

Destination Wellbeing ...

Next Stop: **Getting Active**

Clapham is one of many quaint villages nestled in the Yorkshire Dales. It is a convenient place to access some great walking routes by rail, all while witnessing some fantastic scenery.

A Day Out in Clapham

Starting from Clapham village, there are at least three recognisable walking routes that will take you to the summit of **Ingleborough**. Standing at 723m high, Ingleborough is one of **Yorkshire's famous Three Peaks**.

Clapham is also a good starting point for more Dales walks to Austwick, Bentham, Ingleton, Selside, Horton-in-Ribblesdale and Crummackdale.

If you follow the **Nature Trail**, you'll notice many wildflowers and other signs of **conservation**. The community in Clapham village take great pride in local conservation, stemming from the work of **Reginald Farrer** (1880 - 1920). The botanist travelled in mountainous regions of Asia, and introduced plant species from there to his home village, Clapham.

The Yorkshire Dales is home to some impressive geological features. Beyond the Nature Trail you will find the impressive **Ingleborough cave** where you can take a tour underground, **Trow Gill** (a ravine), **Gaping Gill** (a deep pothole on Ingleborough's south slope) and **Fell Beck** (a 104m waterfall).

If cycling is your preferred form of exercise, you can undertake a stage of The Pennine Cycleway. The cycleway runs through the 'Backbone of England', from Derby to Berwick-upon-Tweed on the border with Scotland. You could also enjoy some of the **Forest of Bowland AONB** cycle routes.

There are cafes and hostelrys in Clapham and the nearby villages to tempt you with home baking and hearty meals made with local produce.

