

**Map:** Explorer OL2, Yorkshire Dales Southern & Western.

It is recommended that this leaflet is used in conjunction with the map.

**Nearest village:** Grassington (pubs, cafés, shops, heritage museum, toilets).

**Terrain:** Easy. Mostly fairly level with two slight climbs. Tracks, footpaths (muddy in places), quiet lanes, ladder stiles, squeeze stiles, steps, gates.

**Start and finish point:** National Park pay and display car park Grid ref: SE002637.

**Getting there without a car:** Grassington is relatively well-served by buses (see [www.prideofthedailes.co.uk/72northand76.htm](http://www.prideofthedailes.co.uk/72northand76.htm) and [www.getdown.org.uk/bus/bus/872.shtml](http://www.getdown.org.uk/bus/bus/872.shtml)) but the nearest train station - Gargrave - is about 9 miles to the south. There are cycle lockers and stands at the National Park Centre.

The best time to visit a meadow is in June, as most of the wildflowers will be flowering by then. This is also a good time to visit the Dales as it's just before the main tourist season starts. However, the walk is equally enjoyable in the autumn and at other times of the year.

This is one of a series of walks incorporating Yorkshire Dales hay meadows. Other routes include Yockenthwaite Meadows (Langstrothdale), Askrigg Bottoms Meadow (Wensleydale), Dentdale Meadows and Muker Meadows (Swaledale). All are available to download at [www.ydmt.org/resources](http://www.ydmt.org/resources)

The leaflets have been produced as part of the Into the Meadows project, which aims to help people enjoy, understand and celebrate the Dales meadows. To find out more about the project and how YDMT has helped to restore meadows go to [www.ydmt.org/haytime](http://www.ydmt.org/haytime)

**Into the Meadows has been funded by:**



Department  
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**YORKSHIRE DALES**  
National Park Authority  
Sustainable Development Fund

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# Grassington Meadows



A pleasant walk partly on the Dales Way alongside the River Wharfe, taking in meadows, pastures and woodland, and with wonderful views of Wharfedale

3 miles / 4.8 km / 2 hours

*Into the Meadows*





1

Grid ref: **SE00216359**

Head towards the southern corner of the car park and join Sedber Lane, a flagged footpath, and follow it down towards Linton Falls and the river.

2

Grid ref: **SE00136335**

Turn left through a squeeze stile and walk along the Dales Way over a few fields. Turn right down Old Mill Lane, passing by a fishery and art gallery.

3

Grid ref: **SE00786307**

Leave the Dales Way by following the track on the left. Follow the footpath signs and cross over two meadows. These have a range of wildflowers including yellow rattle, red clover, and hawkbits.

4

Grid ref: **SE01676316**

Take care crossing over the road to the signposted footpath on the other side. Walk up the field, bear right and then left over the ladder stile into the woodland. Immediately in front there is an interpretation panel about Grassington Park Estate Meadows, which you will soon enter.

5

Grid ref: **SE1786339**

Turn left along the flagged path towards Grassington. The path goes through a superb meadow that has a very wide range of wildflowers and grasses, including great burnet, Lady's mantle, common knapweed, eyebright, devil's-bit scabious, oxeye daisy, rough hawkbit, water avens, meadow-sweet, wood crane's-bill, cat's-ear, melancholy thistle, sneezewort, wood

anemone, sweet vernal-grass and quaking grass. The meadow is in the grounds of what was Grassington Hospital, which opened in 1919 as a TB sanatorium. In 1966 it became a psycho-geriatric ward which closed in 1984. The buildings became derelict and were demolished in 1996 to make way for new housing. The meadow is now cared for by residents. (Please don't follow any other footpaths, as these are not public rights of way.)

6

Grid ref: **SD74748684**

There's another interpretation panel here, just before you leave the site. Follow the grassy path over the fields and enjoy the views to the left over the valley. On the far hillside many of the fields appear to be terraced - these are lynchets, formed in medieval times through the action of ploughing in what were then arable fields. The smooth, rounded hills are 'reef knolls', the remains of a seabed reef of almost pure limestone which formed from the skeletons and shells of marine life that once lived in the shallow waters of an ancient tropical sea around 350 million years ago. To the north are the derelict remains of Wise House and another farmhouse.

7

Grid ref: **SE00976377**

The grassy path joins High Lane, a walled track. Follow this back to Grassington, where it joins Main Street. Turn left and at the bottom of the slope turn right and follow the road back to the car park.



1

Start & finish

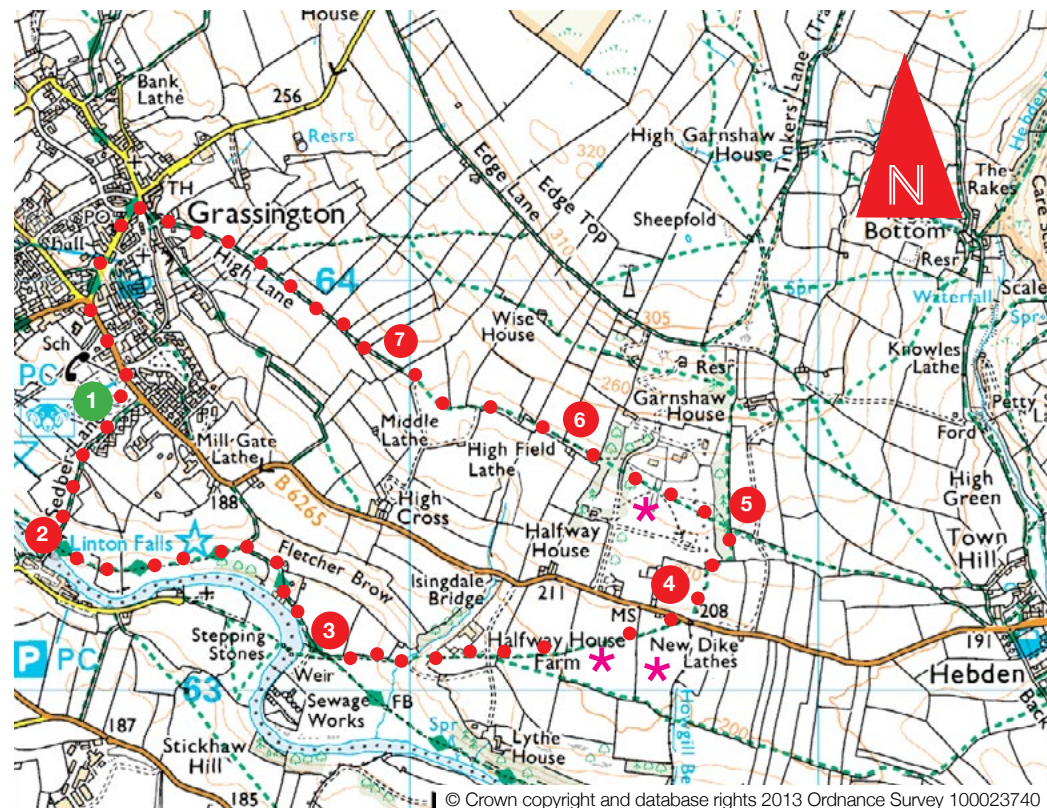
●

Walk route

✱

Meadow

Scale: 0.5km  
/ 0.3miles



The small market town of Grassington is the main residential and tourist centre in Upper Wharfedale. In 1282 it was given a Royal Charter for a market and fair - giving it a 'market town' status. Centred around its lively cobbled market square and amongst the quaint streets, the village offers a good choice of shops, pubs, cafés, restaurants, and hotels, offering gifts, clothing, food, drink and accommodation.

Grassington Folk Museum, run and managed by volunteers, houses a collection which tells the story of Wharfedale, while the National Park Centre also has exhibitions and information available. The renowned Grassington Festival - 15 days of music and arts - takes place in June.

Meadows provide winter fodder for livestock so please stay on the public rights of way and walk in single file (there is no 'right to roam' through meadows). Please leave gates as you find them and keep dogs under close control, preferably on a short lead.

Thank you!