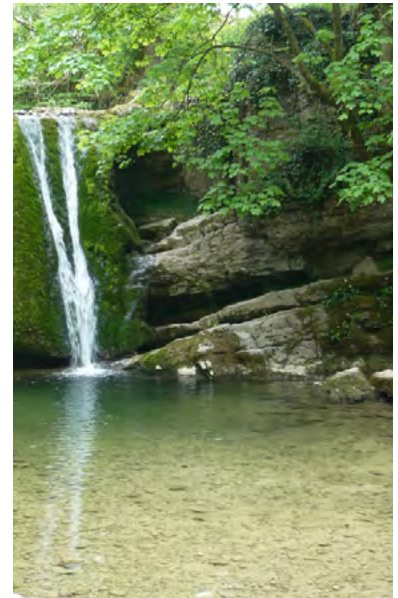


## Get involved in the Yorkshire Dales National Park A quick and easy guide

The landscape of the Yorkshire Dales National Park, which straddles the counties North Yorkshire and Cumbria, can be both wild and windswept and quiet and tranquil. It includes some of the finest limestone scenery in the UK, from crags to an underground labyrinth of caves. Each valley or 'dale' has its own character, set against expansive heather moorland tops.

Stone-built villages sit amongst traditional farming landscapes of field barns, dry stone walls and flower rich meadows. You'll also find spectacular waterfalls and ancient woodland.

Together, nature and people have worked together to create a spectacular landscape that makes up the Yorkshire Dales National Park [www.yorkshiredales.org.uk](http://www.yorkshiredales.org.uk).



*Janet's Foss*

### Highlights include:

- Explore the Yorkshire Dales on foot. There are 1,460km of footpaths to explore, including the Dales Way and the Pennine Way National Trails. The Yorkshire Dales is also home to the famous 'Three Peaks' challenge of Ingleborough, Wharfedale and Pen-y-Ghent.
- Let the splendour of Malham Cove take your breath away and enjoy the beauty of Aysgarth Falls, or the enchantment of Freeholders' Wood.
- Sample delicious local produce from cheese to Yorkshire curd tart. The Dales has a strong tradition of festivals, livestock shows and village sports throughout the year which are open to everyone. Visit [www.yorkshiredales.org.uk/outandabout/whats happening](http://www.yorkshiredales.org.uk/outandabout/whats happening)
- Explore the Dales on [public transport](#). The famous Leeds-Settle-Carlisle Railway line goes through the Dales. The [Dales Bus](#) network covers the Yorkshire Dales, and runs additional leisure services to different attractions in the summer.



*Barn at Gayle*

- The Yorkshire Dales National Park Authority holds around 150 exciting public events in the National Park each year, from guided walks and talks to demonstrations and children's activities. for more information visit [www.yorkshiredales.org.uk/outandabout/whats happening](http://www.yorkshiredales.org.uk/outandabout/whats happening)
- Get active and fit on a conservation project - more effective than any gym with the bonus of making a real difference to wildlife.
- Stay at one of the Yorkshire Dales Youth Hostels for budget accommodation in beautiful locations. [www.yha.org.uk](http://www.yha.org.uk)

## How can I get more involved with the Yorkshire Dales?

- Organise a visit for your friends, family or community to the Yorkshire Dales National Park. Contact Catherine Kemp (details below) at the National Park Authority for ideas.
- Could you give a talk introducing the Yorkshire Dales to a group in an urban area or your local community? The Yorkshire Dales National Park Authority can assist and provide support materials.
- Share your experiences of the Yorkshire Dales with people from BME backgrounds to encourage and help them visit this iconic landscape. The National Park Authority can provide support and training.
- Involved with community radio? Can you host a programme to let others know about the Yorkshire Dales?
- Volunteer to do some conservation activities. The Yorkshire Dales National Park is currently reviewing its volunteering, but if you would like to receive news on opportunities as they develop please register your interest with Catherine Kemp at the National Park Authority (see below). There are other organisations that regularly have volunteering opportunities too. These include the [Yorkshire Wildlife Trust](#), the [National Trust](#) and the [RSPB](#).
- Get involved in campaigning on National Park issues or meeting others who are interested in the National Park. Contact the [Yorkshire Dales Society](#)



*Park Fellsmill*



**For more information**, contact Catherine Kemp, the Outreach Officer at the Yorkshire Dales National Park Authority.

Telephone: 01756 751623

Email: [catherine.kemp@yorkshiredales.org.uk](mailto:catherine.kemp@yorkshiredales.org.uk)

Website: [www.yorkshiredales.org.uk](http://www.yorkshiredales.org.uk)

