

# BOLTON ABBEY ESCAPES

IN THE YORKSHIRE DALES

## Cavendish Pavilion to Simon's Seat, Barden and return

### Start at Riverside Car Park

📏 Distance	13.25 km / 8.25 miles
🕒 Time	4.5 hours
🏔️ Terrain	Moderate / hard
🚼 Pushchairs	No
🐕 Dogs	Not allowed

- 1 Cross the wooden bridge at the Cavendish Pavilion and follow the path upstream.
- 2 Climb the stile to reach the road where you turn left.
- 3 Follow the road to Waterfall Cottage. Turn right through the gate and follow the track uphill.
- 4 You soon reach a track down to the left to a waterfall. Cross the bridge and follow the path to the upper waterfall.
- 5 From the waterfall retrace your steps to rejoin the path from the wooden footbridge.
- 6 Turn right up the ladder stile in the wall. Follow the path up through the woods.
- 7 On leaving the trees, carry straight on up a well defined path across the moor to the summit of Simon's Seat.
- 8 From the Trig point at 485m retrace your steps for a short distance to where the path splits. Instead of taking the path off to the left that you came up, carry straight on down towards the plantations.
- 9 A track descends steeply through the plantations and goes straight across Howgill Lane and on down the main road.
- 10 Cross the road. Follow the track by the beck to the river and return to Barden Bridge.
- 11 Keeping to the same side of the river, follow the path as it passes through fields and into the wood.
- 12 After crossing Posforth Gill you reach a path taking you out of the wood. This leads through a field to the wooden bridge.

