Ingleton and Cam End

This mountain bike route of 29.2 miles starts from [Ingleton](http://www.ingleton.co.uk/) on the western edge of the [Yorkshire Dales](http://www.yorkshiredales.org.uk/). It heads out on a clockwise route around [Ingleborough](https://en.wikipedia.org/wiki/Ingleborough) going under the Ribblehead Viaduct to reach Cam End junction before returning via the [Pennine Bridleway](http://www.nationaltrail.co.uk/pennine-bridleway). There is a great variety of riding with moorland tracks, hardpack double track, sheep clipped grass, fun singletrack and some rocky bits. It’s a great ride with big views and not many really steep bits or hugely technical sections.

1. Start from the [Information Centre](https://www.ingleton.co.uk/home/tourist-information/tourist-information-centre/) car park [(GR694730)](http://www.streetmap.co.uk/map.srf?x=369468&y=473000&z=115&sv=369468,473000&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=369468&ay=473000&lm=0) in the middle of Ingleton. Leave the car park, keeping the information centre on the right, and descend to the T-junction at the exit. Turn right and go under the bridge to the following junction [(GR694731)](http://www.streetmap.co.uk/map.srf?x=369448&y=473145&z=115&sv=369448,473145&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=655&ax=369448&ay=473145&lm=0). Turn left and descend a short way to the next junction. Turn left and descend to a junction with a lane on the right directly after crossing the bridge at the bottom [(GR694732)](http://www.streetmap.co.uk/map.srf?x=369415&y=473277&z=120&sv=369415,473277&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=369415&ay=473277&lm=0). Turn right and follow the lane out of the houses for a steep climb through the trees. After a while the lane plateaus and goes down a gentle descent before climbing again to a gated junction on a right hand bend [(GR699745)](http://www.streetmap.co.uk/map.srf?x=369922&y=474557&z=120&sv=369922,474557&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=369922&ay=474557&lm=0).

2. Go through the gate on the left and climb the lane towards the Twisleton Hall farm. Go through the gate just before the farm then follow the lane through the buildings to where it turns left to another gate. After the gate follow the rocky double track for a short distance to a signposted junction with a bridleway on the right [(GR700753)](http://www.streetmap.co.uk/map.srf?x=369998&y=475312&z=115&sv=369998,475312&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=369998&ay=475312&lm=0). Turn right and climb the grassy track across the face of the hill. Follow the track through a right hand hairpin at the wall then climb the steep rocky section. At the top the track bears left to a grassy junction. Take the either track and go through a long left hand bend. Continue climbing the obvious track through the tricky rock sections to a grassy junction at the start of the plateau at the top [(GR705760)](http://www.streetmap.co.uk/map.srf?x=370551&y=476064&z=115&sv=370551,476064&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=370551&ay=476064&lm=0).

3. Go straight ahead across the moss and marsh grass on the track that heads just to the left of a large area of limestone pavement*. In drier weather this track is easily rideable but in longer periods of wet weather it will be quite boggy in places*. Then track then bears slightly right around the limestone pavement where it becomes grassy, firm and more defined. Follow this track up the valley along the lumpy, grassy plateau to a grassy junction in the next section of limestone pavement on the left [(GR713768)](http://www.streetmap.co.uk/map.srf?x=371354&y=476846&z=115&sv=371354,476846&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=371354&ay=476846&lm=0). Turn left and follow the grassy singletrack a short distance to a grassy crossroad junction in the limestone pavement. Turn right and follow the track for a short distance to vague junction directly at the edge of limestone pavement. Turn right then follow the grassy track that soon becomes defined and follows the blue topped marker posts, staying just below the grassy bank on the left. Keep following this track straight ahead for quite some time, as it descends gently to a junction with a track at a farm [(GR731783)](http://www.streetmap.co.uk/map.srf?x=373071&y=478291&z=120&sv=373071,478291&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=373071&ay=478291&lm=0).

4. Go straight on through the gate and follow the double track through the farm. On the far side of the farm descend the rocky double track through a number of corners. At a junction with a lane on the right go straight on to the next junction directly after [(GR739790)](http://www.streetmap.co.uk/map.srf?x=373923&y=479041&z=120&sv=373923,479041&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=373923&ay=479041&lm=0). Go straight on through the gate in the stone wall then follow the gravel singletrack through the field to the next farm. Go straight on through the farm then through a gate just to the right of the last barn. Go straight ahead through fields and gates to the next farm. Go straight on through the farm to a junction with a lane between the barns on the right [(GR747797)](http://www.streetmap.co.uk/map.srf?x=374777&y=479716&z=120&sv=374777,479716&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=374777&ay=479716&lm=0).

5. Turn right and follow the lane to the next junction [(GR749792)](http://www.streetmap.co.uk/map.srf?x=374894&y=479256&z=120&sv=374894,479256&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=374894&ay=479256&lm=0). Turn left and go through the gate then follow the lane, in the direction of the Ribblehead viaduct, to a junction at the next farm. Turn right over the bridge then follow the wide gravel track under the viaduct. At the junction on the far side go straight on, past a track on the left, and follow the wide track to where it ends at a junction with the B6255 main road by [The Station Inn](https://www.thestationinnribblehead.com/) on the right [(GR764791)](http://www.streetmap.co.uk/map.srf?x=376446&y=479141&z=120&sv=376446,479141&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=376446&ay=479141&lm=0).

6. Turn left and descend the road to a junction at the bottom then go straight on and climb the B6255 in the direction of Hawes. Continue along the road going past the Gearstones cottages and outdoor centre on the right. A little further on the road turns right, then goes through a dip, before a short climb to a junction with a gravel track on a left hand bend at the top [(GR785803)](http://www.streetmap.co.uk/map.srf?x=378538&y=480311&z=120&sv=378538,480311&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=378538&ay=480311&lm=0).

7. Turn right onto the wide gravel track and descend to a gate. At the junction directly after the gate go left and descend to a bridge. After crossing the bridge climb the wide track for some time to the next junction at Cam End, signposted for the Pennine Bridleway [(GR801804)](http://www.streetmap.co.uk/map.srf?x=380175&y=480441&z=120&sv=380175,480441&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=380175&ay=480441&lm=0). Turn right onto the Pennine Bridleway and descend the rocky double track to bridge over a stream at the bottom. Go over the bridge and continue following the double track until it eventually comes to a gated three-way junction [(GR804773)](http://www.streetmap.co.uk/map.srf?x=380432&y=477361&z=120&sv=380432,477361&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=380432&ay=477361&lm=0). Turn right and descend the broken tarmac to a gate by a house at the bottom [(GR800768)](http://www.streetmap.co.uk/map.srf?x=380044&y=476876&z=120&sv=380044,476876&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=380044&ay=476876&lm=0).

8. Go through the gate then follow the undulating lane that includes a couple of short, steep climbs. Continue to a junction with a gated track on the right, at the top of one of these climbs, signposted for the Pennine Bridleway [(GR801760)](http://www.streetmap.co.uk/map.srf?x=380171&y=476006&z=120&sv=380171,476006&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=380171&ay=476006&lm=0). Go right through the gate then descend the winding gravel track to a grassy junction just before a barn at the bottom. Turn left and follow the grassy track to a gate. After the gate follow the gravel track that eventually descends to a wooden bridge over the River Ribble [(GR796753)](http://www.streetmap.co.uk/map.srf?x=379630&y=475296&z=120&sv=379630,475296&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=379630&ay=475296&lm=0). Go over the bridge then climb the grassy double track to a gated bridge under the railway. After going under the bridge climb the track right then left before coming to a junction at the road [(GR787747)](http://www.streetmap.co.uk/map.srf?x=378722&y=474756&z=120&sv=378722,474756&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=378722&ay=474756&lm=0).

9. Follow the Pennine Bridleway sign through a small gate on the left then descend a short way beside the road. At the end of the track turn right and cross the road to a junction with a lane on the other side. Go across the cattle grid and climb the lane to a junction [(GR787746)](http://www.streetmap.co.uk/map.srf?x=378704&y=474581&z=120&sv=378704,474581&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=378704&ay=474581&lm=0). Turn right and follow the lane to a junction with a grassy double track ahead, where the lane bears right to a farm [(GR785746)](http://www.streetmap.co.uk/map.srf?x=378551&y=474606&z=120&sv=378551,474606&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=378551&ay=474606&lm=0). Climb the double track ahead that eventually comes to a gate. Go through the gate then turn left through the next gate. After this second gate climb the grassy track straight on, following the Pennine Bridleway markers, to a cross road junction with a footpath [(GR778735)](http://www.streetmap.co.uk/map.srf?x=377793&y=473491&z=120&sv=377793,473491&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=377793&ay=473491&lm=0).

10. Go straight on and follow the track in the direction of the rocky edge on the right. The track eventually comes to a gate in a drystone wall at the top of the climb. Go through the gate then follow the track in the direction of the wall on the left while taking in the views across Moughton Scars. At the following grassy junction with the small pile of stones take the left hand track [(GR772725)](http://www.streetmap.co.uk/map.srf?x=377230&y=472516&z=120&sv=377230,472516&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=377230&ay=472516&lm=0). Continue ahead along the wide grassy track that eventually goes down a fast descent to a junction in a dip. Turn left and keep descending to a forked junction ahead. Take either track, as they join back up, and descend through a grassy right hand bend then follow the wall on the left. Go straight on through the stone walled enclosure to a gate [(GR771713)](http://www.streetmap.co.uk/map.srf?x=377121&y=471388&z=115&sv=377121,471388&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=377121&ay=471388&lm=0).

11. Go through the gate and descend the limestone double track straight on to the next junction [(GR771706)](http://www.streetmap.co.uk/map.srf?x=377180&y=470650&z=120&sv=377180,470650&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=377180&ay=470650&lm=0). Turn left to stay on the Pennine Bridleway and descend the rocky track to a river crossing. After crossing the river follow the track to a junction with a gate on the left. Go straight on for a wonderful, winding singletrack trail that generally descends between the walls. After some time the track becomes a wider and rocky track that descends past a stone building on the right before reaching a forked junction on the outskirts of Wharfe [(GR782697)](http://www.streetmap.co.uk/map.srf?x=378278&y=469737&z=120&sv=378278%2c469737&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=378278&ay=469737&lm=0). Take the singletrack on the left to stay high of the wide track descending to the right. At the following junction at a cottage bear left and climb the muddy track between the walls. On reaching the cottage at the top go straight on and descend the lane to a junction shortly after. Turn left then follow the lane right to a junction with a road [(GR784695)](http://www.streetmap.co.uk/map.srf?x=378465&y=469507&z=120&sv=378465%2c469507&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=378465&ay=469507&lm=0).

12. Turn left and follow the lane to a junction with the second double track on the right, signed for the Pennine Bridleway [(GR791693)](http://www.streetmap.co.uk/map.srf?x=379182&y=469312&z=120&sv=379182,469312&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=379182&ay=469312&lm=0). Turn right and climb the tarmac double track to the farm buildings. Go straight on between the buildings then turn right at the junction directly after. Climb the double track to a junction by a house on the right. Turn left and climb the dirt track to a gate. After the gate follow the track right, then left, as it climbs to a gate near the top of the hill [(GR790684)](http://www.streetmap.co.uk/map.srf?x=379004&y=468482&z=120&sv=379004%2c468482&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=379004&ay=468482&lm=0). Go through the gate and straight on over the hill for a gravel double track descent. Eventually the track bears left and becomes a tarmac lane, finishing the descent at Feizor. Follow the lane right through the village then go past the [Elaine’s Tea Rooms](https://www.facebook.com/Elaines-Tearooms-Feizor-373097520912/) on the right, which has lovely cake and tea. Continue ahead along the lane to a gated junction with a concrete track on the right signed for the Pennine Bridleway, immediately before a barn [(GR789676)](http://www.streetmap.co.uk/map.srf?x=378921&y=467597&z=120&sv=378921%2c467597&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=378921&ay=467597&lm=0).

13. Turn right through the gate and descend the concrete track. Continue ahead down the track, going over a couple of rocky sections on the way. The trail then becomes a fun, winding singletrack descent between the drystone walls. Continue following the track ahead that eventually turns right and widens before reaching a junction [(GR776684)](http://www.streetmap.co.uk/map.srf?x=377623&y=468442&z=120&sv=377623%2c468442&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=377623&ay=468442&lm=0). Take the second track on the left, signed for the Pennine Bridleway, and follow the hardpack track down to a river crossing. Go over the stone bridge then continue ahead along the track to a junction with a road on the edge of Austwick [(GR771687)](http://www.streetmap.co.uk/map.srf?x=377120&y=468782&z=120&sv=377120%2c468782&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=377120&ay=468782&lm=0).

14. Turn right on the road and follow it to the next junction with a track on the left, signed for the Pennine Bridleway [(GR774691)](http://www.streetmap.co.uk/map.srf?x=377482&y=469102&z=120&sv=377482%2c469102&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=377482&ay=469102&lm=0). Turn left and climb the steep rocky double track, going straight on across a crossroad junction with a lane on the way up. Continue ahead along the wide track until it eventually reaches a three-way junction [(GR751694)](http://www.streetmap.co.uk/map.srf?x=375129&y=469457&z=120&sv=375129%2c469457&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=375129&ay=469457&lm=0). Go straight on then take heed of the tunnel warning signs before descending the wide rocky track. The first tunnel, although short, is pitch black. After the second tunnel the track ends at a junction on the edge of Clapham [(GR746694)](http://www.streetmap.co.uk/map.srf?x=374591&y=469407&z=120&sv=374591%2c469407&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=374591&ay=469407&lm=0).

15. Turn right to another junction immediately after then go straight on past the church. Cross the river to a junction at the far side of the bridge. Turn right and climb to the entrance of the Ingleborough Cave trail, making sure to stop and look at the waterfall on the right and read about boy who went down them in the rowing boat. Follow the lane left then at the junction shortly after go straight on, past a line of houses on the left, to another junction shortly after [(GR743695)](http://www.streetmap.co.uk/map.srf?x=374365&y=469582&z=120&sv=374365,469582&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=374365&ay=469582&lm=0). Go straight ahead and follow cycle route 68 on lane along the bottom slopes of Ingleborough, on the right. The lane begins by climbing for a while, sometimes quite steeply. After reaching the top descend the lane straight on until it ends at a junction with the B6255 on the edge of Ingleton [(GR700730)](http://www.streetmap.co.uk/map.srf?x=370042&y=473037&z=120&sv=370042,473037&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=817&ax=370042&ay=473037&lm=0). Turn left and descend the main road. Go past a junction with a road on the right then descend to the second car park on the right, signed for cycle route 68 [(GR696729)](http://www.streetmap.co.uk/map.srf?x=369606&y=472948&z=120&sv=369606,472948&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=655&ax=369606&ay=472948&lm=0). Turn right into the car park to complete the ride back at the Information Centre.