



## ADDLEBROUGH and the CAUSEYS

FROM THORNTON RUST 8 MILES (12.9KM)

**S**tarting from the ancient village of Thornton Rust this walk has an excellent mixture of terrain and scenery. It is a journey filled with legend and history. The views are exceptional.

Thornton Rust, recorded as Torentun in Domesday Book, is an attractive and peaceful village well away from the heavy traffic passing through the valley bottom. Its history can be traced back to the fourth century when there was a small chapel dedicated to St Restitutus, a Bishop from London.

We leave the village along a walled lane meandering uphill onto the open moor and the slopes of Addlebrough. The hill is named after the British chief, Authulf, whose burial site is said to be marked by a cairn on its summit. Addlebrough may have been used as a lookout station by the Romans, who had a fort at Bainbridge.

Our route across Thornton Rust Moor traces the course of a glacial valley and on its southern slope is a large stone covered burial mound called Stony Raise. Despite stone robbing, excavations and mindless treasure hunters, it still covers an area of 113 feet (34.5m) and stands at a height of 8 feet (2.4m). Legend records that a giant fell here, dropping a heavy chest of gold. The chest fell to the ground, sank into the earth and was covered with stones. It is said that the chest will be recovered by a mortal when a fairy appears as an ape or a hen, but it must be removed in complete silence and without cursing!

At Carpley Green we continue along a quiet lane towards Bainbridge. There are good views of Semer Water with Wether Fell rising behind. To the north is the wild moorland of Askrigg Common which separates Wensleydale from Swaledale.

Bainbridge was established in the late twelfth century when it became the headquarters for the Wardens of the Forest of Wensleydale. They were entrusted with guarding the forest and its game in the King's name. The medieval stocks on the village green were in use during the reign of Elizabeth I. Offenders were fastened in the stocks for several days to be abused by other villagers, who would throw rubbish at them as a punishment.

After crossing Yorebridge we reach the first of the flagged causeys. The causeys were built in the eighteenth century to provide a dryer route to the market and mills at Askrigg. Our path leads to the tiny hamlet of Grange. This was the site of Fors Abbey, founded as a Savigniac monastery in 1145 and absorbed into the Cistercian order in 1147. The monks toiled for eleven years to establish their abbey. However, the harsh climate and rough land eventually forced them to move to the more hospitable site at Jervaulx in 1156. The abbey continued to be used as a chantry chapel and grange farm until the dissolution.

From Grange we follow another causey to Mill Gill. In 1908 a local entrepreneur, William Handley Burton, harnessed the power of Mill Gill to generate electricity for Askrigg. He devised similar schemes for other villages in Wensleydale and Swaledale. We enter Askrigg along a quiet lane leading

to St Oswald's Church. The church was founded in 1125. On the SW exterior wall there is a tombstone of 'an honest attorney'.

Askrigg is an elegant village. It has a narrow main street lined with three-storey houses built during the seventeenth and eighteenth centuries. The village enjoyed a period of prosperity as a result of its many industries. These included clockmaking, cotton spinning, dyeing and hand-knitting. Askrigg became world-famous as Darrowby in the popular BBC series *All Creatures Great and Small*. Skeldale House, the vet's home in the series, is opposite the church.

Our route from Askrigg crosses the former Wensleydale railway line where a final causey leads us through the meadows to Worton. In 1757, due to the high price of corn, this peaceful hamlet became the scene of a bread riot. A quantity of corn, destined for some gentlemen from Upper Wharfedale, was stolen by an angry mob. The mob also demanded money from people in the surrounding villages. The offenders were eventually caught and imprisoned in Richmond Jail.

Leaving Worton we climb gently to the woodland of Thornton Scar where you may be lucky enough catch sight of a roe deer, as these shy little creatures take shelter in the wood. Another short climb through the wood returns us to the road at Thornton Rust.

**Start/Parking:**

Thornton Rust, small car park near the centre of the village.

**Location:**

Thornton Rust is situated 2 miles (3.2km) west of Aysgarth just off the A684 Northallerton to Sedburgh road.

**Grid Ref:**

SD 972 888.

**Distance:**

8 miles (12.9km) circular. Allow 4½ hrs walking time.

**Total Ascent:**

1889 feet (576m) Maximum Elevation: 1352 feet (412m).

**OS Maps:**

Explorer OL30 (1:25,000) or Landranger 98 (1:50,000).

**Refreshments:**

The Rose and Crown Hotel and the Corn Mill Tea Room at Bainbridge. The Crown Inn, the Winville Hotel, the King's Head Hotel and the Rowan Tree Restaurant at Askrigg. Victoria Arms at Worton.

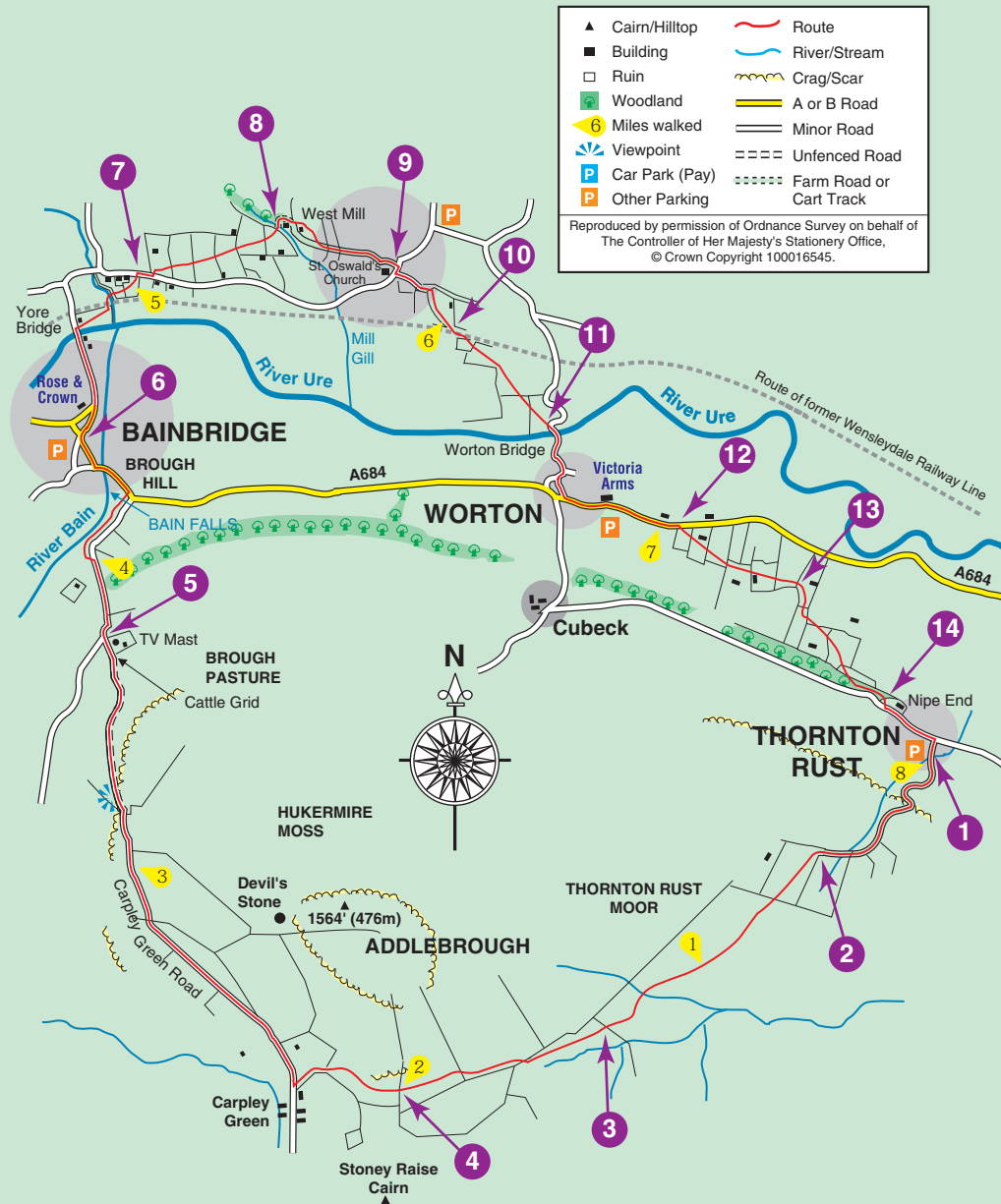
**Public Toilets:**

Bainbridge and Askrigg.

**Other:**

Post Office, telephone, shop.

## ADDLEBROUGH AND THE CAUSEYS



### THE DEVIL'S STONE

The large boulder visible just below the summit of Addleborough is known as the Devil's Stone. According to local folklore the Devil threw this stone from Crag Hill near Semer Water at a giant on Addleborough. The giant threw another stone at the Devil. This can be seen on the shore at Semer Water and is known as the Carlow Stone.

- 1 (GR 972 888) From the car park follow the lane across a ford. Continue on a walled track which meanders uphill to a gate. Go through the gate, cross a stream and follow the track to the wall corner.
- 2 (GR 967 884) At the wall corner bear left onto a clear track (*SP Bridleway*). The track climbs up to a gate leading onto the open moor. Go through the gate and bear right slightly keeping roughly on the same heading to a ladder-stile.
- 3 (GR 958 876) Cross the ladder-stile and continue ahead, gradually getting closer to the right wall. Go through a gate, turn left and follow the wall through two pastures to reach another gate.
- 4 (GR 948 873) Go through the gate and continue over the shoulder of Addleborough. Bear right and then descend left to go through a gate in the wall corner. Turn left and follow the wall down. Continue via a gate leading onto the road at Carpley Green. Turn right and follow the road downhill, passing a TV mast, to a T-junction.
- 5 (GR 935 893) Turn right and continue descending along the road. After ¼ mile (360m) leave the road via a gap-stile on the left (*SP*). Turn right and follow the wall down to another gap-stile leading onto the main road. Turn left and follow the road over the bridge and through Bainbridge passing the village stocks.
- 6 (GR 934 902) Turn right onto the Askrigg road and follow it past the Rose and Crown Hotel. After crossing the river Ure (*Yorebridge*) go through a stile on the right (*SP Askrigg 1*). Continue diagonally across the field joining a flagged path halfway. At a footbridge by the beck, turn left and cross a stone bridge further upstream. Go through two gates where another flagged path leads through two fields back to the main road.
- 7 (GR 936 910) Turn right and after about 75 yards (70m) go through a stile on the left (*SP Footpath*) continue diagonally through 6 fields to Mill Gill.
- 8 (GR 943 912) Cross the gill over a footbridge and follow a clear path to West Mill. Go through a gap-stile (*SP Askrigg*) and join a flagged path which leads onto a farm lane. Turn left and follow the lane past Askrigg Church to the main road.
- 9 (GR 948 910) Leave Askrigg on the lane opposite the church between Skeldale House and Sykes House (*SP Worton/Aysgarth*). When the surface of the lane becomes rougher fork right. Continue along a gravel path and go through a gate/stile. From the stile, continue close to the wall to the dismantled Wensleydale Railway line.
- 10 (GR 951 908) Bear left and down some steps by a metal kissing-gate. Turn left on the track. After 30 yards (27m) leave the track near another kissing-gate on the right. Continue down through two gap-stiles onto a flagged causeway, follow this across three fields to the road at Worton Bridge.
- 11 (GR 955 903) Turn right and cross the bridge. Continue up a steep hill and take the second turning on the left. At the main road turn left and follow the road through Worton passing the Victoria Arms.
- 12 (GR 961 899) About ¼ mile (400m) past the Victoria Arms leave the road through a gap-stile on the right (*SP Thornton Rust 1*). Follow a waymarked path diagonally across three fields. Cross a small stream and a wooden step-stile, then stay on a level course through three gap-stiles.
- 13 (GR 966 896) Turn right following the fence uphill and go through a gap-stile. Bear left (*SP Footpath*) and go through two gap-stiles, cross a rutted track and climb over a small hill to a wooden step-stile. Cross the stile and climb up to a gap-stile, bear left and go through a gap-stile into the wood (*Thornton Scar*). Turn left and after a few yards climb some steps. Continue on a clear path through the wood, to a gated stile (*Nipe End*).
- 14 (GR 970 890) Go through the stile and continue across the field to a gate leading onto the road at Thornton Rust. Turn left and follow the road to the village centre. At the village institute turn right returning to the car park.