

97. Pen-y-ghent

Distance **10 miles/16km**

Ascent **634 metres**

Start/finish **Dale Head, BD24 9PW**

Head off down the Pennine Way past Dale Head Farm and fork R at the junction, staying on the Pennine Way, across the moorland and up the steep climb to the summit of Pen-y-ghent (1.6 miles/2.6km). Continue in the same direction staying R of the wall and following the path north then around to the R over Plover Hill to intersect with the Pennine Journey bridleway on Foxup Moor. Turn R and follow this until you start curving L and descending more steeply, where you turn R onto a smaller path heading south-east to the road at Hesleden Bergh (6.5 miles/10.5km). Turn R on this road and join a footpath on the L after a cattle grid, then follow Pen-y-ghent Gill back to the same road near the Giant's Grave cairn. Cross the road and continue on the path to Blishmire House, turn L and follow its drive back to the road. Turn R and follow the road back to the start.

Miles	Km	Directions
0.0	0.0	Head off down the Pennine Way past Dale Head Farm to a fork in the track where the byway heads left.
0.6	0.9	Bear right and follow the Pennine Way across the moorland and up the steep climb to the summit of Pen-y-ghent.
1.6	2.6	Continue in the same direction staying R of the wall following the path north. Skirt around to the right over Plover Hill and then down to intersect with the Pennine Journey bridleway.
3.7	6	Turn right and follow this until you start curving left and descending more steeply where a track heads left at SD871764.
5.5	8.8	Turn right and follow this path south-east to the road at Hesleden Bergh.
6.5	10.5	Turn right on this road and follow it to a cattle grid.
7	11.3	Join the footpath on the left and follow Pen-y-ghent Gill back to the same road near the Giant's Grave cairn.
8.4	13.5	Cross the road and continue on the path to Blishmire House, turn left and follow its drive back to the road.
9.1	14.6	Turn right and follow the road back to the start.