

# WALKING THE DALES WAY

Ilkley to Bowness-on-Windermere through the Yorkshire Dales

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The Dales Way links two of Britain's most celebrated national parks: the Yorkshire Dales and the Lake District. Extending from Ilkley to Bowness-on-Windermere, the 79 mile, fully waymarked route showcases the glorious scenery and rich social, historical and natural interest of Wharfedale, Dentdale, Lonsdale and the Lakeland fringe. It can be comfortably completed in 6–8 days. Well served for accommodation and facilities, and with easy walking on riverside paths, the Dales Way is one of the gentlest multi-day walks in Britain and therefore an ideal introduction to long-distance walking.

This guide describes the Dales Way in both directions, with the main route description running from south to north. The route is presented in six daily stages of 7–19 miles, although alternative itineraries are suggested, and a trek planner, showing where facilities are available, is included to facilitate planning. Step-by-step route description is accompanied by annotated 1:100,000 OS maps, and a separate, conveniently sized map booklet provides all the OS 1:25,000 mapping needed to complete the trail. Accommodation listings and useful contacts can be found in the appendices.

There is a wide variety of fascinating features along the Dales Way and the guide offers background notes on geology, history, plants and wildlife and local points of interest. The practical information is all there too, making for an ideal companion to enjoying this delightful route.

## Key marketing points

- The only guide available which includes the route description in both directions
- Includes OS 1:25K map booklet of the route
- Popular and accessible long-distance route

## About the author

Dr Terry Marsh is a Lancashire-based award-winning writer and photographer who specialises in the outdoors, the countryside, walking and travel. He has been writing books since the mid-1980s and is the author, co-author or revision author of over 100 titles.

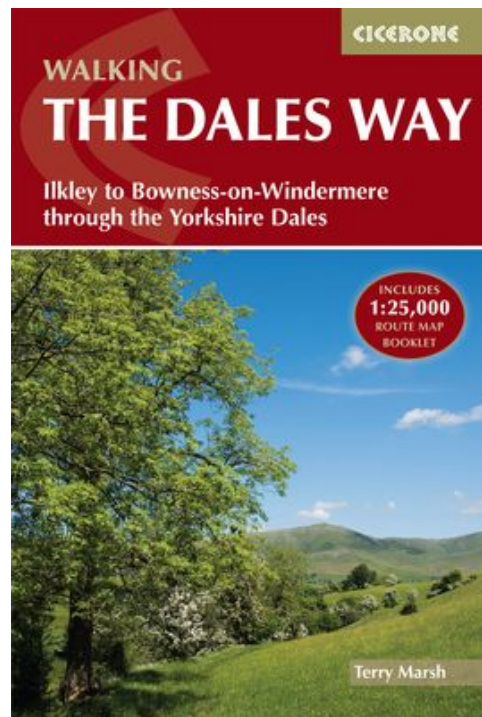
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