




# INGLEBOROUGH CAVE

A spectacular **underground** experience for all the family to enjoy. Follow in the footsteps of brave Victorian explorers on a journey of discovery, venturing 500 metres beneath **Ingleborough** mountain!



**Dog  
Friendly**

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# The Old Sawmill Café



Situated at Ingleborough Estate Nature Trail entrance where all of our walks start and end.



Explore the history & heritage of this spectacular listed building whilst enjoying use of the café.





Expect great coffee, delicious traybakes and cakes, and an ever changing breakfast & lunch menu using a range of seasonal, fresh & local food.



Our picturesque garden provides outdoor seating for those wishing to enjoy the famous Yorkshire weather.



[www.oldsawmillcafe.co.uk](http://www.oldsawmillcafe.co.uk)  
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# WALKING ROUTES

**AROUND INGLEBOROUGH**



**A SELECTION OF WALKING  
ROUTES AROUND INGLEBOROUGH  
FOR ALL AGES AND ABILITIES.**





All our walks start from **INGLEBOROUGH ESTATE NATURE TRAIL**, at the head of Clapham village. Choose which of the four routes you plan to tackle and follow the paragraphs containing your route number. Do not follow the instructions for paragraphs without your route number, simply skip to the next paragraph that does specify your route number.

## 3 GALLOPING TO GAPING GILL

Difficulty ★★★★★  
Elevation ▲ 407m  
Distance 🚶 5.45 miles

## INSTRUCTIONS

### 1 THE CAVE CIRCUIT

Difficulty ★★☆☆☆  
Elevation ▲ 277m  
Distance 🚶 2.85 miles

**(1,2,3 & 4)** Follow the trail for 1.25 miles, until you reach the entrance to **Ingleborough Cave**, where you can follow in the footsteps of the first brave Victorian explorers by venturing 500 meters beneath Ingleborough mountain. You do not have to go through the cave to continue the other walks, the walking routes pass the entrance. Opening times can be found online.

**(1 ONLY)** Head back the way you came, until you reach the gateway into the woodland. For a circular route, take a left turn and cross the footbridge over the stream, then head directly up the steep slope, over the stile onto **Long Lane**. Turn right and follow this lane until you reach a t-junction, where you take the right hand turn. Shortly after, you will go through some tunnels, emerging in Clapham by the church and park.

### 2 TREKKING TO TROW GILL

Difficulty ★★★★★  
Elevation ▲ 323m  
Distance 🚶 3.85 miles

**(2,3 & 4)** Continue beyond the cave over the bridge and immediately through a farm gate. In approximately another 500 metres you'll reach another similar farm gate, and 250 metres beyond there you will reach **Trow Gill**.

**(2 ONLY)** Once you have seen the gorge, turn around and walk back down to the most recent gate. Turn left immediately before the gate, through a small gully with a large beech tree to your right, before emerging in a wide open U-shaped valley. Follow the right hand wall up the steep bank, and take the second gate through the wall on to **Long Lane**.

Follow this lane until you reach a fork, where you take the right hand turn. Shortly after, you will go through some tunnels, emerging in **Clapham** by the church and park.



**(3 & 4)** Continue through **Trow Gill**, from there follow the trodden path parallel to the wall on the left until it comes to an end, where you reach a double stile over the wall. Climb over the stile and follow the natural path that bends to the right. In around 5 minutes you will see a large fence circling a hole. You have reached the surface entrance to the U.K.'s most famous pothole, **Gaping Gill**.

**(3 ONLY)** Return to the double stile and instead of turning right and going back the same way, continue straight ahead of you along the trodden path. Eventually you will go down a steep banking and you'll land in the base of a U-shaped valley.

Follow the banking back up to the top of the far side and you will find a wall to your right with a gate onto a path called **Long Lane**. Follow this lane until you reach a t-junction, where you take the right hand turn. Shortly after, you will go through some tunnels, emerging in Clapham by the church and park.

### 4 CLASSIC INGLEBOROUGH CIRCULAR

Difficulty ★★★★★  
Elevation ▲ 723m  
Distance 🚶 10.4 miles

**(4 ONLY)** From **Gaping Gill**, the steep climbing begins. The route is fairly obvious, you go uphill until you reach a small plateau, which is **Little Ingleborough**. Follow the footpath onward, and you will reach one final climb to the summit of **Ingleborough**! From here, follow the ridge along to your right, and take the next path off the summit on to the **Dales High Way**, which follows a footpath east until you reach a clear cross-roads with finger posts. Take the right turn ("**Pennine Bridleway Clapham 3 ½ ml**"), and follow the footpath and the **Pennine Bridleway** arrowhead posts until you reach a gate through a dry stone wall. Once you have passed through the gate, hug the wall to your left, round the outskirts of the field, until you reach a gate on to **Long Lane**. Follow this lane until you reach a t-junction, where you take the right hand turn. Shortly after, you will go through some tunnels, emerging in Clapham by the church and park.

ENJOYED  
YOUR WALK?  
SCAN HERE TO  
REVIEW!



## SAFETY & EQUIPMENT

This walking guide is a route suggestion only. When embarking on any of the walks, we advise that you come suitably equipped with robust outdoor attire (including waterproofs) and map and compass. Your participation in the walk is at your own risk and we shall not be held liable under any circumstances for any matter arising out of your participation.