

Grassington to Hebden return

Distance: 6.5km (4 miles)

Time: a minimum of 1½ hours

Accessibility: the footpath is rough and muddy in places, with several narrow stiles and steps. This is a moderate walk with a long steady climb from Hebden to Edge Lane.

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 the 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. From the National Park Centre car park, follow the road up through Grassington Square to the top of the village.
2. Bear right in front of the Town Hall onto Low Lane. After a short distance bear left onto High Lane, an ancient walled lane, once used as a packhorse route linking villages together. Follow the signpost to 'Hebden 1.5 miles'. Fine views of the lower Wharfedale valley can be enjoyed along here, looking towards Simons Seat and Barden and Burnsall Fell. At the end of the lane continue through the open fields using the narrow stiles and gates, to the site of the old Grassington isolation hospital. In the early 1900's the hospital was built as a TB sanatorium, to help cure people of the disease. The site was developed for houses in the 1980s.
3. The information panel marks the start of Grassington Park Estate meadows. The hay meadows you walk through survived when the site was developed and are one of the finest examples of herb-rich hay meadows in the Dales. Early summer is the best time to enjoy the display and aroma of wild flowers and butterflies. Continue along the path through the open fields to the road at Hebden village.
4. A footpath immediately leaves the road on the left signposted 'Tinkers Lane'. After 45 metres bear left to climb steadily through fields and in front of Garnshaw House up to Edge Lane. Rewarding views of Grass Wood Nature Reserve, Lea Green iron age field systems and Upper Wharfedale can be seen from along the lane.
5. Continue along to the end of the lane to join the tarmac road.
6. Turn left, heading back down into Grassington village to retrace your steps to the car park.



Grassington to Hebden Return distance 4 miles (6.5km)

Point of interest

Route

Other paths

National Park Centre

Information

Car parking

Toilets

