

## **MALHAM TARN**

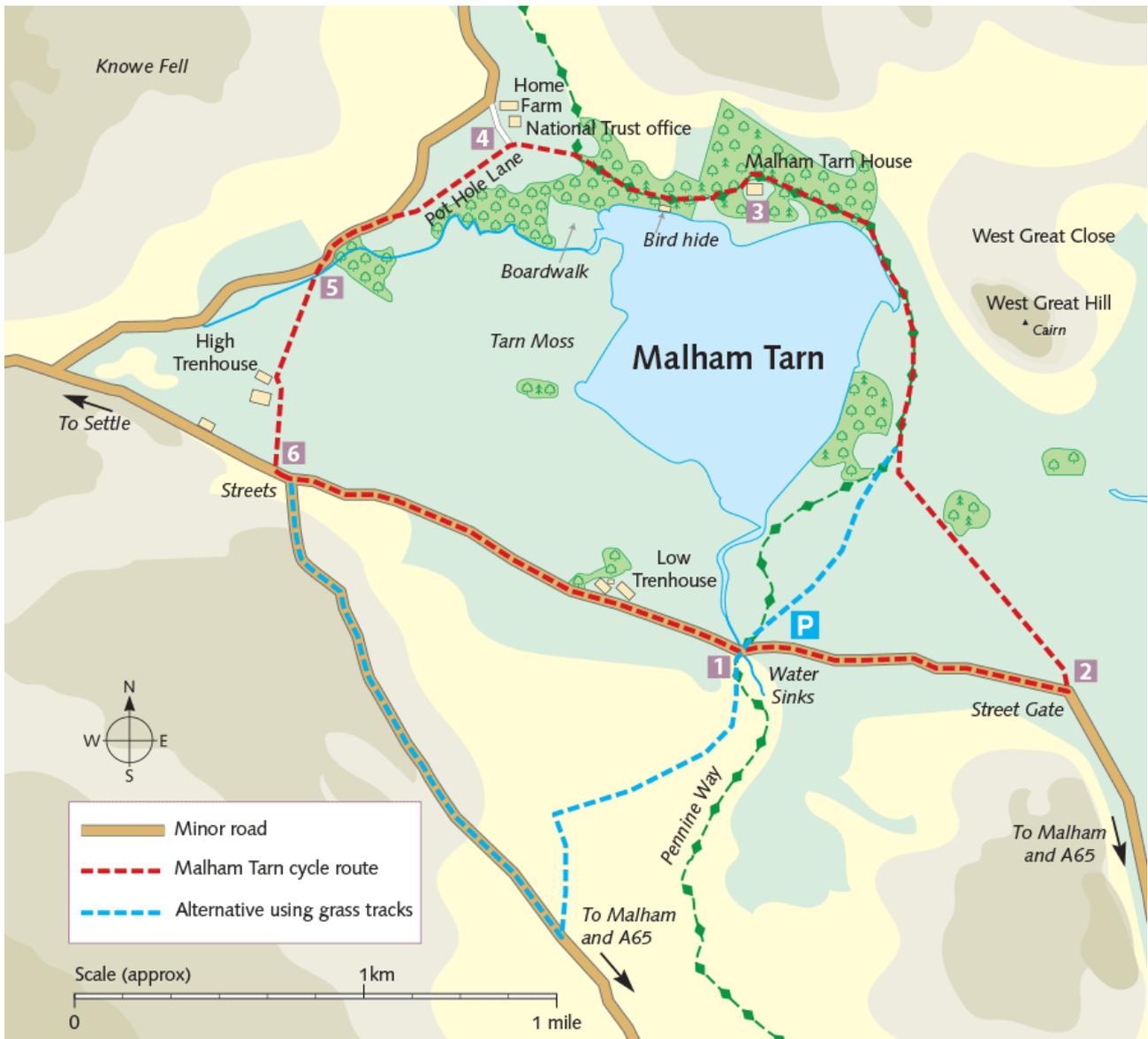
Start and finish	Water Sinks car park at Malham Tarn
Distance	4 miles (7km)
Refreshments	Malham
Toilets	Orchid House on route and Malham National Park Centre
Nearest train station	Gargrave

This is a short and fairly level introductory cycle route which goes around the spectacular Malham Tarn. It is half on good stone tracks with the other half following very quiet tarmac roads. There is also the option to try out your mountain biking skills by adding in a section across the grassy limestone terrain.

### **ROUTE DESCRIPTION**

1. Turn left out of Watersinks car park and follow the road to where the road turns right and stone tracks are straight ahead and to the left.
2. Turn left and follow the gravel track. Go through the gate, following the track alongside Malham Tarn towards the woodland and Tarn House.
3. At Tarn House (Field Studies Centre) follow the track to the right, round the back of the house and through the narrow limestone cutting. Continue until you reach the bird hide on your left. This is great spot for a break and to observe the birdlife of Malham Tarn.
4. Turn left at the first left fork on to Pot Hole Lane and follow this lane along the edge of the National Nature Reserve until you reach the gate. Go through the gate and turn left on to the road.
5. Follow the road for a short distance and take the first left turn, sign posted to Malham. Continue along the road for approximately 0.5 miles (0.8km) until you reach the crossroads.
6. Go left at the crossroads and follow the road back to the beginning. Alternatively there are some grass tracks you can try by going straight ahead for 1 mile (1.5km) and turning left before the cattle grid.





Malham Tarn - In leaky limestone country, surface water usually eventually finds its way underground. The Tarn is unusual because here the water doesn't sink into the ground. During the Ice Age a glacier scraped away the rock right down to the ancient slate layer underneath the limestone. This slate is impermeable and so won't let water through.

The Orchid House – This used to be the greenhouse for growing orchids for nearby Tarn House. It was recently renovated by the National Trust and has a public toilet and a small exhibition area to tell you a bit more about the Malham Tarn nature reserve.

National Trust bird hide – you'll see this sign-posted off the route soon after you pass Tarn House. Even if you don't have binoculars, it's worth a visit just for a sit down and a chance to enjoy the views over the Tarn and listen to all the birds that live here.

National Trust boardwalk – If you have bike locks, then leave your bikes for a while and have a wander out onto Tarn Moss – a rare alkaline raised bog – the boardwalk is made from recycled plastic and is over 1000 metres long!

For more cycle routes see [www.cyclethedales.org.uk](http://www.cyclethedales.org.uk)