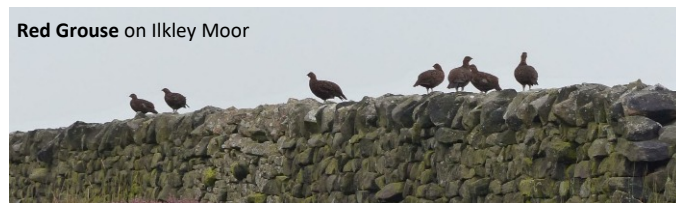
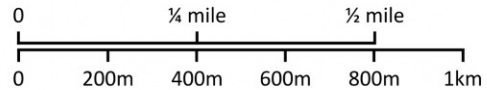
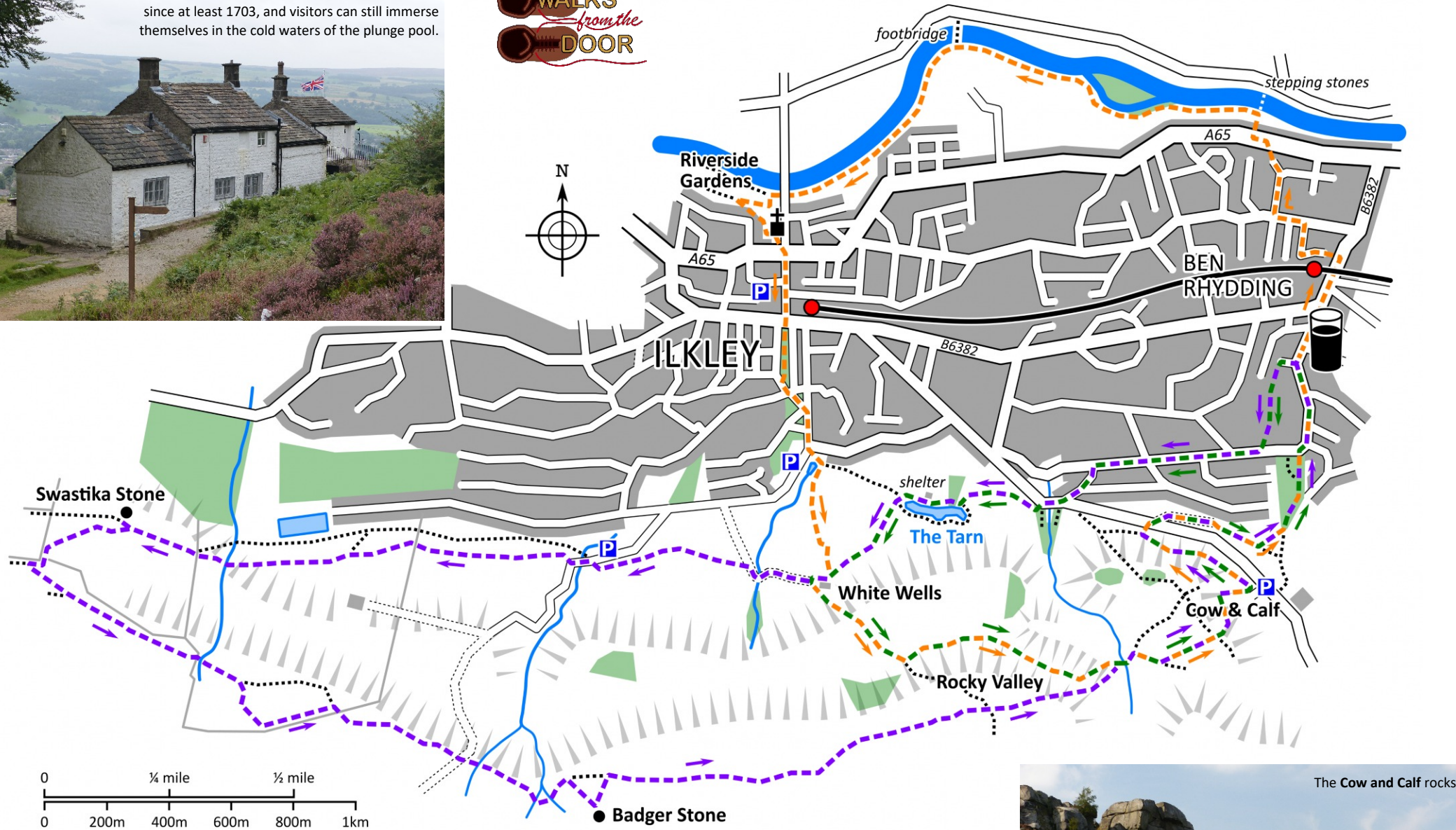
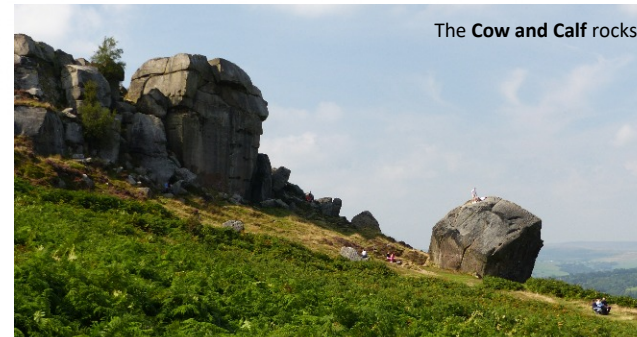




White Wells has been a destination for bathers since at least 1703, and visitors can still immerse themselves in the cold waters of the plunge pool.



Red Grouse on Ilkley Moor



The Cow and Calf rocks

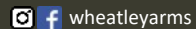
THE WHEATLEY ARMS

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wheatleyarms

three circular walks from



THE WHEATLEY ARMS

Ben Rhydding, Ilkley, West Yorkshire



Cow & Calf

3¼ miles: Fairly strenuous

Onto Ilkley Moor for fine views, a historic well cottage and iconic rock formations.

River Wharfe and Ilkley Moor

4¾ miles: Fairly strenuous

Alongside the River Wharfe to historic Ilkley town centre, with a return via the Cow & Calf.

The Swastika and Badger Stones

6¾ miles: Strenuous

Enigmatic rock carvings and all the best-loved highlights of Ilkley Moor.

Cow and Calf (3¼ miles: Fairly strenuous)

Allow 2 hours. Some road walking, and a moderate climb to White Wells, with steps. Some paths on Ilkley Moor are rocky and uneven.

1 From the front of the pub on Wheatley Lane, cross into Longcroft Road, noting the old cottage dated 1671 on your right. **2** At the end of the cul-de-sac, follow a footpath to the left beyond the last house. This path leads uphill between garden fences to Ben Rhydding Road. **3** Turn right along the road and follow it for 550m, passing the junctions with Clifton Road, Rombalds Lane and Constable Road. **4** Turn left into Old Lane and follow it round to the right, keeping right at a junction to reach Hangingstone Road. **5** Ignoring the path immediately opposite, cross and turn right for a short distance across a small dip before taking the next path, through a gate on the left. **6** Follow the path right through trees and keep straight ahead when another path joins obliquely from the right. **7** The path winds through bracken, gorse and rowan to a small lake known as “The Tarn”. **8** Turn right along the surfaced lakeside path and follow it past a shelter to the end of the lake. **9** Cross the metalled path and take a narrow, unsurfaced path to the right of a lamp-post that leads up steps through bracken. This path, rocky and uneven in places, leads up to the white-painted cottage at White Wells. **10** Pass between the cottage and the toilet block, and take the broad, stony footpath heading uphill (indicated by a wooden ‘Millennium Way’ fingerpost). The path bends left round a rise capped with a small clump of trees, then climbs less steeply. **11** After another left-hand bend below woodland the path divides; take the lower fork along the bottom of the rocky edge (Ilkley Crags) on your right. After a while this path leads up the bouldery defile known as Rocky Valley to the highest point of the walk. **12** Take a descending, sandy path on the left that leads to a bouldery stream crossing. **13** Follow the upper path beyond, which runs across fairly level ground to the right of the rocky quarried areas above the Cow and Calf. **14** When you meet a crossing path, with views down to the car park and hotel, follow the path ahead, which curves left towards the Calf rock. **15** At the mouth of a quarry on the left, turn right and walk down the paved path to the car park. **16** From the end of a parking bay on the left, a path runs parallel to the road, marked with a Stanza Stones waymark post. **17** Pass below the Calf rock and ignore a crossing path. 400m from the car park, turn sharp right onto a narrow, slightly sunken path that leads down to the road. **18** Turn right (uphill) for a short distance and take a driveway on the left with a sign for Moor Cottage. **19** Follow the driveway to the end then take the path through a gate to the right of the house. This path climbs then levels off. Before it climbs again towards a covered reservoir, take a path off to the left that leads through trees and scrub to a gate. **20** Continue along the descending path through the trees. At a fork, keep right for the direct route down steps, or swing left for a longer but gentler descent. **21** From the bend at the top of Wheatley Lane, cross the entrances to High Wheatley and Wheatley Rise as you walk steeply down the zig-zag road back to the Wheatley Arms.

River Wharfe and Ilkley Moor

4¾ miles: Fairly strenuous

Allow 3 hours, plus time for sightseeing. Moderate climb to White Wells, with steps. Some paths on Ilkley Moor are rocky and uneven.

1 From the front of the pub on Wheatley Lane, turn right and walk downhill, past the end of Brighton Road. **2** Cross Ben Rhydding Drive and continue downhill (passing the 17th-century Wheatley Hall on the left) to pass under a railway bridge. **3** Immediately after the bridge turn left along a short, metalled path that joins Cardan Drive. Follow this residential road round a right-hand bend to its junction with Valley Drive. **4** Cross and turn left, past a bus stop, then turn right into Wyvil Crescent. **5** At a right-hand bend, turn left into a cul-de-sac. Beyond the turning circle at the end, continue along a short footpath to the bank of the River Wharfe at the end of some stepping stones. **6** Turn left, without crossing the river, onto the riverside path. The path runs below gardens, allotment and waste ground to a foot-bridge. **7** Stay on the southern bank, now on a tarmac path, passing the ends of a series of residential roads and then a series of houses and gardens. **8** Pass through a short tunnel under a road into a park. Leave the riverside path, turning left by a litter bin, and follow the surfaced path past a flagpole and round to the right past a bench. **9** Take the next path on the left and walk up the slope. **10** Turn right and left past a section of Roman wall to emerge in front of the Manor House, an art gallery and museum. **11** Turn left up steps into the graveyard and walk round the rear of the parish church, which contains three Anglo-Saxon crosses. **12** Exit to a crossroads via the paved area at the far corner, diagonally opposite the Crescent Hotel, and cross Church Street at the traffic lights. **13** Walk up Brook Street to The Grove. **14** Cross with care and pass to the right of a fountain. Take the surfaced path between the two roads, which follows a small stream with various bridges and side paths. **15** On emerging into Queens Road at the top, turn left and then right into the tree-lined Wells Road. **16** Just before a cattle grid, turn left into Crossbeck Road and immediately right past the front of Hillside, a large house whose blue plaque records a visit by Charles Darwin. **17** Go through the smaller, right-hand gate and walk to the left of a paddling pool and up some shallow steps. **18** Ignoring side-paths to right and left, follow the path as it climbs towards the obvious cottage at White Wells, crossing another path and climbing some more steps.

From White Wells, follow the **Cow and Calf** walk from step **10** onwards to return to the Wheatley Arms.

For a longer walk of 8¼ miles, follow steps 1–18 of the River Wharfe and Ilkley Moor walk to White Wells, then pick up the Swastika and Badger Stones walk from step 10.

The Swastika and Badger Stones

6¾ miles: Strenuous

Allow 3–4 hours. This route crosses open moorland, which may be boggy in places, and some of the paths are rocky and uneven.

Follow steps **1–9** of the **Cow and Calf** walk, as far as White Wells.

10 From White Wells cottage, walk down the obvious path to the right of the toilet block. **11** Just after the path curves to cross a railed-off stream at Willy Hall’s Spout, turn left onto a narrower path with a “Dales High Way” waymark. **12** The path contours across the bracken hillside; at a narrow fork keep left, to emerge by a small parking area. **13** Follow the road ahead over a stream then, when the road bends left, take a path on the right. **14** Rather than walking along the bottom of the moor close to the houses, take a parallel path on the left, slightly higher up. **15** Go through a hand-gate in a wall and when you meet a more obvious, stony track follow it left, passing above a reservoir. **16** After crossing a small stream, pass through a gate in a wall and continue to the Swastika Stone, on a rocky outcrop protected by railings (the original carving is on the main outcrop; the more obvious carving on the smaller stone in front is a modern copy). **17** From the Swastika Stone, retrace your steps past a bench, where a mostly grassy path on the other side of the main track leads obliquely up the hill above the Swastika Stone. **18** Follow this path up the slope to a walled corner at the top right. **19** Go through the gate and turn right along the wall. At a second gateway turn hard left and follow an ascending, eroded path up the slope. Carry on in the same direction as another path joins from the left. **20** Pass through a gate in a wall (with a through-stile to the right) and cross a small, boggy stream. **21** Shortly afterwards, follow the path as it bends to the right and climbs to meet a wall. **22** Follow the wall leftwards for 250m then turn right through a gateway. (The Neb Stone, a prominent projecting rock with a couple of possible cup-marks, is a short distance to the left, along the wall at a corner.) **23** From the gateway, follow the obvious track across the moor until it meets a major track. **24** Cross straight over onto a rough path that crosses a couple of boggy streams. **25** Immediately after the small valley, head off the main path for a short distance to the right to view the Badger Stone, which is next to a bench. Most of the cup and ring marks are on the rear surface. **26** Several paths radiate from the Badger Stone; take the next one clockwise from the path you used to approach the stone, and you will pass to the right of another half-buried cup-marked rock, though the carvings are much less obvious. **27** On regaining the main path you left earlier, turn right. This worn path heads across the featureless moor, then swings towards an area of trees before bearing right of them to a large cairn just over the brow of a low rise. **28** A little way beyond the cairn, cross a major path and follow the sandy path ahead. This drops down over eroded ground, crossing another path on the way, to a bouldery stream crossing.

Now follow the **Cow & Calf** walk from step **13** onwards to return to the Wheatley Arms.



The obvious carving nearest the front railing at the **Swastika Stone** is a modern replica. The original carving is on the flat rock behind.



This **Roman masonry** is a remnant of the west wall of Ilkley’s Roman fort, abandoned in the 4th or 5th century. The Manor House, partly built on Roman footings, contains a museum and art gallery.



These stepping stones cross the **River Wharfe**, though our route avoids them.



Text, mapping and photography
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