

A mountain biker wearing a blue jacket, grey shorts, and a helmet is riding a white and black mountain bike on a rocky, gravelly trail. The rider is leaning forward, navigating the terrain. In the background, there is a stone wall and a metal fence. Beyond the fence, a valley opens up with green fields, a small village with stone houses, and rolling hills under a cloudy sky. The overall scene is a typical Yorkshire Dales landscape.

Mountain Biking in the Yorkshire Dales

by Ian Boydon

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Front cover: Riding among the limestone
on Great Asby Scar (Route 4)

Title page: It's a steep and loose pull out
of Kettlewell (Route 19)

Back cover: Following a track high above
Swaledale (Route 24)

SPECIAL THANKS

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UPDATES TO THIS GUIDE

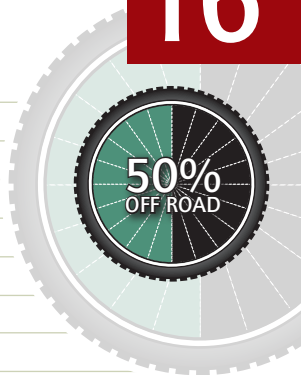
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	ROUTE	TITLE	% OFF ROAD	START/FINISH	DISTANCE
SHORT LOOPS	1	Clapham and Norber	95%	Clapham	14km (8¾ miles)
	2	Thoralby	85%	Thoralby	18km (11¼ miles)
	3	Ribblehead and the Cam High Road	75%	Ribblehead	18km (11¼ miles)
	4	Orton and Great Asby	55%	Orton	22.5km (14 miles)
	5	Apedale	80%	Reeth	23km (14¼ miles)
	6	West Burton and Carlton	90%	West Burton	15.25km (9½ miles)
	7	The Dentedale Dalliance	50%	Dent	19km (12 miles)
	8	Kilnsey and Mastiles Lane	80%	Kilnsey	19.25km (12 miles)
	9	Fremington Edge	70%	Fremington	21km (13 miles)
	10	Gunnarside	80%	Gunnarside	19km (12 miles)
MEDIUM LOOPS	11	Hetton Hijinks	80%	Hetton	25km (15½ miles)
	12	Sulber, Wharfe and Feizor	65%	Horton in Ribblesdale	26km (16¼ miles)
	13	Cautley and Uldale	60%	Sedbergh	28.5km (17¾ miles)
	14	South of Mastiles Lane	85%	Airton	29km (18 miles)
	15	Barbondale and Lunesdale	55%	Kirkby Lonsdale	25km (15½ miles)
	16	Grassington	50%	Grassington	19km (12 miles)
	17	Arkengarthdale	70%	Langthwaite	27km (16¾ miles)
	18	Tour of Pen-y-ghent	65%	Horton in Ribblesdale	28km (17½ miles)
	19	Kettlewell and Old Cote Moor	70%	Kettlewell	23km (14¼ miles)
LONG LOOPS	20	Kirkby Stephen and Crosby Garrett	55%	Kirkby Stephen	33km (20½ miles)
	21	Settle and Malham Tarn	80%	Settle	27km (16¾ miles)
	22	The Ribble Rumble	50%	Settle	32km (20 miles)
	23	Raydale	70%	Bainbridge	33km (20½ miles)
	24	Tour of Swaledale	80%	Reeth	33km (20½ miles)
	25	The Cam Fell Cracker	65%	Ribblehead	33.5km (20¾ miles)
	26	Embsay and Flasby Fell	60%	Hetton	30.5km (19 miles)
	27	A Tour West of Hawes	65%	Hawes	42km (26 miles)
DAYS	28	Tour of Whenside	70%	Ribblehead	39km (24¼ miles)
	29	The Dales Leg-Breaker	55%	Horton in Ribblesdale	58km (36 miles)
	30	The Howgills Classic	70%	Sedbergh	38.25km (23¾ miles)

GRADE	ASCENT	TIME	TIME OF YEAR	PAGE
■	380m (1250ft)	2hrs–3hrs	All year	29
■	480m (1575ft)	2hrs 30mins–3hrs	All year	33
■	500m (1640ft)	2hrs–2hrs 30mins	All year – good winter option	39
■	445m (1460ft)	3hrs–4hrs	All year – good winter option	45
■	730m (2395ft)	2hrs 30mins–3hrs	All year	51
▲	560m (1840ft)	2hrs 30mins–3hrs	Summer only	57
▲	710m (2330ft)	3hrs–3hrs 30mins	All year – better in summer	63
▲	595m (1950ft)	2hrs 30mins–3hrs	All year – good winter option	67
▲	700m (2300ft)	3hrs–3hrs 30mins	All year	73
◆	855m (2805ft)	3hrs–3hrs 30mins	All year	79
■	600m (1970ft)	3hrs–3hrs 30mins	All year – good winter option	87
■	550m (1805ft)	3hrs–4hrs	All year – good winter option	93
■	870m (2855ft)	3hrs–4hrs	All year – better in summer	99
■	790m (2590ft)	3hrs–4hrs	All year	105
▲	610m (2000ft)	3hrs–4hrs	All year	111
▲	396m (1300ft)	2hrs 30mins–3hrs	All year	117
▲	995m (3265ft)	4hrs–5hrs	All year	123
▲	690m (2265ft)	3hrs 30mins–4hrs	All year – better in summer	129
◆	1040m (3410ft)	4hrs–5hrs	Summer only	135
■	670m (2200ft)	3hrs 30mins–4hrs 30mins	All year	143
▲	700m (2300ft)	4hrs–5hrs	All year – good winter option	151
▲	955m (3135ft)	3hrs 30mins–4hrs 30mins	All year – good winter option	157
▲	1150m (3775ft)	4hrs–5hrs	All year	163
▲	1270m (4165ft)	4hrs–5hrs	All year – good winter option	169
▲	850m (2790ft)	4hrs–5hrs	All year	175
◆	850m (2790ft)	4hrs–5hrs	All year – better in summer	181
◆	1140m (3740ft)	4hrs 30mins–5hrs 30mins	All year – better in summer	187
▲	1095m (3595ft)	5hrs 30mins–6hrs	All year	197
▲	1280m (4200ft)	6hrs 30mins–7hrs 30mins	Summer only	205
◆	1260m (4135ft)	5hrs 30mins–6hrs 30mins	Summer only	213

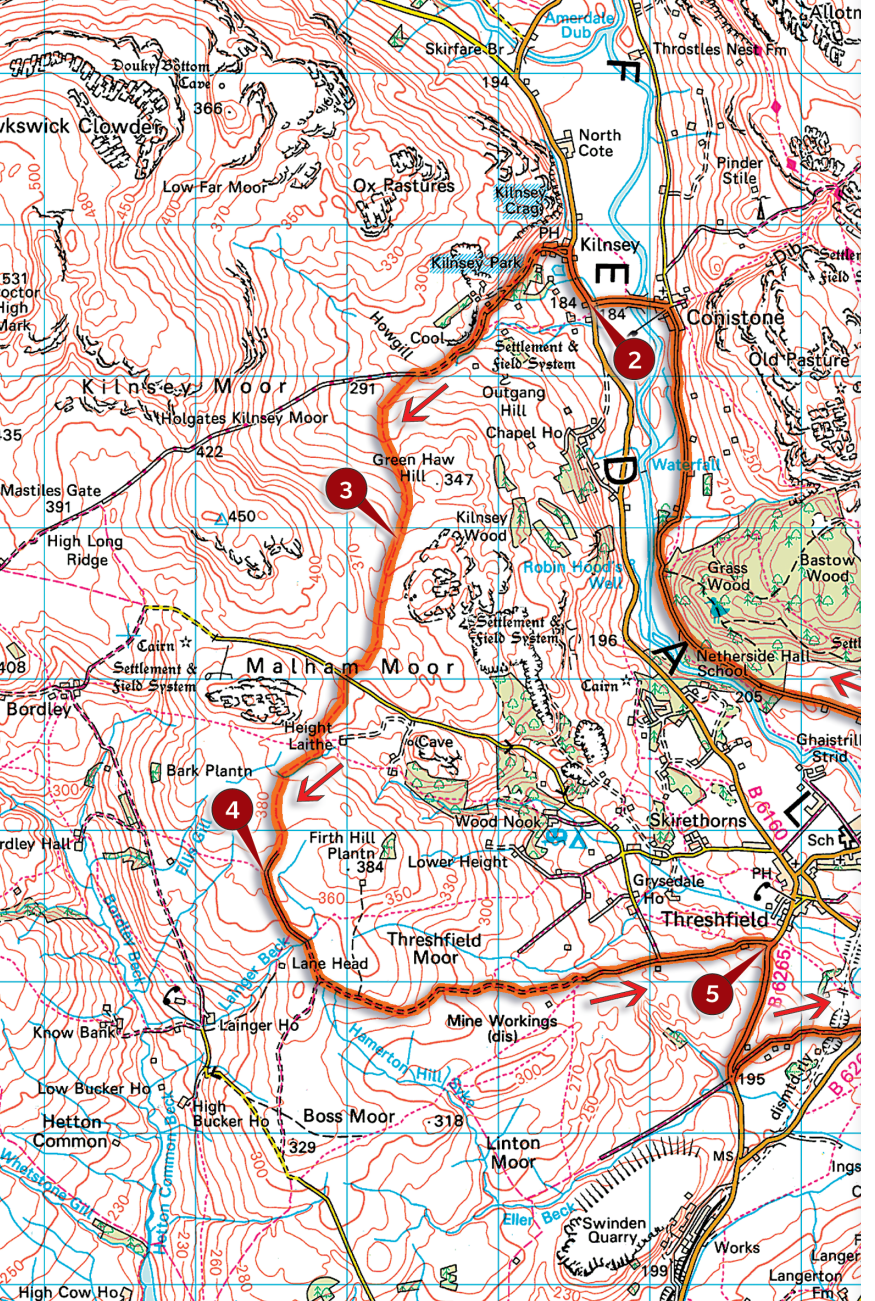
16 Grassington



START/FINISH	Grassington SE 003 636
DISTANCE	19km (12 miles)
OFF ROAD	9.5km (6 miles)
ON ROAD	9.5km (6 miles)
ASCENT	396m (1300ft)
GRADE	▲
TIME	2½hrs–3hrs
PARKING	Large car park in Grassington
PUB	The Fountaine Inn, Linton
CAFÉ	Cobblestones Café (but bring sandwiches as well)
<p>This ride, which sets off from the charming village of Grassington, takes you up idyllic Wharfedale on quiet lanes before embarking on bridleways crossing Malham Moor. You will ride through charming, rolling sheep pasture surrounded by some of the loveliest countryside in the region.</p>	



OVERVIEW



A pleasant ride up the eastern side of the River Wharfe from Grassington to the village of Conistone. The route crosses the River Wharfe and heads to Kilnsey before climbing out of the dale. A long grassy climb over sheep pasture is followed by fun bridleways and then a good rocky descent towards Threshfield. Quiet roads and easy bridleways are then linked together for the return leg to Grassington.










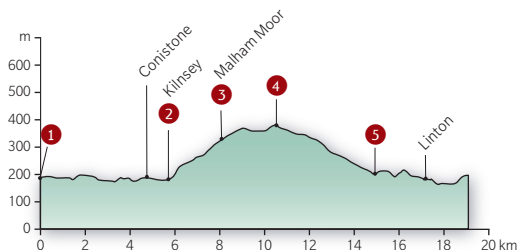
DIRECTIONS

- 1 Starting out from the car park at the Yorkshire Dales National Park Authority building in **Grassington**, turn  out of the car park. Pass the next junction (with Barclay's Bank on the corner) and instead take the second  turning on a sharp left-hand bend, called Wood Lane. This lane passes houses until it leaves Grassington and becomes known as Grass Wood Lane.

Continue following this quiet tarmac lane through pasture land, and **Grass Wood** itself, until after around 4.8km (3 miles) you arrive in the pretty village of **Conistone**. At the junction in the centre of the village – marked by a triangular area with benches – bear  following the sign to **Kilnsey**. Cross the **River Wharfe** and then turn  at the T-junction at the far side.

(If wanting to climb and descend Scot Gate Lane turn  at the junction in the centre of Conistone. Follow the lane to the edge of the village and turn  onto the unmade track marked with a bridleyway sign.)

- 2 Ride into **Kilnsey** and turn  onto a tarmac lane just after passing the Kilnsey Park Fishery. Climb the lane to meet a fork with an unmade track. Bear  onto this path – signed **Route to Malham**. Ride to meet a junction at two gates and fork  to leave Mastiles Lane and ride through



a paddock. Pass through the gate and climb the grassy bridgeway ahead to eventually meet a gate in a drystone wall.

- 3 Go through the gate and continue climbing to pass over the brow of the hill and descend to meet a gate at a tarmac lane. Proceed through this and go ↑ over the lane to go through another gate onto a bridgeway signed *Boss Moor*. Ride on to go through several more gates. The trail becomes a sand-surfaced singletrack and passes over several small wooden bridges, giving fun riding, to meet another gate.
- 4 Ride along this walled bridgeway to its end. Continue ↑, through a gate, ford a beck following the sign to *Moor Lane Threshfield* and *Boss Moor Lane*. After a short distance the bridgeway forks at a gate. Bear ← following the sign to *Moor Lane Threshfield*. Enjoy a long, rocky descent, passing through a couple of gates, to emerge at a tarmac lane. Bear → (in effect ↑) and descend to meet a main road.
- 5 Turn → and climb briefly before descending. Look for a bridgeway turn sharp ← signed *Linton* (easy to miss). Ascend this singletrack path to meet a gate. Through this the path widens and gives fast riding to meet another lane. Turn ← and ride through *Linton*, staying on this lane to meet a T-junction. Continue ↑ and follow the lane as it descends, bears left, and meets another T-junction. Turn → to pass back over the River Wharfe and climb up into *Grassington*. Keep riding on this road to reach the starting point.