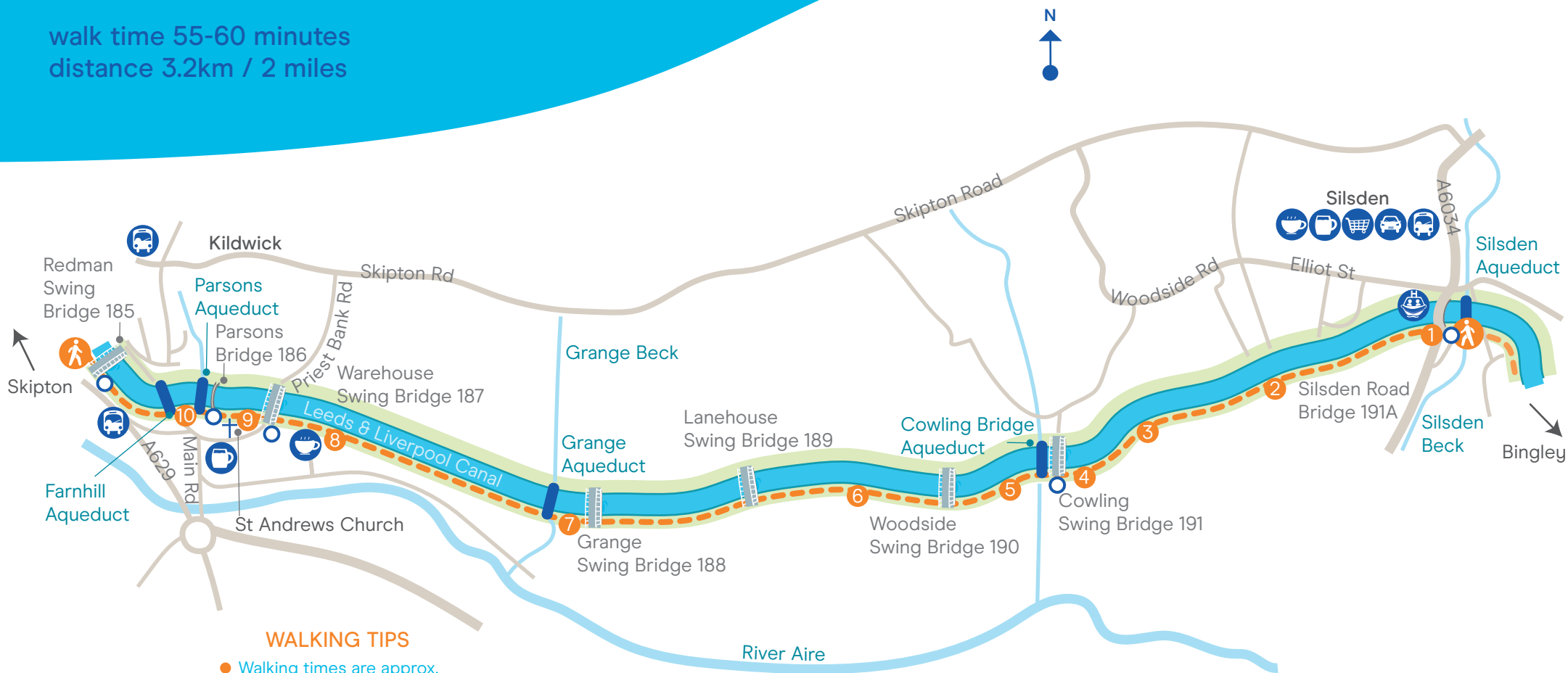


Leeds & Liverpool Wellbeing Walk

Silsden to Kildwick

walk time 55-60 minutes
distance 3.2km / 2 miles





WALKING TIPS

- Walking times are approx, measured on an average pace of two miles an hour.
- Follow the water and enjoy walking at your own pace... but allow time to simply sit and stare along the way.
- Walk one way, hop on a bus for your return, or turn around and walk back to discover a different view.

	towpath walk		pub
	access point		shopping
	aqueduct		boat hire
	swing bridge		bus stop
	café		parking

The Walk - Step by Step

This lock-free stretch of the Leeds & Liverpool Canal blows you off your feet with some of the most uplifting open countryside anywhere on England's canal networks. Relax on a country stroll through a quiet meandering waterways landscape which feels remote and gloriously green, with birdsong for company and views former mills, dry-stone walls and grazing sheep and cows. Boats pass you on the water while other walkers or cyclists pass you on the towpath - wave and let them pass because on this walk, you won't want to rush.

-  Silsden was once busy with the sound of industry from its former textile mills and nail-making forges. The stunning Grade II*-listed former worsted mill, chimney and engine house of Waterloo Mill, dates from the 1860s. Descend stone steps from Silsden Bridge to the canal then turn to follow the towpath under the bridge.
- 1** Across the canal is the boatyard for Silsden Boats, busy with bright-coloured holiday hire boats.
- 2** As the canal curves leaving the town behind, note the '½'-mile milepost. Canal companies charged working boats on a ton and mile basis, and the Leeds & Liverpool Canal Company marked every ¼, ½, ¾ and mile along the canal, or the distance from both Leeds and Liverpool.
- 3** The leafy landscape opens around you. Follow the grassy towpath, passing allotments then fields lined by drystone walls, with sweeping views down to the River Aire in the valley below and across to the hills beyond.
- 4** The canal swirls its way past boat moorings at a farm opposite as it approaches Cowling Swing Bridge, first of several swing bridges on this walk.
- 5** Canoe portage signs are dotted along the towpath. The entire Leeds & Liverpool Canal is part of the Desmond Family Canoe Trail, running 162 miles coast to coast from Liverpool to Goole.
- 6** The towpath runs through a dappled wooded stretch, with glimpses of the river below. Keep your eyes peeled for swans, herons, kingfishers and perhaps even a water vole or otter.
- 7** Just beyond Grange Swing Bridge and moorings, you'll notice the curved wall of Grange Aqueduct carrying the canal over the diminutive Grange Beck below.
- 8** A line of moored boats announces your arrival into Kildwick, and a view down to the Grade I-listed Kildwick Bridge carrying the Keighley road over the River Aire.
- 9** Just beyond Warehouse Swing Bridge and a row of terraced houses, the Grade I-listed Church of St Andrew dates back to the 1300s and the monks of Bolton Abbey. The distinctive Grade II-listed Parsons Bridge 186, built in 1774, was an important footway linking the church with the vicarage and Kildwick Hall above the canal.
- 10** The canal and towpath swirl through Kildwick with spectacular effect. Farnhill Aqueduct, again built in 1774 and now Grade II-listed, carries the canal over Main Street below.
-  This is a great spot for a break before you hop on a bus or retrace your steps along the towpath to Silsden, enjoying this glorious walk from a different viewpoint.

CANAL: Leeds & Liverpool

START: Silsden Bridge
OS Grid ref: SE041461 Postcode: BD20 0EB

FINISH: Redman Swing Bridge
OS Grid ref: SE009460 Postcode: BD20 9BJ

DISTANCE: 3.2km / 2 miles

APPROX TIME: 55-60 minutes

PUB/CAFÉ: Various in Silsden, Coffee & Crumbs near Warehouse Swing Bridge, White Lion in Kildwick

PARKING: Nearest car park - Silsden (postcode: BD20 0PH)

TRAIN: Nearest train station – Steeton & Silsden
National Rail Enquiries
Tel: 03457 484950 www.nationalrail.co.uk

BUS: Traveline
Tel: 0871 2002233 www.traveline.info

