



The Dales Way

11th May – 19th May 2024

Information pack

 maternity
worldwide



Join us on this classic walk from the Lake District through the beautiful Yorkshire Dales in Springtime

This is one of the most attractive long-distance walks in the UK, passing through some of the most delightful river valleys of northern England. As long-distance walks go, this is one of the shortest (79 miles) and least strenuous. In general, it avoids the highest moors, hills and mountains, seeking instead the peaceful beauty of the valleys ('the Dales'). The reward is not only some of the finest and picturesque views in England, but also the charm of the many villages we pass through, most with a long and fascinating history.

With an average distance of about 11 miles per day, this is a walk where we have time to absorb the unique atmosphere of the Dales farms and explore the many churches, pubs and other points of interest, such as the Settle-Carlisle railway and its engineering achievements. The walk starts by the shores of Lake Windermere (England's largest lake), goes close to (but does not ascend), the famous Yorkshire Three peaks and ends in the spa town of Ilkley, famous for the song about its moor.

The Dales in Springtime are irresistible, so, if all this appeals to you and you enjoy meeting and walking with a group of like-minded people, then this is an experience for you.

This pack should contain all the information you need but, if you have any questions, please contact us on: info@maternityworldwide.org

We hope to see you on this amazing walk!

The Dales Way May 2024

A little bit about us

Maternity Worldwide helps women and girls in developing countries to access the high quality maternal health they need to be able to give birth safely through the development of integrated maternal health programmes.

Maternity Worldwide is a UK registered charity (1111504) and was established in 2002 by a group of health professionals frustrated by the lack of maternity care and facilities in developing countries. In the last 20 years, Maternity Worldwide has saved the lives of thousands of women during pregnancy and childbirth and has worked in 12 low income countries.

Facts about childbirth*

- Every day across the world 815 women die in pregnancy and childbirth, that's 250,000 every year
- Sub-Saharan Africa accounts for 68% of global maternal deaths
- Lifetime risk of maternal death, 1 in 60 Malawi, 1 in 49 in Uganda, 1 in 55 in Ethiopia.

*From World Bank



Our programmes

In the last 20 years, Maternity Worldwide has worked in 12 low income countries. Our work is currently focused in Malawi, Uganda and Ethiopia



Ethiopia: Our first integrated maternal health programme was in the rural West Wollega region of Ethiopia and we have since carried out a range of projects in other parts of Oromia and around the capital Addis Ababa including training skilled birth attendants.

Uganda: We started working in the Hoima district in 2012 and have provided maternity staff training, built and equipped a new health centre, as well as providing health promotion and income generating activities through women's groups in the surrounding villages.

Malawi: We developed a comprehensive integrated maternal health programme in the rural Zomba district, supporting maternal and newborn health in 91 villages and three district health centres. Our model is to provide health promotion and establish women's groups and income generation programmes, as well as training local medical staff.

About the walk and itinerary

(Please note the itinerary is subject to change)

The walk can be done in either direction and we shall start in Bowness on the shores of Lake Windermere in the Lake District National Park and walk through the Yorkshire Dales National Park, finishing in the Yorkshire spa town of Ilkley, a total walking distance of 79.5 miles over 7 days.

In designing the itinerary and accommodation, we have prioritised keeping close to 11 – 12 miles per day, rather than a mixture of very long days and very short days which would be necessary if we were walking between accommodation without any transport. We will therefore have a back-up vehicle which will take us to our accommodation at the end of the day and bring us back to that point the next morning. In addition the vehicle will transport luggage so that we can travel light on the walk itself.



About the walk and itinerary



Doing it that way also means that we can have two nights in the same accommodation three times, reducing the need for packing and unpacking.

We shall supply more information on the walk and points of interest and recommendations for clothing and footwear etc after registration, but the following gives an outline of the itinerary and the places we shall pass through or close to. The route is well signed and we will give daily briefings before you set out.

Day by day

Day 1 Saturday 11th May. Walking distance 0 miles. Overnight Kendal


Arrive at Kendal (good train access) where our group will check in to the Riverside Hotel. We hope to arrange an evening group meal so that we can meet each other and discuss plans for the walk.

Day 3 Monday 13th May. Walking distance 13 miles. Overnight Sedbergh

Back to Burneside after breakfast to start a beautiful day's walking. As you might expect, a feature of the Dales Way is the number of different rivers and their valleys that we pass through. We have already met the River Kent and the River Sprint and today we shall be introduced to the River Lune and the beauty of Lonsdale. We also see last glimpses of Lakeland mountains including Coniston Old Man and the Langdale Pikes as we leave the Lake District and move on towards the ancient market town of Sedbergh (dating from 1251) and the mysterious hills known as the 'Howgills'. Our accommodation (for two nights) is in self-catering apartments near the centre of the town.

Day 2 Sunday 12th May. Walking distance 9.5 miles. Overnight Kendal

After breakfast, transport will be provided to Bowness on Lake Windermere, the starting point for the Dales Way travelling Eastwards. There will be time to visit the Lake and do any shopping in Bowness before we start the walk. Today's walking will be across tranquil farmland, with gentle hills and distant mountain views, passing through the historic village of Staveley (known in earlier days for its manufacture of bobbins) and on to the village of Burneside, which has two rivers, the Kent and the Sprint. We shall return to our accommodation at the Riverside Hotel in Kendal.




Day by day

Day 4 Tuesday 14th May. Walking distance 12 miles. Overnight Sedbergh

This is a special day through Dentdale, considered by many as one of the most picturesque of all the dales. We start by the River Lune at the interestingly-named Lincolns Inn Bridge (all will be explained later) and soon join the River Rawthey and its confluence with the River Dee. For the rest of the day we will wind our way up the beautiful valley of the River Dee amid scenes which seem not to have changed for centuries. The highlight must be our visit to the little Town of Dent with its cobbled streets, closely packed houses and 12th Century Church (and two pubs). We continue up Dentdale as far as the hamlet of Cowgill before being transported back to Sedbergh to our accommodation.

Day 5 Wednesday 15th May. Walking distance 12 miles. Overnight Kettlewell

Today we follow what is certainly the wildest and most remote part of the walk, where we cross the highest point and also the half-way point. We have spectacular views of the engineering feat which is the Settle Carlisle railway with the Denthead Viaduct and, for those who are willing to walk an extra mile or so, the famous Ribbleshead Viaduct. All of this is in close proximity to the Yorkshire three peaks, Wharfedale, Penyghent and Ingleborough. We then cross the infant River Ribble on its way to the West Coast and over the watershed, briefly joining the Pennine Way, past one of the remotest farms in England and into the valley of the River Wharfe to Oughtershaw, where our transport will take us to our accommodation in the fascinating village of Kettlewell in Wharfedale.



Day by day

Day 6 Thursday 16th May. Walking distance 10 miles. Overnight Kettlewell

Today we follow the infant River Wharfe from Oughtershaw through Langstrothdale, passing through the hamlet of Hubberholme (noted in the Domesday survey) and its two main buildings, the 13th Century Church (particularly notable for its oak rood loft) and the historic George Inn. We are now in limestone country with many outcrops decorating the steep sides of the Dale. Unless in flood, the River Wharfe frequently disappears below the rocks of its limestone bed. We pass through the village of Buckdden, our first habitation in Wharfedale boasting three inns, on through Starbotton and into Kettlewell and back to our accommodation.

Day 7 Friday 17th May. Walking distance 13.5 miles. Overnight Burnsall

Today we take one of the few high level walks on the Dales Way. Climbing up from Kettlewell, we temporarily leave the Wharfe, now a broader river and enter Lea Green with its ancient settlements and classical limestone pavements. We pass the limestone outcrop known as Coniston Pie, with magnificent views across the Wharfe Valley to Kilnsey Crag, a favourite training ground for climbers because of the challenge of its overhanging lip at the top of the Crag. The route now takes us into Grassington, the principal town in Upper Wharfedale with many fascinating shops and market square, where the recent 'All Creatures Great and Small' TV series was filmed. We return to the Wharfe with time to see Linton Falls and then following the river all the way downstream, through the village of Burnsall and to Barden Bridge overlooked by the ruined Barden Castle. Our transport then returns us to Burnsall and our overnight accommodation.

Day by day

Day 8 Saturday 18th May. Walking distance 9.5 miles. Overnight Ilkley

From Barden Bridge, we follow the Wharfe into the Bolton Abbey Estate, which has many fascinating footpaths in its woods and deep ravines containing the Wharfe. Especially famous is 'The Strid' where the whole river (now normally wide and fast flowing) is constrained into a narrow passage between rocks which allegedly can be crossed in one 'stride'. Please don't try it, the rocks are slippery, attempts to find the bottom of the pool beneath have failed and there have been fatalities here. We soon come past the ruins of Bolton Priory of great historical interest, and the present day church and pass Bolton Bridge. On our way to the village of Addingham, we pass an interesting and historic Quaker Meeting House dating from the early 19th Century and then follow the river downstream. All good things come to an end and soon we see the outskirts of the spa town of Ilkley against the backdrop of its famous moor and finish the walk fittingly at a bridge over the River Wharfe. Accommodation this evening is in the Black Hat Hotel in Ilkley.

We plan to arrange an end-of-walk party in the nearby village of Burley-in-Wharfedale to round off what we hope will have been a wonderful week of walking.



Day 9 Sunday 19th May. Depart Ilkley.

Costs and fundraising



In order to ensure that the money you raise can be put to the best charitable use (and be eligible for Gift Aid), we ask participants to cover their direct costs for taking part in the trip.

Included in the costs are your accommodation for 8 nights, breakfast (except for the 2 nights in Sedbergh), transport between walking points and your accommodation, luggage transfer service and a support vehicle.

Total Cost (shared room) = **£790**

Fundraising Minimum: **£750**, not including Gift Aid

Fundraising Target **£1,000**, not including Gift Aid

We ask that at least 50% of your fundraising minimum amount (£750, not including Gift Aid) be raised before the trip (to be confirmed by 26th April 2024).

Administration, driving and other support is being provided by Maternity Worldwide on a volunteer basis.

Fundraising Guide

We will provide this very helpful guide to all who register for the walk.

The money you raise could provide.....



£1.20 – Antibiotics to prevent infection after childbirth

£18 – A safe birth for a mother

£50 – An emergency caesarean delivery

£80 – One month of midwifery training

£100 – Community health promotion sessions on maternal and newborn health

£120 – For a bicycle so a health care worker can reach mothers in remote villages

£600 – An oxygen concentrator to save lives of mothers and babies

£1,600 – To provide the salary for a midwife for 6 months



Accommodation*

We have arranged a combination of hotel, self-catering and, in one case, Youth Hostel accommodation as described below. Please note that costs are based on sharing rooms (usually twin bedded with en suite facilities). Please let us know on the Registration Form if you will be walking with a companion that you wish to share with. It may be possible to provide rooms with single occupancy at extra cost in at least some of the places we stay*



*Please note that Room allocation will be carried out by Maternity Worldwide. We will do our very best to match your needs and preferences but reserve the right to make changes to accommodation if circumstance change.

11/12th May. Riverside Hotel, Kendal. Accommodation here will be Bed & Breakfast in twin bedded, en suite rooms.

13/14th May. Howgills Apartments, Sedbergh. Accommodation here will be self-catering in 2-bedroom apartments.

15/16th May. Kettlewell Youth Hostel. This is a highly rated Youth Hostel and our accommodation will be Bed & Breakfast.

17th May. Red Lion Inn, Burnsall. Our accommodation here will be Bed & Breakfast in the main hotel or in its two adjacent cottages.

18th May. The Black Hat, Ilkley. Our accommodation here will be Bed & Breakfast in twin rooms in the hotel main building.

Other Information and FAQs

Meals - Our accommodation is on a bed and breakfast basis, except in the Howgills Apartments in Sedbergh, which is self-catering. We plan to arrange a welcome meal in Kendal on Saturday 18th May, included in the cost. Other dinners, lunches and snacks are NOT included in the cost, but we will be able to give guidance on suitable venues at the daily briefings. Guidance will also be given where there are places to obtain lunch on the route or where you may wish to take a packed lunch with you.

Safety and Security - We expect no unusual hazards or risks on this walk, which is considered in the 'easy' category, but appropriate clothing and footwear should be worn. Guidance will be given with a check list nearer the walk date. We will ask you to complete a confidential medical questionnaire before the trip.

Insurance - You may wish to have travel insurance for this trip to cover any loss or theft of belongings or other risks

Transportation - Your accommodation will always be relatively close to the walking route. At the end of the walking day the minibus will collect you and take you to your accommodation and vice versa the following morning. Please note that the minibus may need to make two trips, but distances are short and if you are in the second group, the wait will be short.



Other Information and FAQs



What do I have to carry when I am walking?

Only what you expect to need on that day. On days where we move accommodation, you can place your luggage in the accompanying minibus and it will be delivered to your next accommodation ready for your arrival.

Is there mobile phone reception?

There is good mobile phone reception for much of the walk, but there are sections where reception is poor or non-existent.

Routes and Maps

There are numerous maps and guidebooks on the Dales Way and we would encourage you to consult these before and on the walk. From our own experience, we especially recommend the Cicerone Guide '*Walking the Dales Way*' by Terry Marsh which is a pocket size guide and map, with a wealth of information on the route and the points of interest.

Register now

To register please complete the registration form which also gives details around how to pay the deposit

For further information and to get the registration form please email info@maternityworldwide.org with the header 'Dales Way May 2024' in the title

Thank you and see you soon!

