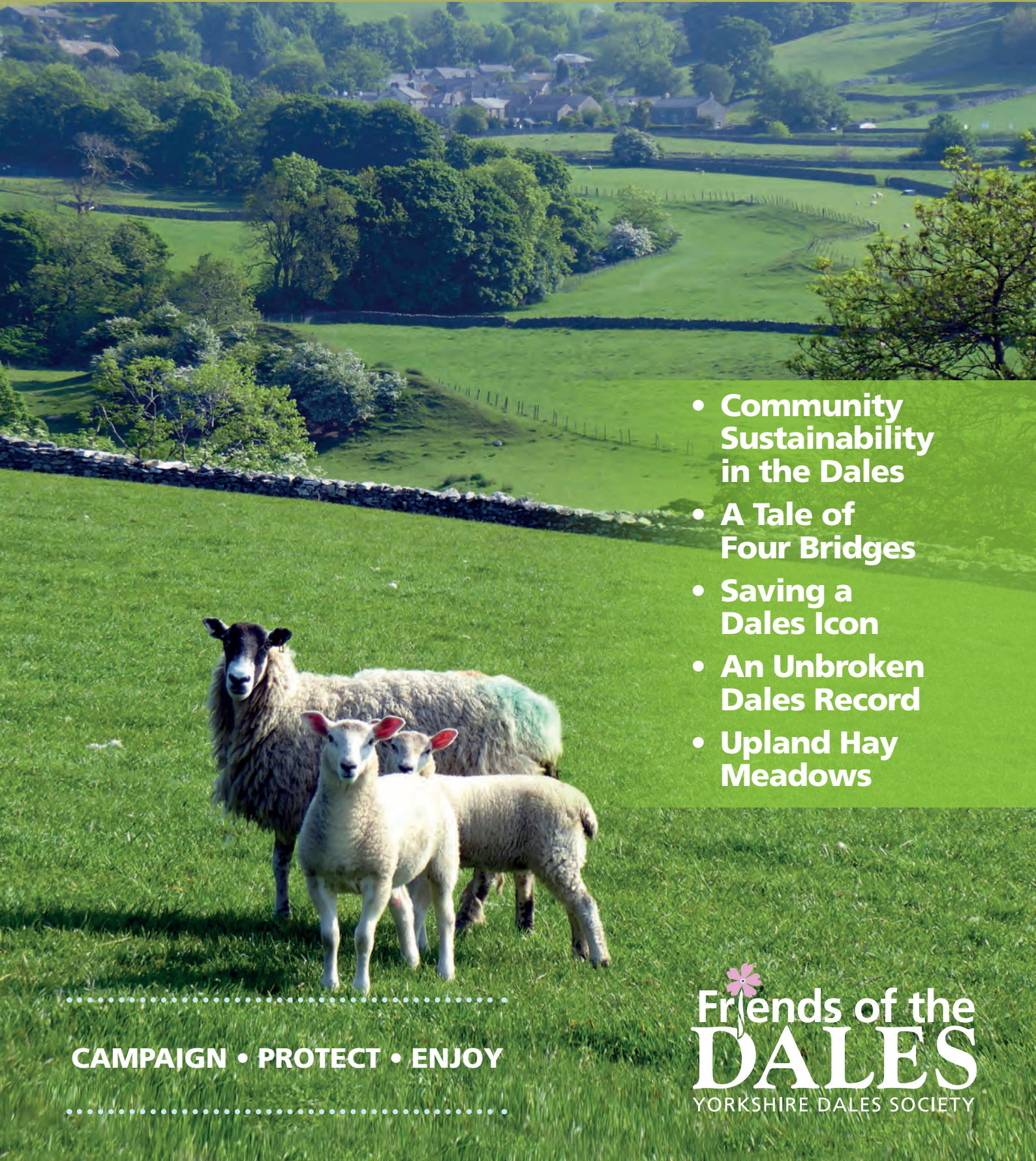


# Yorkshire **DALES** review

Spring 2018 : Issue 142



- **Community Sustainability in the Dales**
- **A Tale of Four Bridges**
- **Saving a Dales Icon**
- **An Unbroken Dales Record**
- **Upland Hay Meadows**

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**Friends of the  
DALES**  
YORKSHIRE DALES SOCIETY

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Editor Sasha Heseltine



# Yorkshire **DALES** review

## It's feeling a lot like Spring in the Dales

It's been a long winter but finally we are seeing glimmers of spring cheering our majestic, wild Dales. Over the centuries, they've been shaped by a remarkable combination of nature and human hand, and Dales communities play a vital role in preserving these landscapes. When local residents are forced to leave the Dales to seek employment or affordable housing, those communities slowly die. The recent controversy over raising council tax for second-home owners is discussed by Friends of the Dales chairman, Mark Corner, on page 4. Here he addresses the issues affecting communities when village houses stand empty for the greater part of the year.

But spring is a time of renewal and rebirth, a season for looking to the future with optimism. So let's celebrate the light nights and thoughts of soon-to-be-sunny days with some positive news. One of the greatest harbingers of a Dales spring is the treasured curlew, whose wailing cries echo across the upland fells. On page 8, Lynn Leadbeater looks at ways we can all help to ensure the long-term survival of this magnificent bird.

On page 6, you'll learn about recent Friends of the Dales initiatives involving local re-construction projects. Read on to learn how DalesBus will be offering its best service yet over summer 2018 (page 11), thanks to a lot of hard work in securing funding from many different sources by the volunteer Directors of the Dales & Bowland CIC, including some match funding from Friends of the Dales.

Dr Anne Readshaw leads us on a journey through Dales hay meadows (page 14) and on page 12, FOTD committee member Tim Hancock talks to Mike Hartley, holder of the record for the fastest traverse of the Pennine Way since 1987.

As ever, we have an exciting schedule of events coming up, from a guided circular stroll along the River Ribble to a series of pub walks. They're open to everyone and free to all our members. And if there's something you'd like to see included on our itinerary for summer 2018 onwards, please let us know.

Finally, please take time to read Mark Corner's tribute to Jerry Pearlman MBE. As a founding member of the Yorkshire Dales Society, he contributed an enormous amount of his time and energy to its success, and acted as a tireless, long-term trustee. His contribution to the society will be very sorely missed.

Sasha Heseltine

## With Our Deepest Condolences

**It is with great sadness that we make our members aware of the death of our trustee and friend Jerry Pearlman MBE, who passed away peacefully at home on Friday, 9th March, aged 84. Jerry was a founding member of the Yorkshire Dales Society, its solicitor, a very active trustee and a wonderful person.**

As Jerry's daughter Debbie said at his funeral, "He was an advocate to all, a true role model and an inspiration to so many." Jerry was born on the 26th April, 1933, in Redcar, North Riding of Yorkshire. He developed his love of walking with his father in Teesdale and Weardale. He studied law at Leeds University where he first met his wife-to-be Bernice on a ramble in Ingleton that he organised for the Jewish Society.

Jerry had a very successful 60-year legal career. Debbie says, "He developed an interest in the growing area of environmental law, in time stopping a motorway across Wharfedale, fighting quarrying applications, preventing the digging up of a common and many, many footpath cases, all over the country. He later became the honorary solicitor to the Ramblers Association, taking on numerous famous and landmark cases, including winning Godmanchester and Drain in the House of Lords. This set an important legal precedent. He was also awarded his MBE for services to the Ramblers in 2000.

"Perhaps his most significant contribution to society was helping the Ramblers and then the Government deliver the right to roam open country back in the year 2000.

"Jerry's formative experiences of walking in the Dales and Pennines grew into a deep love for the place. In 1966 the Pearlmans purchased a little cottage in Stalling Busk in Raydale. This place became the very essence of Jerry and we have spent many happy times there."

Jerry had an immense sense of civic responsibility. He was a national vice president of the Ramblers Association and a trustee of the Yorkshire Dales Millennium Trust. His love and in-depth knowledge of the Yorkshire Dales led to him being a Secretary of State-appointed member of the Yorkshire Dales National Park Authority for a record 19 years.

Jerry was one of the 13 founders of the Yorkshire Dales Society, first meeting on 17th January, 1981. Since then he has been a most active trustee, contributing particularly on legal, access, and planning issues. He brought common sense and great insight with him and was tenacious in getting to the crux of a problem and solving it, but always with a mischievous twinkle in his eye. He was larger than life, a wonderful character, and a great teller of tales – some recorded in his books "Tales from an Environmental and Tribal Lawyer" and "The Death of the Common Attorney".

As Debbie said, "We know that he has touched many lives and has inspired many people. We feel blessed and so lucky to have been part of it." We wholeheartedly agree.

Jerry is survived by his wife Bernice, daughters Kate and Debbie, and three grandchildren.

Mark Corner, Chairman Friends of the Dales



Jerry Pearlman. Courtesy of Mark Corner

# The Challenge of Community Sustainability in the Dales

**A lively debate is taking place about second homes in the Dales and the appropriate levels of council tax that should be applied to them. Mark Corner talks us through it.**

While there is disagreement about this issue, there are few who would dispute that 'something has to be done' to address the serious challenge of the sustainability of our Dales communities. We welcome the focus that the second-home debate brings to this wider issue.

The fundamental issue is that jobs in the Dales, many in agriculture and tourism, do not pay enough for families to afford to live in the area. Many young residents are leaving and new families are not arriving. Our landscape is a cultural one, shaped by its communities, and if our communities diminish, the special qualities that attract potential residents and visitors will, over time, diminish too. Halting this downward spiral is a significant challenge, which the National Park Management Plan, now nearing draft publication, needs to address. The plan, which several of our trustees are contributing to, will include welcome initiatives in stimulating economic regeneration and jobs creation, providing improved broadband and mobile coverage, attracting working age people to the area, and, we hope, improved public transport. A key element of the plan must be the response to the lack of affordable housing in the Dales.

## **Affordable Housing**

Although employment levels in the Dales are higher than the national average, average annual incomes are lower, at under £20,000. To buy a house, this wage earner may be able to borrow 3.5 times income, giving a mortgage of £70,000, or for two average earners £140,000. This loan, plus the deposit required by the lender, sets the ceiling on the house that can be afforded.

Along with other national parks in England and Wales, house prices are at a significant premium of around 49% more than their surrounding county. In the Dales, the average house price is around £304,000, 43% higher than the £213,000 average for North Yorkshire.

Assuming a deposit of 20% of £304,000 (£60,800) is found (unlikely with the UK average of £25,000), a buyer needs to borrow



Only two or three of 11 homes in this Langcliffe street are permanently occupied. Image courtesy of Mark Corner.

£240,000 to afford the average house price, with two average earners only being able to borrow £140,000. The affordability gap to buy a house is clear and significant. The average rent in the Yorkshire and Humber region is £520 per month and higher in the Dales, so renting is not be easy on the average incomes described.

Because of this affordability challenge, acute in the Dales, the government has a programme to provide 'affordable housing', which it defines as "social rented, affordable rented and intermediate housing (for sale and rent provided at a cost above social rent, but below market levels), provided to eligible households whose needs are not met by the market." The government's definition, when it comes to renting, is that affordable homes should cost no more than 80% of the average local market rent.

Housebuilders, by cross-subsidising the profits they make on their 'market' properties in development schemes, generate about half the affordable homes built in Britain. The numbers they contribute are set in negotiations with planning authorities through Section 106 planning agreements. Some developers have reduced the number of homes they are obliged to build by arguing that agreed numbers are no longer economic (we are pleased to see that CPRE is campaigning on this issue). Housing associations are the main providers and managers of affordable homes. The government allocates a housing grant to build affordable homes and most housing association tenants live in social accommodation.

### **National Park Authority Local Plan**

The National Park Authority, in its 2015-2030 Local Plan, has committed to build 55 new dwellings per year. On sites of 11 or more dwellings, 50% must be affordable housing or alternatively 33% affordable and 33% local occupancy restricted housing. On sites between six and 10 dwellings, the developer pays a sum in lieu of providing affordable housing (with the money used to support affordable housing elsewhere in the National Park), and on sites of up to five dwellings, new housing is restricted to local occupancy.

Finding land and developers interested in the delivery of affordable housing is a challenge. Research by the National Housing Federation reported in "Affordable housing saving rural services - Rural life monitor 2017" demonstrates how building a few affordable

homes in rural settlements can help to keep important services open, particularly schools, post offices and pubs – three pillars of community life.

We have been encouraging the National Park Authority to be more proactive in addressing this issue. We would like to see the Authority investing in land specifically for affordable local housing. Where the authority is being proactive is on second homes.

### **Second Homes**

The National Park Authority and the local district councils have jointly agreed to 'halt and reverse the decline in the number of younger people in the National Park'. As part of this initiative, the authority is proposing for 'The local authorities within the Yorkshire Dales National Park hold discussions with Government on the options available for increasing council tax for second homes within the National Park.'

The number of second homes in the National Park now accounts for 11% of the housing stock (1442 properties). The average for second homes in England is 1.1%. There are parishes within the national park where the proportion of second homes is over 25%.

These properties are not available to buyers wishing to be permanent residents and they contribute to higher house prices. Over 2001-2011, an average of 60 new dwellings were built each year but an average of 90 houses per annum were turned into second homes, giving a net reduction in housing available for residents. These occasionally occupied

properties leave 'dark gaps' in communities, especially outside the main tourist season, leaving a rump population of year-round residents with a reduced contribution to the local economy and a lower call on local services – including schools and shops, which can end up closing. Hollowed-out villages are less vibrant communities. It seems clear that the long-term viability of communities in the national park is affected by second-home ownership.

Increasing council tax on second homes would encourage some existing homes back into full time occupancy, discourage the purchase of further second homes, and result in second home owners contributing economically to the area.

There are counter-arguments to this initiative. Second-home owners contribute to the conservation of the housing stock, bringing empty properties back into use and helping the local economy in doing so. A property lived in for part of the year is better than a property empty all year. There are unsold properties on the market already, although their suitability for single or young family occupancy is not clear.

As part of a series of measures needed to revitalise our communities, Friends of the Dales supported this proposal. We are very disappointed that Richmondshire District Council has rejected the second homes proposal before full consideration has been given to it. We hope it has have some alternative ideas to address the community sustainability challenge.



Over 25% of the houses in Muker parish are second homes. Image courtesy of Mark Corner.

# A Tale of Four Bridges

Friends of the Dales, and kindred groups, have been supporting the repair of several footbridges in the Yorkshire Dales National Park. Here are examples of four recent projects.

## Fisherman's Bridge, River Lune

The OS Map suggests that several footpaths and bridleways cross the River Lune in the 20 miles between Kirkby Lonsdale and Tebay. Sadly, any walker can tell you that most of them now involve some hazardous wading.

The one exception is halfway along the lovely riverside path, a distance of five miles between two ancient narrow road bridges: at Lincoln's Inn on the A684 and at Crook of Lune. Here a fine 35-metre footbridge connects Hole House in Howgill parish and Goodies in Firbank. Fisherman's Bridge was constructed over 60 years ago, with four piers supporting a wooden walkway, and forms part of several fine circular routes in the valley.

The bridge was integral to the Sedbergh Quaker Trail, which was conceived in late 2015. Within days of the walk's route being published, Storm Desmond caused flooding and devastation along the Lune Valley. Walls and fences were brought down and trees were swept downstream. Fisherman's Bridge was carried away downstream as its piers were sheared off to stumps. The chances of early reconstruction looked slim, with so much damage around Cumbria.

But both Cumbria County Council and the Yorkshire Dales National Park Authority were determined. Another footbridge, at Birks near Sedbergh, was also lost to Storm Desmond, and the two authorities collaborated in restoring this by late 2016. The method of construction adopted for Birks Bridge provided useful lessons, and

a similar "kit" was purchased by Cumbria CC. The YDNPA agreed to provide labour and raised donations towards the costs. Friends of the Dales made a substantial donation towards the costs of reconstruction from the legacy it received from Ken Willson, a founder member of the Yorkshire Dales Society.

Getting materials through narrow lanes, down steep slopes and over fields to the river proved a challenge, but by autumn 2017, work was ready to start. To reduce the obstruction in times of spate, only one pier has been rebuilt in the river itself. Soon after this was completed, it survived a flood in October, which almost reached the top of it and caused a postponement of the building work. Scaffolding contractors then built a temporary bridge for the work team to stand on as they constructed the new bridge. A total of 24 triangular steel lattices (two of them shorter, but the others 3m long and weighing 130kg) were bolted together for the timber decking and handrails to be built on top.

The bridge was finished by late November, but another flood swept the scaffolding away, causing the bridge to buckle. Would this mean months of waiting before the damage was put right? The determination of Cumbria CC saved the day. An enormous mobile crane was installed at the site, which lifted off the completed bridge, lowered it into the field to be repaired, and then lifted it back in place across the Lune. The grand re-opening of Fisherman's Bridge in early 2018 was back on schedule!

Malcolm Petyt

Fisherman's Bridge under construction. Courtesy of Malcolm Petyt



## Ford and Clapper Bridge at Newhouses, Horton-in-Ribblesdale

Horton-in-Ribblesdale is a rural upland parish. The setts and clapper bridge at Newhouses probably dates from between 1801 and 1900, but is likely to be a replacement for earlier fords. As this is limestone country, many streams run underground until there's heavy rain. Recent winters have seen excessive rain and the clapper bridge has been vital to the inhabitants of Newhouses.

It was in a sorry state of repair and locals were worried that the ford and its setts were likely to be covered by tarmac rather than restored. However, fords and clapper bridges are part of the heritage of the Yorkshire Dales, recognised as part of a landscape of European significance. The lane is an important access link to the Pennine Way and parts of it are used as the Pennine Bridleway. The verges have been recognised for the abundance of wild flowers, and an old coal road for packhorses runs along part of the lane.

So our thanks go to John Miller for putting us in touch with the Conservation Services NW, in particular Austin Grady, the Building Manager, and Dave Parfitt, who carried out the restoration work on the bridge.

Grants for the repairs were given by the Yorkshire Dales Millennium Trust and the Yorkshire Dales National Park Authority. This was part of the Stories in Stone project, funded by the National Lottery. The application was supported by Friends of the Dales, the Parish Council of Horton-in-Ribblesdale, the Society for the Protection of Ancient Buildings, the Horton-in-Ribblesdale History Society and Austwick Parish Council.

Hilary Fenten



Newhouses clapper bridge after repair. Courtesy of Hilary Fenten



Damage on the Stainforth Packhorse Bridge. Courtesy of Mark Corner

## Stainforth Packhorse Bridge in Ribblesdale

Friends of the Dales are working with others to protect Stainforth Packhorse Bridge in Ribblesdale. This charming Grade II listed structure was built around 1675 and lies on the trade route once plied by packhorses from Lancaster to Ripon. It's near the spot where salmon leap up river, and Friends of the Dales has led events there over the last few years. The bridge was gifted to the National Trust in 1931; it is only seven feet wide and is frequently damaged by vehicles.

In February we initiated a meeting to discuss measures to safeguard the bridge. Representatives of North Yorkshire Highways, the National Trust, Stainforth Parish Council, the landowners and local heritage organisations met on the bridge. We agreed to have a physical barrier in place at either end of the bridge, set to its width, so that drivers are aware of its narrowness before attempting to cross. North Yorkshire Highways is seeking authority to install the barriers. If this does not happen, a Traffic Regulation Order may be possible.

Mark Corner

## Birks Mill Bridge, River Rawthey

Spanning the River Rawthey just outside Sedbergh for centuries, Birks Mill Bridge is known locally as the 'Plank Bridge', harking back to the days when it was simply a plank. The modern bridge was a casualty of Storm Desmond in December 2015, and was closed for almost a year until it was replaced in October 2016. The new bridge was built by rangers from the Yorkshire Dales National Park Authority, using materials supplied by Cumbria County Council and funded by Cumbria County Council, YDNPA, HF Holidays, Sedbergh Parish Council, the Ramblers, Friends of the Lake District and the Dales Way Association.

Since the Dales Way Association replaced its printed newsletters with a regular e-newsletter, the money saved has been used to help fund a number of projects on or near the route of the Dales Way including Birks Mill Bridge and Fisherman's Bridge.

Chris Grogan



The replacement of Birks Mill Bridge. Courtesy of Chris Grogan



# Saving a Dales Icon

**For many of us the characteristic, cascading call is the first sign of spring; for others it's the sound that sums up summer. Lynn Leadbeater looks at the perils faced by the curlew.**

It's as familiar as the bleats of newborn lambs, as eagerly awaited as the flowering of the hay meadows. There's no mistaking the distinctive profile either – that long, thin, downward-curving beak could not belong to any other bird. Wheeling overhead, banking sharply or swooping low, the curlew's aerial displays are as entrancing as its song. For residents and visitors alike, this much-loved summer visitor has become as emblematic of the Yorkshire Dales as Swaledale sheep or Malham Cove.

“When you hear the call of the curlews and see the displays over the meadows, you know you're in the uplands,” says National Park Authority wildlife conservation officer, Ian Court. “But we take them for granted very often. It's only when you go away that you realise how important they are to the Yorkshire Dales. They're part of our spring and summer.”

But now the curlew is in danger – so much so that it features on the International Union for Conservation of Nature Red List of Threatened Species. Britain is home to between 19% and 27% of the global breeding population, but from 1995 to 2012 numbers declined by 55% in Scotland and 30% in England. In 2007, the Eurasian curlew (as it is properly known) was added to the UK Biodiversity Action Plan. Two more members of the genus are at least critically endangered, and probably already extinct. No wonder the RSPB is urging that conservation work should prioritise the curlew over all other bird species.

## Breeding in the Dales

No-one knows exactly how many breed in the Dales. Rather than being concentrated in particular locations, curlews tend to be found in low densities over a wide range. A number of surveys – including one of moorland birds carried out in the 1990s and another, covering lower-lying areas, in association with the RSPB in 2000 – have shown that upland areas such as the Yorkshire Dales support nationally important breeding populations.



Curlew in spring. Courtesy of Ian Court/YDNPA



However, no single body of research has ever been undertaken that enables us to work out the total number of curlew across the park. This would be logistically very difficult, costly and time-consuming and most ongoing work is aimed at trying to determine population trends.

Existing data sets and desk-based exercises looking at features such as wet ground or gently sloping areas are used to identify sites that are potentially important for waders. Organisations such as the Yorkshire Dales National Park Authority then target survey work in these locations and use the results to engage landowners and other organisations to bring the areas into appropriate management.

One reason that the curlew is so vulnerable is that it builds nests known as 'scrapes' on open ground. The eggs are incubated for about four weeks and the young follow their parents around for another month before fledging. Changing land management practices that destroy the mosaic of wetland and unimproved grassland habitats favoured by the curlew pose the greatest threat to its survival.

Nests are at risk of trampling by high densities of cattle and sheep and eggs and chicks are preyed on by crows, foxes and other mammals. Although raptors may also take the young, there is no evidence that this loss impacts on any wader population. Ground-nesting birds are vulnerable to cold, wet springs, especially if recently hatched chicks have to contend with bad weather.

The presence of waders helps farmers secure funding for agri-environmental schemes. Switching to traditional breeds of cattle such as Belted Galloways at low density doesn't just reduce the trampling of eggs and chicks: the way they graze creates more suitable habitats than sheep. Similarly a variety of ground vegetation can be encouraged, including dry areas for nesting and wet ones for feeding. Rushes provide cover for protection from predators but must not be allowed to grow too thick.

### We Can All Help the Curlew

The fate of the curlew is not just in the hands of conservationists, farmers and gamekeepers. We can all help to protect this charismatic species by sticking to upland paths and bridleways during the nesting season and keeping our dogs on a tight lead – even on open-access areas. Where possible, favour routes that follow the perimeter of fields, rather than those that cut through the long grass. And be alert to any alarm calls from the adult birds, moving swiftly on if you have caused disturbance.

To play a more active part in conserving the curlew, register with the BirdTrack project on the British Trust for Ornithology website ([www.bto.org/volunteer-surveys](http://www.bto.org/volunteer-surveys)). The initiative collates records of sightings to build up a picture of migration patterns and monitor scarce species. YDNPA is on the lookout for volunteers to help its wildlife team by surveying wading birds, butterflies, plants and habitats. You'll need to be able to identify the most common species of upland waders but full training will be given. To find out more, visit [www.yorkshiredales.org.uk](http://www.yorkshiredales.org.uk) or email [wildlifeconservation@yorkshiredales.org.uk](mailto:wildlifeconservation@yorkshiredales.org.uk)

The UK is arguably the most important home for the Eurasian curlew in the world and its loss would be every bit as catastrophic as the extinction of the blue whale or the African elephant. Yet all of us who spend time in the Dales uplands can do something, however small, to help ensure its survival.



Moorland musician. Courtesy of Tim Hancock



# The Family of National Park Societies

**We are fortunate as Friends of the Dales to be part of a family of 12 national park societies, all members of Campaign for National Parks (CNP), the national charity that seeks to protect and enhance the national parks in England and Wales.**

The Standing Committee on National Parks (now CNP) was formed in May 1936 to lobby for national parks to be established. After much effort, the National Parks and Access to the Countryside Act 1949 was passed, enabling the designation of national parks. As the Friends of the Dales and along with many others, we will be actively celebrating the 70th anniversary of this milestone next year.

The Peak District National Park was established in 1951, and by the end of that decade we had 10 national parks: Peak District, Lake District, Snowdonia, November 1954), Exmoor, Northumberland and the Brecon Beacons. There are now 15 national parks in the UK, with the South Downs, designated in March 2010, being the youngest.

Over the last 70 years, the CNP has been campaigning to strengthen the powers of national parks, has monitored them against damaging developments and promoted them for the enjoyment of everyone. CNP is a small organisation with only a few full-time employees, with an office in London that is shared with the Campaign to Protect Rural England, with whom it has a close relationship. Its current focus is to help make the national parks in England and Wales accessible for all, better protected and more beautiful. An example of its access work is the Mosaic project, which enabled over 30,000 young people to visit a national park, many for the first time.

With regard to protecting the parks from inappropriate major developments, CNP co-ordinated opposition to the large potash mine on the North York Moors which unfortunately is going ahead. Efforts currently include helping to shape post-Brexit farming legislation, recommending ways to make car-free travel easier to and within the parks, and making the parks more bio-diverse. Friends of the Dales, as a member of the Council of CNP, help shape its strategy, and part of our members' subscriptions supports the organisation financially.

All the national parks in England and Wales, except for Northumberland, have societies like ours to help protect them. These local charities vary in size, from being run solely by volunteers to having up to 13 full-time staff and there is a wide range of membership numbers. They all have their own particular challenges: major road proposals in the South Downs, a massive housing project in the New Forest, the threat of fracking on the edge of the Peak District and North York Moors, quarrying in Dartmoor, and the proposed zip wire projects in the Lake District.

Although the challenges facing the national park societies vary, members will be pleased to know that we do work together, sharing experience and knowledge, and support one another. CNP plays a helpful role in facilitating this cooperation. As an example, at our joint meeting in March we had a useful exchange on how we each manage our approach to monitoring and commenting on planning applications. We also gain a lot from the annual national park societies conference, to be hosted this year in October by the Dartmoor Preservation Association with the theme of 'What Value our National Parks?' More on this on page 18.

Mark Corner, Chairman, Friends of the Dales





# A warm welcome to all Friends

**DalesBus provides one of the UK's best multi-operator, integrated travel networks in the protected landscape of the Yorkshire Dales. Colin Speakman, a Vice President of Friends of the Dales, talks us through the new timetable.**

Despite the funding cuts, massive effort to raise funds, including precious match-fund help from the Friends of the Dales, has enabled the best DalesBus network ever to be offered for summer 2018.

Buses are important to the Dales: even though less than 10% of Dales residents live without cars, a massive 25% do so in nearby towns and cities, including a high proportion of young people, older people and those on low incomes or with medical conditions. Many overseas visitors to the Dales also have no access to cars. An affordable bus network gives everyone equal access to wonderful green spaces, offering benefits to their physical and mental wellbeing – and providing real savings to the NHS.

There are economic benefits for Dales communities in providing transport for those without cars. Recent research in the North York Moors shows that the average spending of day visitors on the Moorsbus network is over £26 per head – valuable support for local businesses.

For keen walkers, the bus network provides the facility to park, ride and hike long-distance routes without being restricted to car-based circular walks. If you're walking the Dales Way, the DalesBus 874/875 services give access between Ilkley and Buckden. Western Dales S1/S4 links Dent Station and Sedbergh



Ilkley & Keighley MP John Grogan (centre) on the way to Kettlewell on DalesBus 874 in support funding for DalesBus.

Images courtesy of FoDB

at the weekend, and on Sunday continues to Cautley Spout in the Howgills. The Pennine Way is served by the Cravenlink 884 and Malham Tarn Shuttle 881, while the 830 Northern Dalesman gives access to the Coast to Coast Path in Swaledale.

The full summer Sunday and Bank Holiday DalesBus network begins in May, with services operating direct from most towns and cities around the national park. New for 2018 is the 821 Nidderdale Rambler between Keighley, Shipley and Otley, through Washburndale to Pateley Bridge and on to Scar House in Upper Nidderdale – perfect for the Nidderdale Way. There's a new service from Harrogate to Fountains Abbey and Brimham Rocks, and a Wensleydale Explorer service linking Hawes and the 830/875 buses with Castle Bolton, Leyburn, Middleham and Masham.

Not to be missed is a chance to explore the Forest of Bowland with the Bowland Explorer from Lancaster and Bentham stations (meeting trains). Great news too is

the restoration by DalesBus of the Saturday service 74/874 between Ilkley, Bolton Abbey and Grassington, which starts and ends the day in Leeds. Most buses accept senior passes, but for those that do not, any senior pass, rail pass or student-card holder can buy a Privilege Rover for £7.50. This accesses the whole network for a day. Cheaper than driving.

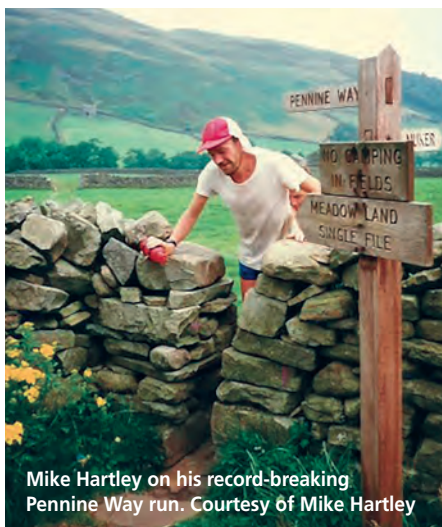
There are guided walks every Sunday from DalesBus services, organised by the Friends of DalesBus, Business Members of the Yorkshire Dales Society. The Friends warmly welcome all FOTD members to join these walks, free of charge to anyone who uses the bus. This year there will be easy walks for less energetic ramblers. See link to walks on the events page of the Friends of the Dales website.

For full details of all DalesBus services, visit [www.dalesbus.org](http://www.dalesbus.org) or pick up the Metro/NYCC DalesBus timetable available throughout the Dales or at local travel and visitor centres.



Star of BBC 4's All Aboard! The Country Bus: Northern Dalesman 830 near Ribbleshead Viaduct.

# An Unbroken Record in the Dales



Mike Hartley on his record-breaking Pennine Way run. Courtesy of Mike Hartley

## Tim Hancock chats to Mike Hartley, long-time holder of a Pennine Way record.

The Yorkshire Dales National Park has two national trails and three other long-distance paths, all running through its glorious countryside – across scars, up mountains and through lush valleys. The Pennine Way, the daddy of them all, runs some 267 miles from Edale in Derbyshire to Kirk Yetholm on the Scottish border. Its sister, the recently created Pennine Bridleway, follows old packhorse and drovers' routes for 205 miles, 52 of which are in the Yorkshire Dales. There are the 80 miles of the Dales Way from Ilkley to Bowness, 192 miles of the Coast to Coast from St Bees in Cumbria to Robin Hood's Bay on the Yorkshire coast and finally the 90-mile Dales High Way, created by Chris Grogan in 2008.

Anyone tackling any of these long-distance walks has to prepare well in advance, and make sure they are in good enough physical condition to take on the terrain and often inhospitable and unpredictable weather. It knows how to rain and blow up here.

## Unbroken Record since 1987

Yet, back in 1987, one man took this planning to an extreme – for he had an extreme goal in mind – to run the entire length of the Pennine Way, all 267 miles in a record time. No bed

and breakfast overnight stops for him, no recovering in front of the fire or opportunities to dry off – just run, run, run. After over two years of training, running often three times a day, 175 miles a week, and with the help of 19 friends, he set off on 21 July 1989. Two days, 17 hours and 20 minutes later, he could finally put his feet up and tend to his blisters, having broken the record by over 4.5 hours. Before this amazing run, the record had been held by Mike Cudahy who, after eight attempts, set the record at two days, 21 hours and 54 minutes.

Mike Hartley, originally from near Leeds, was not introduced to such extreme ambitions by his father – he was an amateur conjuror in a club act with his ventriloquist brother, Mike's uncle Ron. But Ron might well have set the seeds of this ambition, being an outdoor enthusiast himself, and a member of Craven Pothole Club, a club to which Mike also belongs. His early days were more about mountaineering and rock climbing than fell running, which he got into through long-distance walking and running marathons. He began to run more and more, winning many unofficial races including the Dales 100, which started and finished in Settle.

All those who have walked some of the tougher sections of the Pennine Way will know that it is strenuous and at times also difficult to follow. In the days of no mobile phones or GPS systems, Mike relied upon friends who ran sections with him to help. The longest break he allowed himself at one time was 18 minutes for a quick meal and change of sweaty clothes. In fact, the weather that July was unseasonably hot and Mike recalls some especially tough sections in the heat, with Kinder Scout being a "dustbowl" and Great Shunner Fell being baking hot. Mike says that blisters are not a problem he normally suffers from, but in that run, with the heat, suffer he did. He ascended Pen-Y-Ghent early in the afternoon, trying to cope with the harsh reflecting sun from the recently resurfaced limestone path, running uphill, in the heat, and partially blinded! Further on, at Malham, he misjudged the time and had to run a section in near darkness as his

head torch had not yet arrived to guide him through the night-time stages.

## Logistical Support

His logistics backup was supported by his wife Gill, who followed his attempt in the car and supplied food, drinks and multiple changes of clothing, while official timekeeping was undertaken by Frank Yates, who also ran some sections alongside Mike.

Mike's record still stands – nearly 30 years later – with records being held by the Fell Runners Association. Today an organised race takes on the Pennine Way challenge twice a year, the Spine Race, so maybe his record will one day be beaten. "But they will have to allow for the fact that I ran the whole Cheviot and not the shortened section they run today," he points out.

Two years later, Mike also set the record for the Coast to Coast – 39 hours and 36 minutes – a time so fast that the owner of the bed and breakfast he used did not believe him. Mike sent her a postcard from Robin Hood's Bay with the official time, which she published in the parish magazine, pointing out that running the route in such a time was bad for business!

Mike and Gill are now Dales residents, living near to the caving systems around Ingletton. He is a keen caver as well as enjoying sea kayaking off the Scottish coast and wild camping on remote islands, where they have been stormed in twice. He has climbed Bigwalls at Yosemite, the Washington Column and made an attempt on El Capitan.

As an afterthought, Mike also mentions that he did hold the record for the Dales Way in March 1989, but it didn't last long, and he completed the West Highland Way in 15 hours 32 minutes – but only came second, or as he calls it, "first loser".

Next time you hear that the Spine Race is being run, log in to the website to track the progress of the favourites, still out to beat Mike's record. But even if they do one day, there's still the question of The Cheviot to resolve!



## New Business Members



### Bedale Tourist Information Centre

The Tourist Information Centre in Bedale is managed and run entirely by volunteers; it is well stocked with leaflets about places to visit both locally and around the Dales region. The TIC produces a list of places to eat and places to stay in and around Bedale; we try to be up to date but you should always check opening times before travelling.

[www.bedale.org/getting-around/tourist-information-centre/](http://www.bedale.org/getting-around/tourist-information-centre/)



### Corn Mill Tearooms, Bainbridge

The Corn Mill Tearoom is a delightfully traditional establishment in the heart of Bainbridge, which serves delicious homemade food throughout the day. Visitors are treated to freshly baked delicacies and freshly brewed tea and coffee. Enjoy Yorkshire Dales-cooked produce from a traditional Yorkshire tearoom in the pleasant village of Bainbridge in Wensleydale.

[www.cornmilltearoom.co.uk](http://www.cornmilltearoom.co.uk)



### One Plus One Consulting

After 36 years in sales and marketing, Neal Hill set up his own strategy and product management consultancy in 2017. As a jack-of-all-trades, he can help with marketing and product strategy, marketing communications and tactical campaigns. He partners with Stratagem&Co, a growth consultancy and Hubspot partner.

[nealghill@hotmail.com](mailto:nealghill@hotmail.com) or 07513 817547



### The Blue Lion, East Witton

Paul and Helen Klein have run the Blue Lion Inn for over 20 years, creating a blend of quintessential English coaching inn with modern comfort to relax and recharge. Whatever you require of the Blue Lion, be it real ale and food at the bar to candlelit fine dining and beautiful accommodation, you can be sure that your stay will be homely, welcoming and full of friendly character.

[www.thebluelion.co.uk](http://www.thebluelion.co.uk)

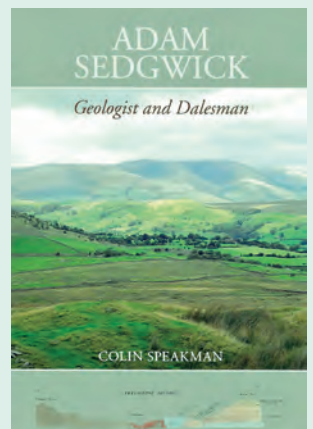
# ADAM SEDGWICK

## *Geologist and Dalesman*

by Colin Speakman

Yorkshire Geological Society and  
Gritstone Publishing Co-operative Ltd,  
ISBN 978-0-9955609-4-9, £12

Colin Speakman, a Vice President of Friends of the Dales, published a scholarly work on Adam Sedgwick in 1982. It has now been reprinted. The subject matter is timeless, going back almost 250 years to Adam's birth and dealing with rocks up to 550 million years old. There is a good index and the three pages of bibliography alone are well worth study.



Adam Sedgwick was a geologist born in Dent, and his main work was in mapping the Cambrian period. But his geological work was more widespread than that – he also mapped the Devonian period and was the foremost field geologist of his day, with his work published in endless papers.

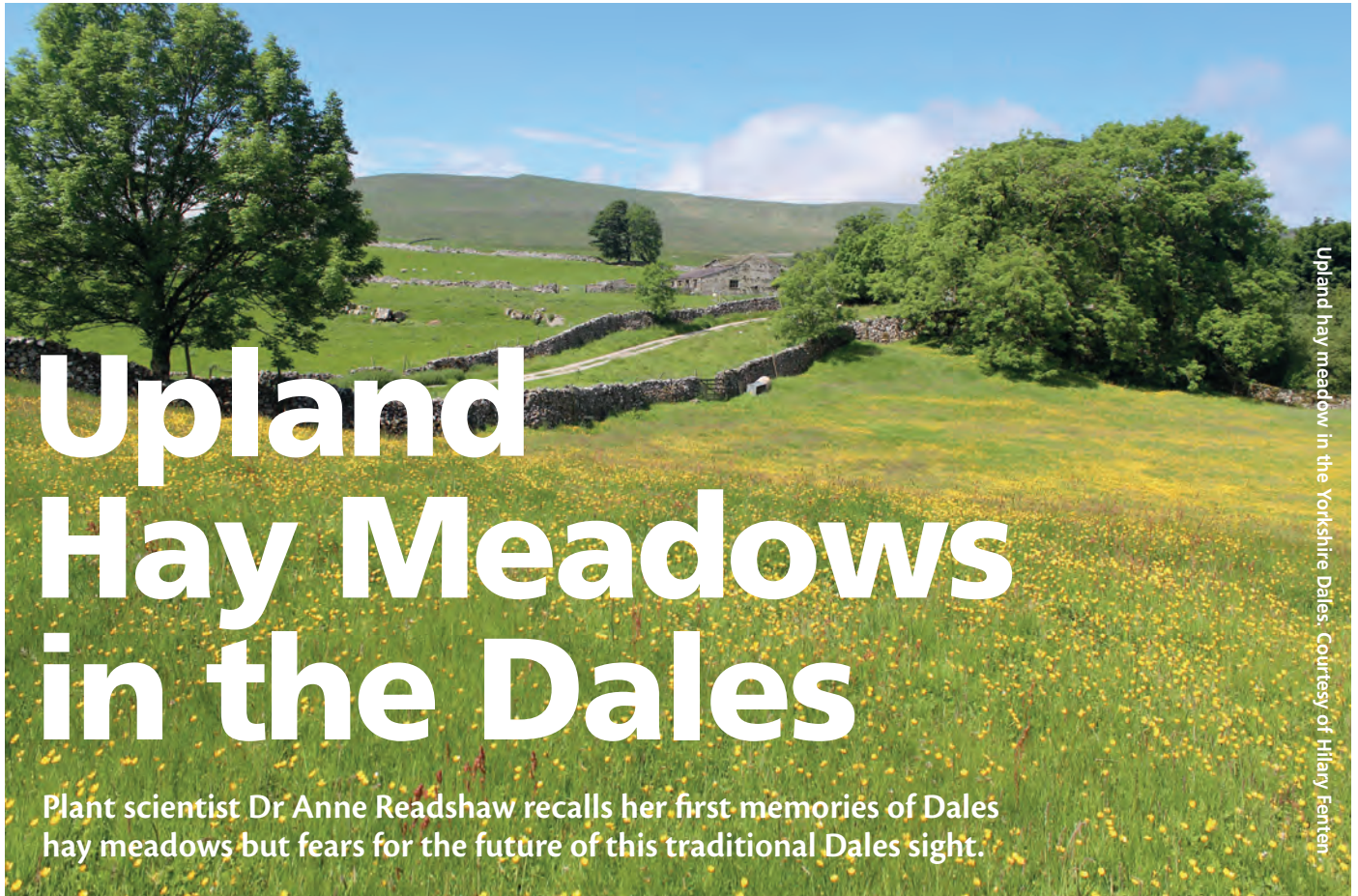
Beyond that, Adam was a polymath. His early days were as a mathematics tutor and his career took off when he was appointed Woodwardian Professor of Geology at Cambridge in 1818. This entailed giving numerous lectures, organising courses and handling the administration of Trinity College when he became Vice Master. He developed what eventually became the Sedgwick Museum of Earth Sciences, the oldest museum in Cambridge and well worth a visit.

His friends included Queen Victoria and Prince Albert, Wordsworth, Tennyson and Charles Babbage. Another early student was Charles Darwin, who thought highly of him, but Adam could not accept Darwin's theories in "On the Origin of Species".

Colin cleverly separated the book into 12 sections, covering the main strands of Adam's life. The village of Dent features prominently in the book, providing a fascinating picture of Dales life around 1800.

Colin Speakman is giving an afternoon talk on behalf of Friends of the Dales on Friday 4 May in Settle, as part of the Ride2Stride walking festival (see page 19), where signed copies of his book will be available.

*Bernard Peel*



Upland hay meadow in the Yorkshire Dales. Courtesy of Hilary Fentem

# Upland Hay Meadows in the Dales

Plant scientist Dr Anne Readshaw recalls her first memories of Dales hay meadows but fears for the future of this traditional Dales sight.



Yellow rattle in a Dales hay meadow. Courtesy of Ken Readshaw

My first memorable encounter with a hay meadow occurred when I was eight years old. I was camping in Wharfedale with my family during the spring bank holiday and playing hide-and-seek with a group of children from the campsite. I had managed to stray too far, and by the time 'Coming-Ready-Or-Not!' was shouted, I found I was in the middle of a field, with nowhere obvious to hide. In desperation, I tried to flatten myself into the long grass, like a hare. It was a rubbish hiding-place, and I was quickly discovered, but what I saw at hare's eye-level had me totally enthralled.

Among the grass stems was a teeming metropolis of tiny creatures, all industriously going about their daily business. My friends were equally fascinated, and we coined a term for it – 'Bumble-Bee City.' Bees were indeed there in abundance, but the many other inhabitants included ants, moths, crickets and all sorts of strange creepy-crawlies that I had never set eyes on before. The backdrop to the scene was a colourful array of flowers intertwined with the grass. I returned with my Mother in tow and Collins' Gem Guide to Wildflowers. We made a start identifying what we found, and a lifelong interest in botany and natural history was sparked.

## Hay Meadows Provide Food for Livestock

Of course, hay meadows are not intended to look pretty, nor are they meant to be places for naughty children to play in. The reason they are there is first and foremost to provide winter food for livestock. Before the days of intensive farming, hay harvested at the end of each summer was stored in field barns and fed to cows and sheep through the long and often snowy Dales winter.

Hay kept the livestock alive until the grass started to grow again in the spring. Farmyard manure was scraped out of the barns and shovelled onto the fields, as fertiliser. The cows and sheep were then turfed off the hay fields in early May, and led to the higher moorland pastures, to allow the meadowland grass to grow tall for the hay crop. These agricultural practices are woven into our cultural heritage and have shaped the Yorkshire Dales landscape, with its characteristic pattern of barns and stone walls still in evidence today.

The profusion and diversity of wildlife harboured by traditional hay meadows are serendipitous by-products of centuries of this type of cultivation. Many different types of wild flowers have adapted to grow among the hay, and some (such as Yellow Rattle and Eyebright) are even parasitic on grass plants. Their seed dispersal is assisted by the practices involved in traditional hay-making. A diverse range of plant species supports a wide variety of insects, some of whose larvae depend on particular species of plant as their food source. In turn, the insects provide abundant food for birds of many different sorts. Also, the timing of the grass cutting, towards the end of summer, enables birds and mammals to raise their broods of offspring under cover of the tall vegetation.

## Loss of Upland Hay Meadows

Farmers cannot, however, afford to be sentimental. As the financial pressures on farmers have increased, so the manner of farming has intensified and traditional cultivation practices have been abandoned. In the last 40 years, more than 95% of traditional upland hay meadows have been lost. This does not necessarily mean that they have been tarmacked over; most are physically still there, sometimes within their original boundaries, and they still appear green and pleasant enough from a distance. Closer examination, however, reveals a dreary monotony. It's a rather sad fact that livestock fatten more quickly on certain commercially available varieties of grass, rather than on the mélange of different plants found in a traditional hay meadow.

In order to stay in business, farmers have had to increase the size of their herds and flocks. With more hungry mouths to feed, more food has to be made from each acre of land, so the grassland has to be 'improved' accordingly. This usually involves burning off all the existing vegetation with a non-selective weed-killer, followed by ploughing and re-seeding with commercial rye grass. Any wild flowers that pop up subsequently are treated as weeds and dispatched quickly with sprays of selective herbicide. In this way, biodiversity developed over decades can be wiped out in the space of a couple of afternoons.

Chemical fertilisers are applied to encourage the grass to grow, and the grass is cut early, for silage not hay, removing habitat for birds and animals. It is no surprise that populations of farmland birds have declined by over 50% since the 1970s, and we meddle with insect diversity at our peril, since no-one fully understands the impact of these losses on pollinators of some of our most important crops.

Here in the Yorkshire Dales, we are lucky to have some of the finest upland hay meadows remaining in the UK. However, less than 1,000 hectares remain and their existence is under constant threat. It's fair to say that, unless owned by a charity, all our existing hay meadows are maintained only with the help of agri-environment schemes (or perhaps simply because a particular farmer hasn't got round to improving them yet).

### What's to be done?

Well, we all need to lobby our politicians (before and after Brexit), so that incentives provided to farmers are generous enough to make it financially worthwhile to restore and maintain traditional hay meadows. We can join and support conservation organisations dedicated to increasing biodiversity in our countryside. Most importantly, we can get out there and visit a proper meadow in all its summer splendence. Visit the meadows at Muker, Askrigg Bottoms, Dentdale, Grassington and Yockenthwaite. Take the kids and let them have a peek at 'Bumble-Bee City'. Their lives will be so much the richer for it. Please join Anne Readshaw on our free hay meadow walk on Saturday 16 June at Muker - see p19 for more info.

Read more at Yorkshire Dales Wildlife Meadows:  
[www.ydmt.org/yorkshire-dales-wildflower-meadows](http://www.ydmt.org/yorkshire-dales-wildflower-meadows)

# POLICY COMMITTEE PLANNING UPDATE

Over recent years we have been developing policy position statements for Friends of the Dales. The latest, on the Built Heritage of the Dales, was posted on our website late in 2017.

The built heritage includes a range of archaeology, distinctive traditional architecture, remains of former industries, and attractive villages, hamlets and farmsteads sitting harmoniously within the landscape. The "barns and walls landscape" of the Dales is unique internationally. Among many other distinctive forms of built heritage are the remains of lead mining, limestone working and water mills; fine bridges, abbeys and churches; non-conformist chapels; former transport systems; and the Settle-Carlisle railway line.

The built heritage tells the story of the landscape and human habitation. It helps drive the rural economy and is important to the area's tourism appeal. But many aspects of this heritage give cause for concern. Changes in farming practices and a decline in farm incomes lead to lack of maintenance of traditional buildings and pressure for their conversion into houses. The long-term decline of the barns and walls landscape is of special concern. It is increasingly difficult to secure funds for their conservation.

We believe there is a need to heighten awareness of the built heritage of the Dales, and to encourage significant new funding to conserve these assets. The National Park Authority and other responsible bodies should receive more funding to reduce the built heritage "at risk". Future farming-support schemes should recognise the contribution that traditional farm buildings and drystone walls make to the beauty and cultural heritage of the area and to the tourist economy.

Two very special places within the Dales built heritage have caused us concern recently. We have always supported Gayle Mill, which we visited as part of our AGM last year. The mill is owned by the North East Civic Trust. It was leased to the volunteers of the Gayle Mill Trust, who operated it as a business and tourist attraction. Sadly, the NECT has terminated the lease, as some of the restoration work is regarded as inadequate for health and safety reasons. The mill is being "mothballed" until matters are rectified. FOTD will press for a speedy resolution of this situation.

For people around the world, Bolton Abbey is iconic of the Dales. Its setting and spectacular ruins won the attentions of Wordsworth and Turner, and the use of part of the building as a parish church adds to its charm. We appreciate the need to update the church heating, but were concerned by a proposal to use ground-source heating from boreholes in the adjacent graveyard. We felt this could have affected the archaeology of the site, and were glad that the proposal was modified.

Use the "Campaigns" button on our website to read our policy statements. We are always pleased to hear your comments.

Malcolm Petyt

Here's the latest from our postbag! We're always pleased to hear from you and in this issue we're asking you about the activities you'd like us to offer.

Contact us on 01756 749400, email [ann.shadrake@friendsofthedales.org.uk](mailto:ann.shadrake@friendsofthedales.org.uk) or write to us (see back page for address). We are also online at [www.friendsofthedales.org.uk](http://www.friendsofthedales.org.uk)

Dear Ann

I really enjoy reading the magazine, which appears to have got even better in recent years: the presentation is more professional, the articles are wider-ranging in subject matter and the contributors are obviously experts in their field.

The magazine also keeps me in touch with the Dales from distant Luxembourg (where I live and work) and draws me back to Yorkshire as often as I can make the trip.

Best wishes – and keep up the good work!

Peter Workman

Dear Ann

Regarding the picture on the back of the winter Review, it isn't Arcow Quarry – it's Horton Quarry. It isn't 1947 either! In 1949, Settle Limes Ltd owned the quarry and decided to replace their ageing kilns. They bought a Knibbs kiln, which cost £4,174 and boosted output by 15%. It. Two more updated versions of this kiln (now called a Priest-Knibbs kiln) were bought in 1954 and were gas-fired. In 1960, two more were bought and an experimental gas-fired P-K kiln was erected. This didn't work to the required level of efficiency, so in 1961 it was converted to oil. The P-K kilns were demolished in 1984 or '85 – I watched the last two coming down.

Regards, Dr David Johnson

Dear Ann

We especially enjoyed the article in the winter Review about Neil Heseltine's work as a farmer at Hill Top in Malham. My wife and I had very happy holidays in the late 1970s and 1980s, when we stayed with our then-young sons in the Heseltines' delightful holiday cottage at Hill Top. Mr and Mrs Heseltine senior introduced us to the Malham Show and we've loved the Dales ever since.

One of our dearest memories was kitting ourselves in full walking apparel to go up Pikedaw Hill to the west of Malham village. There we were in full waterproofs, hiking boots, sticks – the full Monty as they say – trudging up past the barns, when Mr Heseltine (senior) came running up the hill, clad in a singlet, shorts and sandals, and overtook us with his dog. Neither of them were remotely out of breath – unlike us two softies from down south!!!

Kind regards, Richard Hill



## The Moonbeam Collective

An affiliate member and fundraiser for Friends of the Dales for seven years, The Moonbeams have established 'The Moonbeam Collective' to champion the Dales through the arts. Over the past year, the Collective has been making a musical film on the Dales and has recorded their third studio album, "This Land", with songs telling tales of rural life.

The film "Streams of Wonder- Looking for the Heart of The Yorkshire Dales" is a musical homage to the Dales and invites you to be inspired by their glorious fells, dales, meadows, rivers and waterfalls.

Join them for the film premiere and album launch at Victoria Hall, Settle, on Saturday 26 May at 7.30. Tickets cost £5. Details on the Victoria Hall website: [www.settlevictoriahall.org.uk](http://www.settlevictoriahall.org.uk)

## Something for Everyone?

Here at FOTD, we work hard to produce a varied events programme and give an insight into the landscape, communities and heritage of the Dales. Our experienced walk leaders help members to enjoy exploring places that can be difficult to access and our expert speakers know the fells well and have a profound understanding of the issues facing Dales communities today.

We hope our events diary on page 19 has something for everyone – but are there any new activities that you'd like to try?

Guided walks are always popular but you might prefer a less energetic way of exploring the Dales. Perhaps you'd enjoy a cultural activity: watching a bell-ringing team, creating craftwork inspired by the landscape, taking part in a poetry workshop or meeting a silver band at rehearsal?

Or would you jump at a new way of enjoying the great outdoors? How about taster sessions in mountain biking, orienteering, fishing or pony trekking? Would you try caving, abseiling or canyoning? We'd also like to hear from anyone interested in giving back to the environment or communities of the Dales. We could organise volunteering opportunities maintaining footpaths, bracken bashing or helping to improve village facilities.

Most of our events are free to members, as walk leaders and speakers give their time for free. But would you be prepared to contribute towards the cost of activities such as outdoor sport taster sessions?

We will soon be planning events for the next year. Your input will help us come up with a programme that appeals to all. Please email your ideas to [ann.shadrake@friendsofthedales.org.uk](mailto:ann.shadrake@friendsofthedales.org.uk) or phone 01756 749400. We're looking forward to hearing from you!

Lynn Leadbeatter, volunteer.





Young lamb. Courtesy of Hilary Fenten



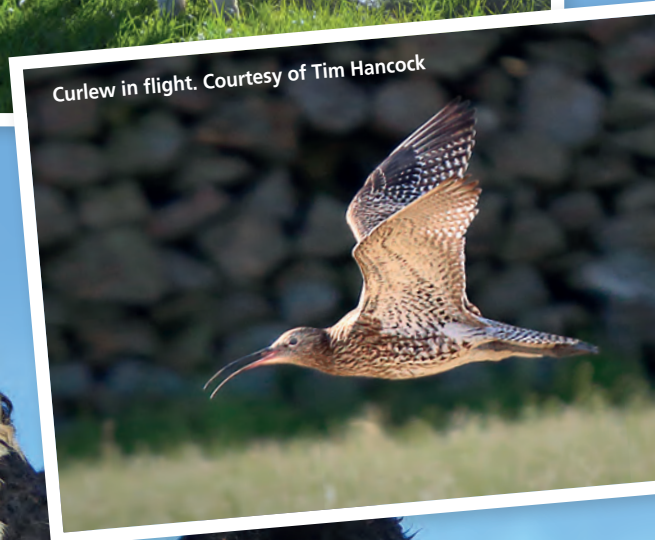
Spring at Austwick. Courtesy of Hilary Fenten



Swaledale ram. Courtesy of Mark Corner



Twins. Courtesy of Mark Corner



Curlew in flight. Courtesy of Tim Hancock

# The Dales in Spring



Watching the world go by. Courtesy of Mark Corner

## National Park Societies Conference 2018

In the winter issue of the *Review*, I mentioned that the 2018 National Park Societies Conference will be held in Dartmoor from Thursday 4th-Saturday 6th October 2018 at the Two Bridges Hotel, Princetown. We are lucky to have 12 national park societies in England and Wales and we each try to host the annual get together in turn. You may remember our very successful conference here in the Dales in 2014.

I've been to several NPS conferences – a really excellent way to discover another national park and learn from our colleagues about the challenges they face and innovative activities they offer. In October 2017, several trustees and I went to the conference in the New Forest. We had interesting presentations on how to cope with the conflicting needs of huge numbers of visitors, about 10,000 grazing ponies and cattle plus the rights of commoners, and still protect heritage and wildlife. My group went on a field trip to the coast including a walk by salt marshes (great for wintering waders) and a boat trip to the historic but crumbling Hurst Castle.

Conferences are open to anyone with an interest in national parks and their protection. Booking for the 2018 Conference will be open by the time you read this – both residential and day rates – at [www.dartmoorpreservation.co.uk](http://www.dartmoorpreservation.co.uk). Expect expert speakers, lots of outings, good quality accommodation and inspiring company!

## Keeping your data safe and contacting you in the right way

You may have heard that the current 1998 UK Data Protection Act will be replaced on 25th May, 2018, by the EU General Data Protection Regulation (GDPR). In simple terms, this means that all businesses, including charities, must review how they hold and process personal data in order to ensure compliance when contacting people. Trustee Marion Temple offered to look into how this new regulation could affect Friends of the Dales. She has attended a local training course and looked at a range of published guidance so trustees understand the implications for the charity. We are reviewing how we keep and dispose of paper and electronic records. We are also clarifying where we will need to ask for “opt-in” consent to communicate with members and supporters, for example when we launch the e-news letter.

## We have registered with the Fundraising Regulator

Trustees have voluntarily registered Friends of the Dales with the new Fundraising Regulator, demonstrating their commitment to good fundraising practice. They have committed to abide by the Code of Fundraising Practice and to the Fundraising Promise – you can read these on the Fundraising Regulator's website at [www.fundraisingregulator.org.uk](http://www.fundraisingregulator.org.uk). We are therefore authorised to use the official “badge” on printed materials, the website and so on. You can see the badge on the back page of this magazine.

Ann Shadrake, Executive Director

Bluebells on the Ribble near Stainforth Bridge. Courtesy of Mark Corner

## Friends of the Dales Events Categories

*An enjoyable mix of events designed with something for everyone. All welcome – members and non-members, families, friends and visitors. You could book an overnight stay in the area or visit a local business member (some offer discounts).*

### Charges

Events are free to members (unless part of a chargeable festival programme etc). Small charge to non-members for talks (£3).

### What to bring

For outdoor events – whatever the forecast – always come well equipped with boots/outdoor clothing and refreshments. Well-behaved dogs on short leads welcome on many walks – look for the paw print symbol 🐾. For walks and visits always bring packed lunch or use local pub/café where indicated.

### Transport

We provide details of public transport known at the time of going to press. Always check [www.dalesbus.org](http://www.dalesbus.org) and [www.nationalrail.co.uk](http://www.nationalrail.co.uk). We endeavour to car share – to offer or request a lift contact me in the lead up to that event.

### Booking

Most events are offered on a 'just turn up' basis with no need to book – but it really helps if you can let me know if you hope to attend so I can gauge numbers. Events will go ahead unless very bad weather etc. We have only cancelled two events in the last five years (snow and floods). See [www.friendsofthedales.org.uk](http://www.friendsofthedales.org.uk) and Facebook for last-minute updates or ring/email me.

**Register an interest in attending/queries:**  
[ann.shadrake@friendsofthedales.org.uk](mailto:ann.shadrake@friendsofthedales.org.uk)  
or 01756 749400

### **i** Dales Insights

Afternoon/evening talk (with a cuppa) usually teamed with an optional easy/moderate morning walk. Wide range of Dales themes with knowledgeable leaders and speakers.

### **C** Classic Countryside

Half-day (easy) to full-day (moderate) sociable and distinctive walks with added 'something special!' Experienced leaders – steady pace with breaks/picnic stop.

### **V** Vibrant Communities

Bespoke 'one-off' guided tour of Dales village/town devised by local members and community. Easy morning and afternoon walks/visits.

### **f** Focus on the Dales

Full-day themed visit exploring a Dales topic e.g. farming, quarrying, tourism, community action. Soak up knowledge from opinion leaders - with lively debate.



**r** **Ride2Stride Walking Festival**

We are delighted to support this excellent walking festival in its seventh year! In addition to the events **listed below** that Friends of the Dales have organised, you can read details of the rest of the festival programme at [www.ride2stride.org.uk](http://www.ride2stride.org.uk)

**Tuesday, 1 May 2018**



**C** **Medium**  

**Surprising Settle**

Led by Mark Corner in partnership with North Craven Building Preservation Trust, a seven-mile stroll, starting with a river walk to the charming hamlet of Stackhouse and the fascinating Hoffmann kiln near the village of Langcliffe. Then we will explore the historic market town of Settle, discovering many interesting heritage features. A free visit to The Folly is included, where we will enjoy a short talk about this fascinating Grade 1-listed building.

**Meet at Settle Station at 9:48am. The walk will finish before 3:00pm.**

**Wednesday, 2 May 2018**

**C** **Medium**  

**Discovering Long Preston Deeps**

An easy-to-moderate circular walk of about six miles along the Ribble Way, led by Dr Tony Smith, exploring the wetland landscapes between Settle and Long Preston, returning to Settle mid afternoon.

**Meet at Settle Station at 10:44am. Ends around 2:30pm.**

**Friday, 4 May 2018**

**C** **Short**  

**River & Rocks**

Colin Speakman will lead an easy circular walk along the River Ribble to Langcliffe Mill, with an optional very steep climb up Castleberg Crag on the return to Settle at lunchtime.

**Meet at Settle station at 10:44am. Ends around 1:00pm.**

**Friday, 4 May 2018**



**i**

**Talk: Adam Sedgwick, Geologist and Dalesman**

Colin Speakman will talk about the life and achievements of Dent's famous pioneer geologist. See a review of Colin's book about Adam Sedgwick on page 13 - signed copies on sale at this talk.

**Talk 2:15pm. Quaker Meeting House, Settle. Ends around 4:00pm.**

**Saturday, 5 May 2018**



**C** **Long**  

**A Walk with a View**

Join Chris Grogan for a moderately strenuous eight-mile circular walk around Ribblehead with stunning views of Ingleborough, Whernside and Ribblehead Viaduct.


**Meet at Ribblehead station at 12:02pm on the arrival of the 10:49am train from Leeds. Return on the 5:42pm to Leeds.**

**Saturday, 16 June 2018**

**C** **Medium**  

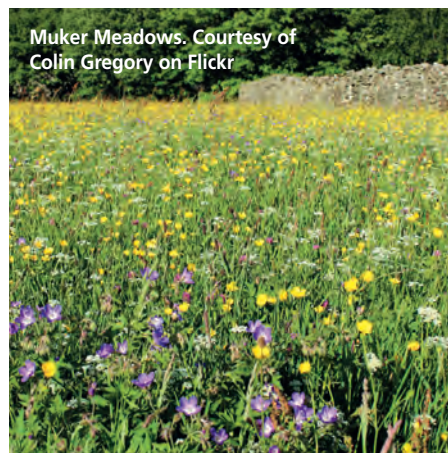
**Muker Meadows**

Join Anne Readshaw on a stunning walk of about 5 miles through some of the best hay meadows in the country. The route will incorporate river banks, interesting lead-mining remains, and the impressive Kisdon Force waterfall, with a nearby picnic spot.



Well-behaved dogs on short leads welcome. 

Bring packed lunch.

**Meet at 10:00am at the P&D car park beside the bridge on the B6270 at the eastern end of Muker village (approx DL11 6QG). For offer/requests of lifts, contact Ann at the office. Ends approx 2:30pm.**




**Saturday, 14 July 2018**

**C** **Medium**  

**Undiscovered Westmorland Dales**

Led by Kyle Blue, this circular walk of approximately five miles will follow some of the wide drovers' lanes of Old Westmorland, crossing open moorland and returning on footpaths through unspoilt countryside. Visiting a Dame's School, Sunbiggin Tarn and prehistoric remains with particular focus on the rare flora associated with this unique limestone landscape. A walk not to be missed!

Well-behaved dogs on short leads welcome. 

Bring packed lunch. Ends approx 4pm.

**Meet at 11:00am at Raisbeck village green, approx one mile east of Orton. Park with consideration on village roads. Train: Leeds d08:49am Kirkby Stephen a10:34pm, return Kirkby Stephen d4:39pm Leeds a6:17pm. Pre-book lifts from/to Kirkby Stephen station, contact Ann at the office.**

**Monday, 30 April & Friday, 22 June 2018**

**y** **Medium**  

**Pub Walks with Bernard**

Friends of the Dales regular volunteer Bernard Peel will be leading two guided walks, each of about six miles, based from The Fountaine Inn at Linton. These walks are offered in partnership with our Business Member Individual Inns, who make a £1.00 donation per participant.

Well-behaved dogs on leads welcome. 

**A cost of £15 is payable to the pub (book with the pub on 01756 752210) and includes welcome bacon butty (vegetarian alternative) and coffee, and light lunch afterwards. Contact Bernard on 01756 749400 or office@yds.org.uk for more details of the routes and arrangements.**

**Saturday, 22 September 2018**

**f**

**Advance Notice of the AGM 2018**

The charity's AGM will be held on Saturday 22 September 2018. As in past years, we will choose a venue where we can explore the local area on a short/moderate guided walk in the morning with the formal AGM in the afternoon, concluding with tea/biscuits. The AGM is an excellent way to meet trustees and fellow members, ask questions and hear about the charity's achievements and plans.

**Further details will be available in the Summer issue of the Review, on the website or by contacting Ann at the office.**

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## Dales Haverbread

Tooa clate, slammak, jonka, snap-and-rattle and riddlebread are all Dales names for one of our staple foods. Until the early 20th century, Yorkshire did not use wheat as a staple for making bread, but oats.

Folks in the Dales ate "havercake" or oatcakes instead of wheaten bread. Each dale had its own name and type. There were round breads like pancakes, oval ones, hard and soft textures, crispy or chewy. In our kitchen in Ribblesdale, we have a wooden rack called a "flake" above the fire, which was for drying haverbread.

Farm kitchens had special cupboards for storing haverbread. Farmers and workers ate them for their lunch.

I befriended two wonderful women of the Dales. Mrs Mason made butter and her sister-in-law Mrs Middleton gave me her recipe for haverbread from Dent.

*Hilary Fenten*

½ lb porridge or rolled oats  
½ lb white self-raising flour  
½ tsp or less salt  
½ tsp bicarbonate of soda  
½ tsp cream of tartar  
2 ½ oz lard (best) or butter  
Set oven at 125°C (260°F).  
Rub fat into dry ingredients.  
Add boiling water to make stiff dough.  
Knead slightly to make dough smooth.  
Take a lump of dough about size of golf ball.  
Make it firm and place on a well-floured board (include oats for a better texture).  
Roll it thin, turning it over a couple of times.  
Place on ungreased baking trays.  
Bake slowly, turning the pieces over at least once.  
Ready when golden brown and crisp.  
Good with honey, marmalade, butter, cheese or smoked salmon.

## Become a Friend of the Dales

Join online • By phone • By post

**CAMPAIGN** for positive improvement, and against negative development

**PROTECT** and help to safeguard the Dales

**ENJOY** the beauty and facilities of the Yorkshire Dales

Members receive a quarterly full-colour 20-page magazine and the opportunity to be present at a rolling programme of events. Contact and other details available on this page.

Views expressed in the Yorkshire Dales Review are not necessarily those of the Friends of the Dales.

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### Life Membership

Individual (Under 60)	£400
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