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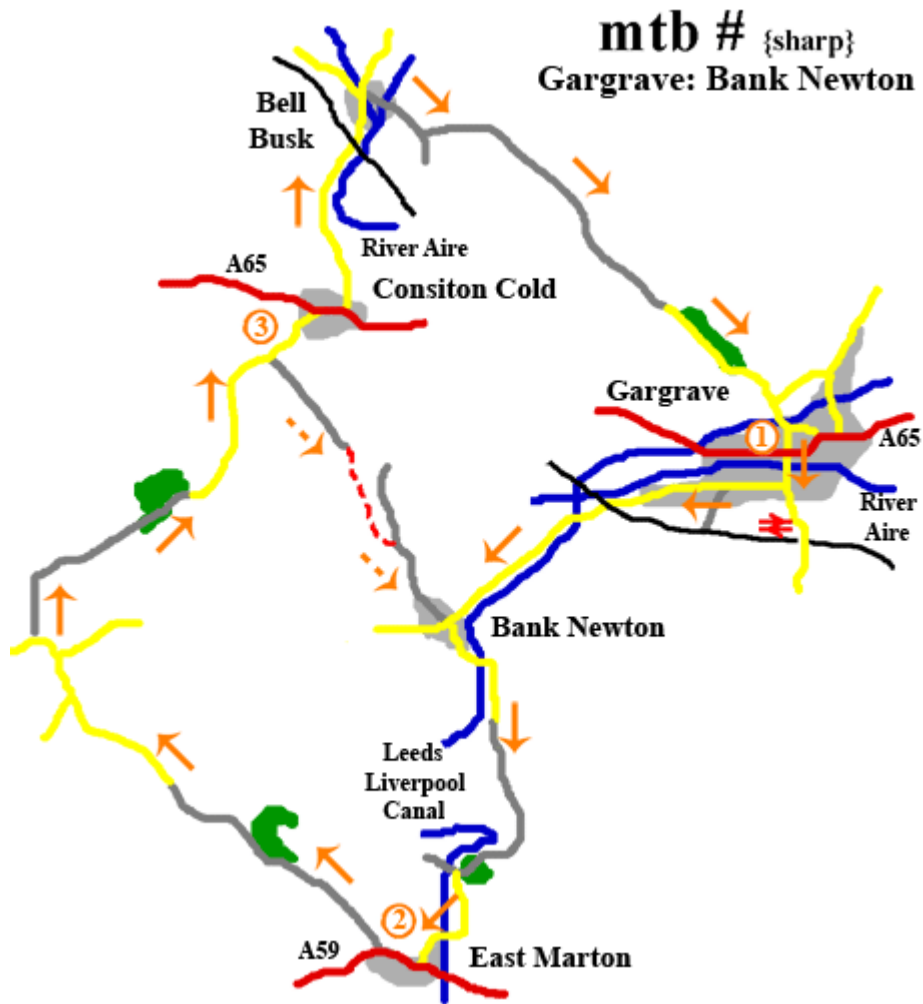
# Gargrave: Bank Newton



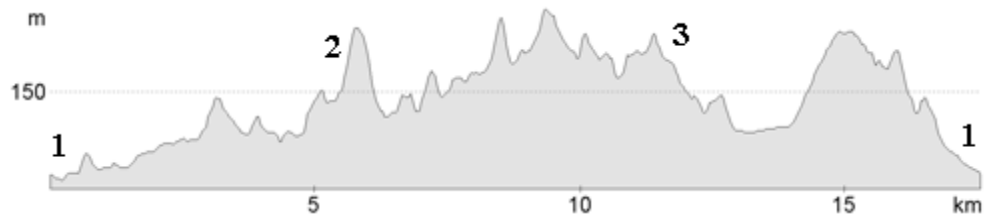
Fun: 2



Difficulty: Moderate



elevation profile:



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Distance: 18km

Ascent: 350m

Allow: ~ 1 ½ Hrs

Maps: OS Explorer OL2 & 41, Landranger 103

Good little circuit on farm tracks with some possibility for variation. Can be done in either direction.

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.

- 1) Exit the car park straight ahead past the front of the village hall. Cross the A65 by the Dalesman cafe, ever popular with cyclists, and then the river. Turn right at the Masons Arms pub (SD931540) and head to Bank Newton, crossing the canal on the way. Take a right at the crossroads in Bank Newton (SD910531) and follow this track all the way to East Marton.
- 2) There's a nice cafe here, Abbot's Harbour, with massive portions and also a good pub, The Cross Keys (SD908509). You need to go along the busy A59 for a short stretch before turning right down another farm track (SD906510). This then continues until it joins a minor road - take a right here (SD886526). At the bottom of the hill turn left then soon right through a gate onto a track. Bear right at the fork (SD884534).
- 3) There's an alternative route to the right here (SD899548) which takes you back to Bank Newton, but otherwise head straight on to Coniston Cold. Turn right onto the busy A65 before shortly turning left onto the road to Bell Busk. Here (SD904564), head right over the bridge and climb up the track, Mark House Lane, which then drops back into Gargrave where heading straight on will find the car park on your left. Pop for a pint.
- 4) Other possibilities for variation include taking the canal bank from the start point to Bank Newton or using any combination of road and track, eg. through Little Stainton. There is also a bridleway which loops off Mark House Lane.

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