

LANGUAGE LEVEL: BASIC

# WALKING THE DALES WAY

## FROM THE DALES TO THE LAKES

En Yorkshire, uno de los condados más hermosos de Gran Bretaña, el camino de los Dales atraviesa dos parques nacionales famosos por sus bellezas naturales.

**D**ales Way is one of England's finest long-distance footpaths<sup>1</sup>. It offers ramblers<sup>2</sup> the chance to escape the modern world and to lose themselves in the rolling hills<sup>3</sup> of the Yorkshire Dales. The footpath begins in the Yorkshire village of Ilkley and travels northwest, across 80 miles (129 kilometres) of open countryside, to Bowness-on-Windermere in the Lake District.

The journey takes most people five to six days on foot, but there are many villages where you can find accommodation, as well as cafes, pubs and campsites<sup>4</sup>.

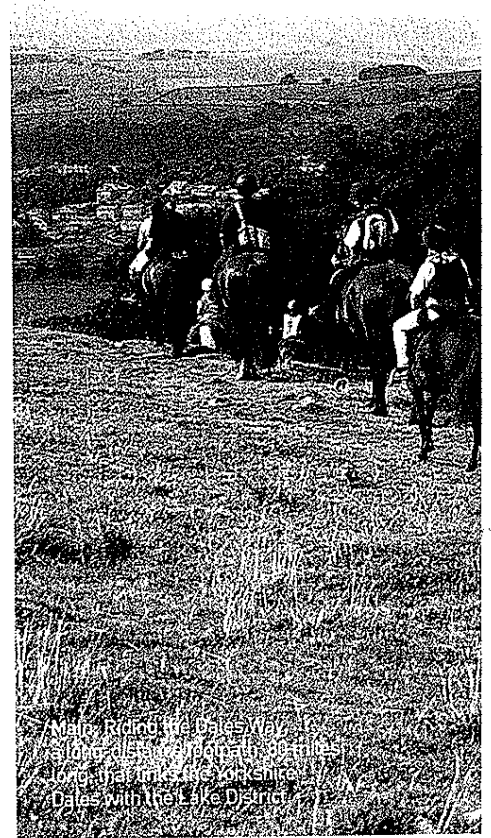
### ALONG THE RIVER

The footpath follows the banks<sup>5</sup> of the River Wharfe, which leads to the Yorkshire Dale National Park, then it's a slow and gentle climb<sup>6</sup> over the hills. There are many interesting places to visit: there's the ruined Augustinian priory<sup>7</sup> at Bolton Abbey, and pretty stone villages with incredible names like Appletreewick and Hubberholme. Be careful at Strid Wood where the river rapids become dangerous.

### THE LAKE DISTRICT

After four days the scenery changes as the footpath crosses the Pennines and enters the Lake District. The footpath leads tired ramblers down towards Bowness-on-Windermere and a bench overlooking Lake Windermere<sup>8</sup> – its plaque says "For those who walk the Dales Way."

This signals the end of the footpath. Ramblers can recover with a



relaxing cruise<sup>9</sup> on Lake Windermere, while some people prefer to visit the Beatrix Potter Centre in Bowness.

Six days of walking with a heavy rucksack<sup>10</sup> on your back is a frightening<sup>11</sup> prospect, isn't it? The Sherpa Van Project team will pick up your bag each morning and drop it off at your planned destination<sup>12</sup> in the afternoon for just €6.50 a day – money well spent!

### GLOSSARY

- 1 FOOTPATH: sendero
- 2 RAMBLER: excursionista
- 3 ROLLING HILLS: colinas ondulantes
- 4 CAMPSITE: campamento (camping)
- 5 BANK: ribera
- 6 CLIMB: ascenso
- 7 RUINED AUGUSTINIAN PRIORY: priorato agustino en ruinas
- 8 BENCH OVERLOOKING LAKE WINDERMERE: banco con vistas al Lago Windermere
- 9 CRUISE: crucero
- 10 RUCKSACK: mochila
- 11 FRIGHTENING: que da miedo
- 12 WILL PICK UP... DESTINATION: cada mañana recoge tu equipaje y lo traslada hasta el punto de llegada.

