

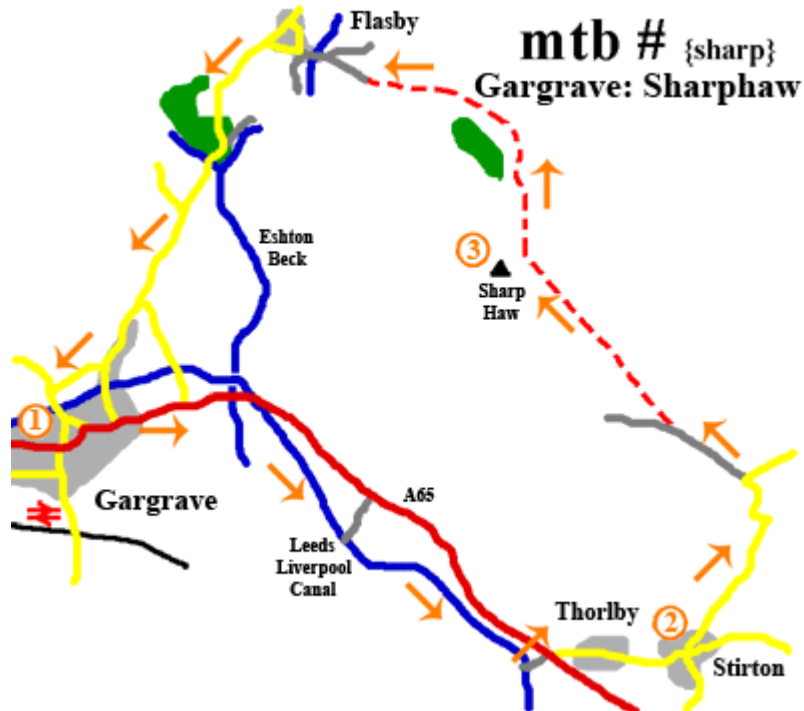
Gargrave: Sharphaw



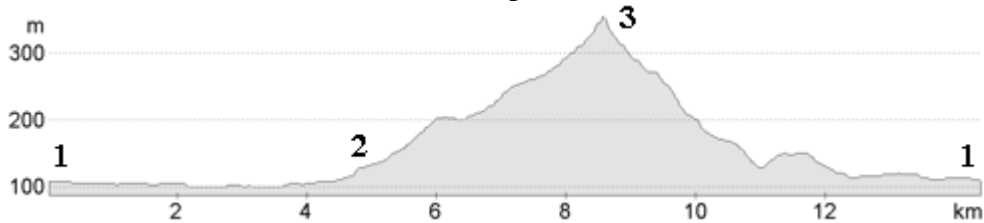
Fun: 5



Difficulty: Difficult



elevation profile:



Distance: 14km

Ascent: 300m

Allow: ~ 1 ½ Hrs

Maps: OS Explorer OL2, Landranger 103, Harvey Dales South

Cracker of a downhill this one, once you get up there. It can get soggy in winter!

Start point is a free car park in Gargrave (SD932543) – turn right by the Old Swan Inn, if approaching from Skipton, and it's on the right about 100m down the road.

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- 1) Exit the car park to the left, back towards the A65, then follow the main road until you reach the canal bridge (SD944545). There is a gate to the towpath here - the canal is a nice flat, safe alternative to the busy road. Cross the 2nd swing bridge you come across (SD961527), and then the A65, to take the road through Thorlby to Stirton.
- 2) The climbing begins here. Turn left at the cross roads (SD971528) and up the hill. At the top the road zigzags and there is a track off to the left through a gate at the 2nd right (SD975539), take this. Follow the bridleway up along the track and off to the right when signed. After crossing a small stream / ditch there is a path to the left to the top of Shaphaw, take this to make the most of the downhill.
- 3) Here's where the fun begins! Some great single track coming up. Follow the path off the right of the summit (SD959552) down to a gate and rejoin the bridleway. This then heads down into Flasby on more single track. Cross the beck in Flasby (SD947556), and head towards the left to get back to Gargrave. Just into Gargrave turn right onto Chew Lane (SD934546), signed cycle route 68, then left, over the canal and back to the car park. Pop for a pint.

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