













22 Secrets of Swaledale

Dist	Type	Note	Next
0.0		Start of route	0.1
0.1		From the centre of Reeth head downhill on the B6270	1.3
1.4		Right (SP Redmire)	0.1
1.5		Right (SP Harkerside)	4.5
6.0		Easy to miss! Turn right onto the track by Low Barn House (SP Swale Trail)	3.0
9.0		Left at the T-junction	0.3
9.2		Right (SP Swale Trail)	0.3
9.5		Continue as the track gets a little rougher	2.5
12.0		Right (SP Gunnerside). If you want to follow the road route rather than the rough stuff route, turn left and continue via Muker and Thwaite to Keld	0.6
12.7		In Gunnerside turn left by the pair of benches	2.7
15.3		Follow the main track up the valley	6.7
22.0		Rejoin the road and turn right	5.7

22.0 kilometers. +434/-295 meters

Dist	Type	Note	Next
27.7		Right at the Tan Hill Inn (SP Reeth)	18.2
46.0		End of route	0.0

24.0 kilometers. +146/-467 meters