

89. Hebden Dale

Distance **6.5 miles/10km**

Ascent **514 metres**

Start/finish **Midgehole Road car park, HX7 7AP**

From New Bridge take the main path west in the woodland to the north of Hebden Water, following the river valley to the National Trust owned Gibson Mill (1.1 miles/1.8km). Stay on the same bank and continue on the path up Hebden Dale, passing Hardcastle Crag and following the valley left through Walshaw Wood to reach a footbridge at SD 959314 (2.9 miles/4.6km). Cross the bridge over Alcomden Water and turn left onto the road crossing Graining Water then climb the hill to a footpath heading left before Widdop Gate (3.2 miles/5.2km). Follow this footpath back down the river valley, hugging the south-western bank and dropping down to the riverside opposite Hardcastle Crag. Continue south past the footbridge to Gibson Mill and through Hebden Wood, across a small bridge and back to the start.

Miles	Km	Directions
0.0	0.0	Take the main path west in the woodland to the north of Hebden Water, following the river valley to the National Trust owned Gibson Mill.
1.1	1.8	Stay on the same bank and continue on the path up Hebden Dale, passing Hardcastle Crag and following the valley left through Walshaw Wood to reach a footbridge at SD959314.
2.9	4.6	Cross the bridge over Alcomden Water and turn left onto the road crossing Graining Water then climb the hill to a footpath heading left before Widdop Gate.
3.2	5.2	Follow this footpath back down the river valley, hugging the south-western bank and dropping down to the riverside opposite Hardcastle Crag.
4.2	6.7	Continue south past the footbridge to Gibson Mill.
4.6	7.4	Stay on the western bank and follow the path south climbing up the hill away from the river but still following the valley through Hebden Wood across a small bridge and back to the start.