

94. The Howgills

Distance **6 miles/9.5km**

Ascent **605 metres**

Start/finish **A683 layby, near the Cross Keys hotel, LA10 5NE**

Follow the obvious path north-west up Cautley Holme Beck, bearing L to pass Cautley Spout waterfall and climbing up Swere Gill to the trig point on the summit of the Calf (2.2 miles/3.6km). Turn R and follow the Dales High Way along the ridge towards Hazelgill Knott. Turn R at SD 673987 before you reach Hazelgill Knott and follow the path down next to Ram's Gill into Bowderdale (3.8 miles/6.1km). Turn R and follow Bowderdale Beck upstream, past Bowderdale Head and over the small col before descending to the path junction below Cautley Spout. Join the outbound path and follow it back down Cautley Holme Beck to the start.

Miles	Km	Directions
0.0	0.0	Follow the obvious path north-west up Cautley Holme Beck to the fork in the path at Cautley Spout Tongue.
1.1	1.8	Bear left passing Cautley Spout waterfall and climbing up Swere Gill to the trig point on the summit of the Calf.
2.2	3.6	Turn right and follow the Dales High Way along the ridge towards Hazelgill Knott to a right turn at SD673987 above Ram's Gill.
3.5	5.6	Follow the path down to the bridleway in Bowderdale.
3.8	6.1	Turn right and follow Bowderdale Beck upstream, past Bowderdale Head and over the small col before descending to the path junction below Cautley Spout.
4.7	7.6	Continue down the outbound path to finish.