

**THE DALES WAY**  
**Route summary table, 2024**

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Stage	Start/Finish Page	Distance Km (miles)	Ascent m (ft)	Time hr	
<b>Wharfedale</b>					
1	Ilkley to Burnsall	20.8 (13)	270 (885)	6-6½	00
2.	Burnsall to Buckden	22.55 (14)	315 (1035)	7	00
	<i>Burnsall to Grassington</i>	<i>5.3 (3¼)</i>	<i>60 (197)</i>		
	<i>Grassington to Kettlewell</i>	<i>10.5 (6½)</i>	<i>215 (710)</i>		
	<i>Kettlewell to Buckden</i>	<i>6.75 (4¼)</i>	<i>40 (130)</i>		
<b>Langstrothdale and Dentdale</b>					
3	Buckden to Cowgill	28 (17½)	565 (1855)	7-8	00
	<i>Buckden to Beckermonds</i>	<i>8 (5)</i>	<i>122 (400)</i>		
	<i>Beckermonds to Cam Houses</i>	<i>6.8 (4¼)</i>	<i>185 (610)</i>		
	<i>Cam Houses to B6255</i>	<i>4.8 (3)</i>	<i>105 (340)</i>		
	<i>B6255 to Cowgill (Lea Yeat)</i>	<i>8.4 (5¼)</i>	<i>155 (510)</i>		
4	Cowgill to Millthrop (Sedbergh)	14.6 (9¼)	131 (430)	4	00
	<i>Cowgill to Dent (Church bridge)</i>	<i>6.75 (4¼)</i>	<i>43 (140)</i>		
	<i>Dent to Millthrop bridge</i>	<i>7.85 (5)</i>	<i>88 (290)</i>		
<b>Lonsdale and the Lakeland fringe</b>					
5	Millthrop to Staveley	31 (19¼)	585 (1920)	8-9	00
	<i>Millthrop to Lowgill</i>	<i>12 (7¼)</i>	<i>235 (775)</i>		
	<i>Lowgill to Burneside</i>	<i>14 (8¾)</i>	<i>300 (985)</i>		
	<i>Burneside to Staveley south</i>	<i>5 (3¼)</i>	<i>50 (160)</i>		
6	Staveley to Bowness-on-Windermere	10.5 (6½)	280 (925)	3	00
<b>ROUTE SUMMARY</b>		<b>127.5 (79½)</b>	<b>2150 (7055)</b>		
<b>Watershed alternative</b>					
	Cam Houses to Cowgill	14.85 (9¼)	350 (1150)	3½-4	00
<b>ROUTE SUMMARY</b>					
<b>Via Watershed alternative</b>		<b>129 (81)</b>	<b>2240 (7355)</b>		