



Gouthwaite Circular, Pateley Bridge



Introduction

This is a good introductory route to Dales mountain biking using minor roads and good stone tracks. It takes you along the side of Gouthwaite reservoir, famous for its bird life, on a track and back down the other side on tarmac. A more technical section through some old mine workings then returns you to good stone tracks back to Pateley Bridge.

The Route

1. Go up Pateley Bridge High Street and turn left opposite Kendall's Butchers onto Church Street. Continue ahead and then turn right at the junction by the Church. Follow this road to Wath. turn left signed 'Heathfield Caravan Park'. Follow this small road up the valley through a series of caravan parks. Eventually it turns into a good stone track.
2. In Wath as the road bends left, turn right on to farm track which climbs steeply up through trees. As you exit the trees take the left hand farm road and follow this obvious track for 4km alongside Gouthwaite reservoir to reach Bouthwaite.
3. Turn left at the road, cross over the river and meet another road. Turn left on this road and head through Ramsgill and continue on this road back alongside Gouthwaite reservoir.
4. Go past the turning for Wath, and then 1km later take the right turn signed 'Heathfield' just before you reach the Bridge Inn. After 100m
5. Shortly after a gate there is a prominent fingerpost for the 'Nidderdale Way' on the left. You are now heading into the technical section - take care! Descend to a bridge over a stream. Opposite you are the old mine workings which the route zig zags through. At the top of the workings take the obvious track uphill. Go through a wall gap, keep on the track and then right at a track junction. Descend to swing right over a bridge, continue on and swing left over the next bridge. You are now on tarmac. Go up a short climb and then a long swoop back to Pateley. Get ready to brake as the main road has a habit of looming up. Turn left back to town.

Distance

21 km
(12 miles)

Ascent

500 metres

Grade

Moderate

Map

OS Explorer 298: Nidderdale

Starting Point

Pateley Bridge. There are two main car parks here both well signposted (Grid Ref: SE 157655).

Useful Information

- Toilets: Pateley Bridge.
- Pubs and cafes: Pateley Bridge, Wath, Ramsgill.
- Train station: Harrogate (approx 15 miles).
- Bus: Transdev Harrogate & District 24 service.

