

# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

July/Aug 2015

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It is hot, hot, hot, as we head for the press on our summer edition of the Aire Valley Mag. I hope you will enjoy a break and get out in the sunshine at some point. We have included a walk you might like to try; there is also the Silsden Grand deParty. Don't forget, kids travel for free on the Keighley and Worth Valley Railway in July and August, see page 13.

We've been reflecting on where we were last year at this time when the county was fully ensconced in the Tour de France. What does it mean to us now and what is the legacy of Le Tour?

Leeds City College Keighley Campus is looking forward and asking us where will we be one year from now...The college is shifting its focus and championing the industrial centre of excellence.

Have a great July and August and we'll see you again in September.



Liz Barker editor



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# Forging Ahead

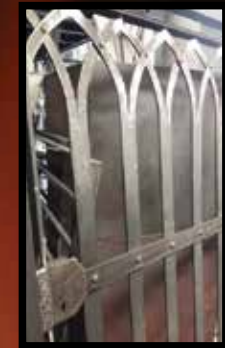
With over 100 years of combined experience rolled into the team, Aire Valley Forge has built its reputation on time honed skills and masterful know-how. Founder, Paul Munton, set up the business fueled from his own passion for traditional blacksmithing & forge work.

Bringing the latest technology of autocad design together with craftsmanship sets Aire Valley Forge apart from its competitors in the area.

"We incorporate handcrafted work in the simplest of products and rarely use off the shelf solutions unless they are deemed the most appropriate," Paul asserts.

And despite the challenging economic climate of recent years, Paul hasn't shied away from investment. The workshop has the latest equipment necessary for a 21st century forge but retains the traditional charm of an old blacksmith's space.

Commissions vary widely from a simple hand forged candlestick to a spiral staircase. Mainly garden gates and railings make up the bulk of the work; artistic and creative input is often sought to enhance the output. Bespoke work continues to be a speciality.



With a 5 star rating on the Guild of Master Craftsmen, it is safe to say that customers are delighted to endorse the work and praise the skills and craft of Aire Valley Forge.

Referral rates are high as AVF has established a good reputation both locally and further afield into North Yorkshire.

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# Silsden's Grand dePARTY



Anyone visiting Silsden recently will have seen the preparations for the town's Grand deParty in July remembering the visit of the Tour de France a year ago.



convenient way for people to find out more about the groups- and possibly decide to join one. There will be a Craft Fair at the Town Hall (organised by Been Busy) as well as an art exhibition from pupils of Hothfield Junior School.

A now famous annual Silsden event, this year's Proms on the Farm will be on the evening of Saturday 18 July at Sycamore Farm Brunthwaite. With the music of The Skelmanthorpe Band (playing music from the Last Night of the Proms - featuring soloist Sarah Halstead) and also Sultans of Swing and The Big Bang.



The last Sunday in July is always Silsden Gala - with this year's gala, which is organized by Silsden's Gala Committee, being on Sunday 26 July. The parade is at 1pm and then entry to the gala field is £1. What a great finale for Silsden's Grand deParty 2015!

Look out for other events in Silsden during the Grand deParty in July - by checking out the Grand deParty Notice Boards in the centre of town and also via updates on Facebook SilsdenGranddeParty, Twitter@granddeparty and at [www.granddeparty.org.uk](http://www.granddeparty.org.uk)

Photos by John Liddle.

There are orange-themed hanging baskets outside many of the shops, businesses and community buildings, and also decorated tulips in many of their windows, to recognize that this year's Grand Depart is from the Netherlands.

Silsden's Grand deParty starts on the same day that this year's Tour de France Grand Depart opens - Saturday 4 July - when there will be a 'Grand Day out in the Silsden Park'. With lots of events for all the family, this fun day in the Park will be a celebration of this well-used community space.

The following weekend sees 'Showcase Silsden' which will be based around the three churches and the Town Hall - all in easy walking distance of each other within Silsden centre. This community day, which will be held on Saturday 11 July (which will be opened by the ringing of the 6 bells of St James' Church at 10am and finishing at 4pm), is a showcase of many of Silsden's community groups, providing a fun and



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## A Golden Opportunity



Denise & Tony,  
looking forward to retirement.

For Denise and Tony Holmes of Oakworth's Golden Fleece, the pub has been the centre of their lives and livelihood for the past 8 years. Situated in the heart of the village, The Golden Fleece takes centre stage in community life.

As joint licencees, the couple's commitment to the vibrant pub is exemplified in the activities they host and support as well as the annual fun day and other events that have raised funds for Sue Ryder Manorlands hospice. (Over £13,000 and counting so far)

"There is a lot going on here...pub quiz night, Tuesday club, pool team, community meetings; and in terms of wider services to the community, we cater for private parties, funeral teas, christenings, etc."

"It's a lovely place to work and we enjoy being a part of most things that happen in the village," said Denise. Tony agreed, and added, "We're now ready to retire and hand over the baton to someone else. We would like to be sitting at the other side of the bar as customers."

Tony and Denise are including the 16 year,

"Our hope is that the pub will go to someone who will maintain the community links and support the village. There is now a fantastic opportunity for a couple or an individual to take over the reins from us and build on what is already a successful and well established business, having had only three licencees in over 30 years." - Denise Holmes.



Annual Fun Day for Manorlands

partially tied, lease for free and are only taking offers on the fixtures and fittings including the spacious three bedroom living accommodation up stairs.

"It is a surprisingly affordable proposition and one that we hope will keep the pub in the hands of a local person."

"It's a chance to live in the country and create an idyllic life. The fantastic thing is that it is all set up as a going concern. The new lease holders can just step into the business. No reasonable offer will be refused and we will take serious written offers between July 1 and Aug 31st." Questions, queries, or for more details contact: Tony or Denise: 01535 645930 email: tonyholmes999@me.com Written offers with contact details to The Golden Fleece, Oakworth BD22 7PR.

**In a nutshell, this is a great opportunity for someone to take over the Golden Fleece, a traditional Bronte country pub in Oakworth, near Haworth. The pub is For sale due to retirement. The 16 year part tied lease is to be included FREE! Property comprises 3 bedrooms living & dining rooms, parking, cask ale, beer garden, trade kitchen, seating for 80+ Closing date for offers: Aug 31st 2015 (A very affordable business, as all you are buying are the fixture & fittings!)**

## COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich



I once made this while sailing off the Peloponnese. The Greek yoghurt &

oranges were beautiful. I don't get seasick but segmenting oranges is a challenge when you are being tossed about by the sea! However on land or sea it's worth the effort. This is a cost-effective, grown up pudding & lower fat than bought equivalents.

### CHOCOLATE & ORANGE PUDDING

#### Ingredients:

150-200g dark or milk chocolate, broken into pieces

500g pot Greek style yoghurt

(any fat content works)

A few oranges (1-2 per person) or tinned mandarins



#### Instructions:

Heat the broken chocolate in a bowl over a pan of water. The

bowl should be big enough to sit on top of the rim of the pan & its bottom should not touch the water! Bring the water to the boil then turn the heat straight off. Keep stirring until the chocolate is melted, then take bowl off the pan. Alternatively melt the chocolate in the microwave with short

bursts of heat, do not burn!

Quickly mix the yoghurt into this, chill.

The mixture may be a little lumpy with bits of chocolate in!

Using a sharp knife; segment the oranges over a bowl. Catch any drips of juice in the bowl. Contact me for further instructions if unsure! Other flavours you can add to the chocolate mix are chopped ginger in syrup or orange juice & zest. Also a little alcohol like Cointreau added to the oranges works well. The dark variety of this pudding is a little tart. I suggest you tell the kids it's a grown up pudding & don't let them try it!

Serve the orange segments & chilled chocolate yoghurt together.

**Option: Create a Cheesecake by adding a bisquit base:**

#### Ingredients:

12 digestive biscuits (crumbed), 25g melted butter. I also add 1-2 desert spoons of sugar. A little orange zest & grated chocolate can be added.

#### Instructions:

Mix this all together. Press into a baking tin with a removable base. Smooth the topping (Chocolate & Orange Pudding) on top, chill & then remove the tin base. The chocolate topping should have solidified.

Cath Bromwich is a cookery teacher & forager. Her livelihood includes foraging & cookery courses, such as 'Cooking on a budget' & outdoor foraging & cooking experiences. She trained at Ballymaloe Cookery School, Ireland. For more information, or to pass on your stories and recipes, contact Cath at [www.facebook.com/foragercathyorkshire](http://www.facebook.com/foragercathyorkshire)

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## A day in the life of a volunteer on KWVR railway

The alarm goes off at 6:30 and I have to do a double-take because it's a Sunday. I come to my senses and remember that it could be so much worse: at least one colleague's alarm would have woken them well before 5am to light the steam engine. Leaving the house by 7.30am, I report for duty just after 8am, signing to confirm that I'm fit to undertake the safety critical role I'm rostered for at Oakworth Station. As a child (and a bit more recently too) I loved The Railway Children film and so had to watch it every Christmas without fail, and this was my motivation for joining as a volunteer when I moved to the area.

Back to my duty, I unlock the station buildings and move the trolleys and other vintage paraphernalia out on to the platform to set the Edwardian scene before the first train arrives. I let Damems station know that the station is open by sounding the block bell '5-5-5' (five rings, pause, five, pause five), and get their reply to confirm that they are on duty too.

The first train leaves Oxenhope at 9am and a little later the 'treddle' bell sounds, alerting me to the train passing over the sensor at it leaves Haworth so I know it's only a matter of a few minutes before it will arrive at the signal just down the line. The bell is my cue to don my hat to complete the period uniform and to leave the confines of the beautifully maintained booking office. After checking for traffic and letting one final motorist through, I close the gates to the road, take the two interlocking keys from the gate mechanism and use these to unlock the ground frame, releasing the levers that operate the



signal. Pulling the signal to the 'off' position indicates to the oncoming train that it is safe to proceed across the level crossing.

The train arrives and several passengers open the windows and lean out to grab a few photographs and one family alights. Once I've checked that the doors are firmly closed and latched, I blow my whistle to indicate to the guard that the train is ready to depart. The train pulls out of the station, I replace the signals and open the crossing gates. It's not quite as frenetic as Mr Perks running around in the film, because for dramatic effect they replaced our two gates with four smaller crossing gates, but I can still imagine that Bobby (Jenny Agutter) will appear looking for her daddy...

After the train goes, and I've shown the passengers round the booking office, let them operate the gas lighting (there's no electric lighting anywhere in the station) and taken them to the waiting room with its period vacuum cleaner, it's time for a quick polish of the brass, a cup of tea and then to wait for the next train to arrive before Mr Perks-ing all over again.

If you would like to train for this or any other operational role, please do get in touch and you too can realise your childhood ambition. [01535 645214]

## Where in the Aire Valley? COMPETITION

Where is the red x located in the photo to the right? ?

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Last month's location was the Football/Sports Court in Sutton Park. The winner was Jake (aged 4) from Sutton. Google Earth ©



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**AIRE VALLEY MAG**  
COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

# Behind the scenes at the museum

*The summer is always a busy time for visitor attractions – lots of events and activities happening and lots of news to tell people about. In our next instalment of People at the Parsonage, we meet the Museum's Marketing and Communications Officer Rebecca Yorke.*



## Tell us a little about yourself.

I grew up in rural mid-Wales but have lived in the north of England for over 20 years. As I'm married with two daughters who keep me very busy, I don't ever seem to have 'spare' time, but I'm an avid reader and enjoy writing. I also love being outdoors and am a member of Calder Valley Fell Runners. The Museum is the perfect place for me to work - it's an inspirational mix of literature and landscape.

## How long have you worked at the Museum?

I started in January this year, so I'm one of the newest staff members. I feel like I've been here a long time now though - hopefully that's a good thing!

## Tell us about a typical day.

I haven't had one yet! There's always a lot going on. The day might start with a meeting with colleagues to discuss events that need promoting, or speaking to journalists about forthcoming news items. I am also responsible for our leaflets and adverts, our website ([www.bronte.org.uk](http://www.bronte.org.uk)).

[www.bronte.org.uk](http://www.bronte.org.uk)) and social media platforms and I handle all film and media enquiries. We are all very busy preparing for Charlotte's bicentenary next year and I am responsible for the marketing of that and the other Bronte200 events which will follow.

## What's your favourite piece in the collection?

I'm still finding new things to wonder at. I love listening to my more knowledgeable colleagues talk about the collection and have been fortunate enough to observe our Collections Manager Ann Dinsdale share some of the special items with visitors on the Treasure Tour – a real treat! I am fascinated by the letters, notebooks and diary papers in the collection, but am always drawn to Emily's paintbox.

## And your favourite Brontë novel?

I'm currently rereading 'The Tenant of Wildfell Hall' which is great, but my favourite is still 'Wuthering Heights'. I first read it when I was 16 and it has stayed with me. I have a very battered copy on my shelf at home.

## Anything else you'd like to tell us?

I love working in Haworth and getting to know the people who live and work here. I'm a great believer in 'joining things up' and think that we can all achieve more when we work together. I'm really pleased that we're building on our relationship with Keighley and Worth Valley Railway and look forward to developing more partnerships with local businesses throughout the bicentenary period.

To advertise call Karen or Liz on 01535 642227



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## Sudoku puzzles

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## CONNECTING IN THE COMMUNITY



Liz Barker receiving the Community Impact award sponsored by Morrisons at the Sue Ryder Yorkshire Women of Achievement Award ceremony.

everything cycling, a renewed willingness to work with others with different perspectives continues to be a legacy of the Tour de France.

The truth is, we can achieve so much more when we pull together; like the saying goes, we are stronger together. Focussing on the things that unite us and not getting hung up on taking 'sides' frees us up for real collaborative and creative work. Understanding that each individual has a unique part to play and is valued is also essential for sustaining vibrant community life.

It is one year since the county was painted yellow and festooned in seemingly endless strands of bunting. For for my part, this time last year I was immersed in Fields of Vision, a landscape art project that placed the Worth Valley in the eyes of a global audience, culminating with significant media coverage throughout the weekend of the Grand Depart and a great swell of pride in everything Yorkshire.

Local schools enthusiastically supported and participated in the spectacle and the various opportunities for engagement. Worth The Tour, the community group set up to make the most of the Tour de France in Keighley and the Worth Valley, was equally active in pulling resources and people together.

On reflection, some of the biggest 'take aways' from the experiences of last year have to do with the benefits of building community cohesion and connectedness. A shared vision along with shared resources enables big ideas to flourish. In addition to the obvious interest in

In May this year I was honored to receive the very first Community Impact award at the Sue Ryder Yorkshire Women of

Achievement ceremony held at the Royal Armories in Leeds. It was humbling to be in a room with seven hundred guests, many of whom were community champions and committed contributors to various companies, organizations, and schemes fixed on making Yorkshire a better place to live and work.

I was inspired by the enthusiasm in the room and went away thinking about how I could continue to support the good work that is going on in the Aire and Worth valleys. It is sometimes difficult to know in which

direction to put ones energies, but I feel excited by the prospect of continuing along the collaborative and creative routes that were established when the greatest cycling race passed our doors. Liz Barker, editor



**Oxenhope Antique and Collectors Society** meets on the fourth Thursday of the month in the **Community Centre, Oxenhope at 7.30 p.m.**

Further info. tel. Jo 01535 645275  
**Weekly Mondays Fun FREE Cookery Classes at Airedale Church Centre, North St, Keighley, BD21 3AF.** Coffee at 9.30am and the class will start at **10am until Midday** when you can eat and enjoy what you have cooked. Everyone welcome. **Free Creche.** More info contact Forager Cath Bromwich 01535 652278.

**Children Travel FREE every day in July & August on the Keighley & Worth Valley Railway.**

**Bronte Scenic Tour Bus Service 812** will run every Sunday & Bank Holidays until the 31st August. The Bus connects at Haworth Station & the Parsonage to Stanbury, Ponden Reservoir & Scar Top Pine. A pocket timetable and route map is available from Keighley Bus Station. For more info call 07961 174295

**FREE Monthly Cookery Classes for men** first Thursday in a month 3.30pm St Peter's Church Hall, Moorhead Lane, **Shipley, BD18 4JH.** More info call Cath Bromwich 01535 652278.

**July until 1st Nov Fabric of Society Exhibition at Cliffe Castle Museum** Fabric of Society aims to dazzle you with some of the spectacular wedding and party dresses that were a result of Bradford and district's enormous textile wealth. From lavish Victorian wedding and evening gowns to suits worn at Queen Victoria's court. Also a selection of historical wedding gowns worn in the district from the



1860s to the 1980s. Together with accessories from our collections, it's a show fashion lovers of all ages will enjoy.

**Sat 11th July & Sat 8th Aug 10am - 5pm Saltaire Local Produce Market at Exhibition Road Car Park.** Wonderful array of produce including, beautiful home baking, delicious cheeses and great tasting dairy produce, succulent meats and many other products.

**Sat 11th July. Train rides for all the family.** Miniature trains running at Marley sports field approx. 11am - 4pm. Steam and electric trains providing rides for all ages. Great family afternoon out.

**Sun 12th July 11 am - 3pm Picnic at East Riddlesden Hall** Bring a picnic, play games and hangout with your friends. Local schools, community groups, children's centres... infact anyone who likes a picnic are invited along to enjoy the great outdoors. You bring the food and we'll provide the games and entertainment!!

**Sun 12th July Saltaire Bandstand Concert - Love to Boogie at Roberts Park 2.30pm - 4pm** Enjoy free music at the Fabulous Bandstand in Roberts Park. Love to Boogie - A family disco with an eclectic mix of music.

**Mon 13th July Keighley Thwaites Brow Townswomen's Guild Meetings are held in Long Lee Chapel, Long Lee Lane at 7.15 p.m.** Talk by Alistair

Shand News Editor of the Keighley News. Guests will be most welcome.  
**Tues 14th July Yorkshire Classic Bike Show at The Bronte Hotel, Haworth.** Come and view a wonderful selection of Classic Bikes from across the Yorkshire District. This popular annual evening event showcases these amazing bikes, an enthusiast' heaven. Judging at 5.30pm and open for public viewing 6.00pm onwards

**Sun 19th July 2pm - 4pm Hot Aire Concert Band. Enjoy a Bandstand Concert at Haworth Central Park.**

The band consists of woodwind and brass instruments together with drums, keyboards and bass guitars.

**Sun 19th July The Bronte Sportive** The Bronte Sportive is a challenging cycling event in the heart of Pennine West Yorkshire. There will be 4 routes to suit all abilities. The event starts and finishes at the Keighley Campus of Leeds City College and riders can set off between 7:30am and 9:30am. More info visit [www.sueryder.org](http://www.sueryder.org)

**Sun 19th & Sun 26th July Vintage Trains will be running t the KWVR.** On each occasion of the Vintage Train, there will be a Brass Band at Oxenhope to add to the atmosphere.

**Sun 19th July Keighley & District Model Club Train Rides** at Marley Track 1.30pm - 5pm

**Sat 25th July Bingley Show at Myrtle Park, Bradford.**

**Sun 26th July Yorkshire Craft Fair at**

**Victoria Hall, Saltaire 1pm - 4pm. Mon 27th July Keighley Thwaites Brow Townswomen's Guild Meetings are held in Long Lee Chapel, Long Lee Lane at 7.15 p.m.** Talk by Mr T Miller - Slides of Bradford Marathan.

**Sat 1st & Sun 2nd Aug The Aire Do Music Festival at Cliffe Castle grounds Keighley. Gates open at 11am.** Entertainment, food outlets, licensed bar, stalls & fairground rides. Tickets £5 at the gate. More info [www.airedo.com](http://www.airedo.com).

**Sun 2nd, 16th & 30th Aug Summer Special Beside the Seaside at Ingrow Museum of Rail Travel.** Join us throughout August as we step back in time to the good old British seaside holiday. Different activities including Punch and Judy, donkey rides, sandcastle competitions, and much more. FREE train travel for children (subject to conditions) throughout July & August.

**Sat 8th Aug 12-5 pm Fairy Fest** at Holden Park Oakworth.

**Sun 9th Aug Ovenden Moor at Denholme. Circular 8 mile walk.** Meet Ray Wood at 10:30am at the former Denholme Silks Mill on Keighley Road, A629 at Denholme Gate, to walk over the moors to Ogden Water and back. Bring a packed lunch.

**Sun 16th Aug Keighley & District Model Club Train Rides** at Marley Track 1.30 pm - 5pm

**Fri 4th - Sun 6th Sept Bingley Music Live at Myrtle Park** [www.bingleymusiclive.com](http://www.bingleymusiclive.com).

**Sat 5th Sept Keighley Agricultural & Horticultural Show** at King George V Playing fields, Marley.

# Marathon Man

An interview with Steve Thorpe, local gardener and community champion.

## Who or what motivated you to take up the challenge to run in the London Marathon this year?

My mum had past away in Manorlands; she had Leukemia and spent her last few weeks there. I had fairly bad depression after she died. I wasn't sleeping and went on to the internet and was looking at the marathon on the Sue Ryder website and clicked on the button to say that I was interested. I forgot all about it and a few weeks later I got an email notification saying "You are in our team!" And I thought, What team? I forgot all about it...Everyone at home was rolling around on the floor laughing when I told them...the thought of me running in the London Marathon! I felt committed then.

I had a fairly bad depression after she died. I wasn't sleeping and went on to the internet and was looking at the marathon on the Sue Ryder website and clicked on the button to say that I was interested. I forgot all about it and a few weeks later I got an email notification saying "You are in our team!" And I thought, What team? I forgot all about it...Everyone at home was rolling around on the floor laughing when I told them...the thought of me running in the London Marathon! I felt committed then.

## Have you been a runner in the past?

I hadn't run for 35 years, since I left school. I used to run cross country but I hadn't done anything like that in a long time.

## How did you prepare and train for the race?

In the New Year I set myself some targets. I looked at various plans they send you, a 16 week guide. I wasn't sure what level was right for me. In my third session I was surprised to do a 15 mile run. My initial idea was to run into Keighley where my son, Joe, was working and I thought he could drive me home if that was enough but I kept on going and made it to Airedale hospital; I thought if I collapse there I was in a good place, but I just kept going. I decided to do what my body told me. I also did lots on the all weather pitches. Gardening about 14 years a day helped too! I enjoyed training in the winter.

**What were your biggest challenges?** My biggest challenge were my knees. A few weeks



**I'd like to thank everyone for their support, sponsorship and encouragement. Everyone knows what a fantastic service Manorlands gives to the community. The Marathon was a way to say thank you. I'm grateful to have had the chance to be involved. - Steve Thorpe**

into my training and I had a lot of bother with my right knee. I could hardly put any weight on it. I decided to do a lot of biking and I then went to see a physio and he sorted me out. Luckily it was fine on the day.

## What was the result of your fundraising efforts, where did your support come from?

I'm up to nearly £5,200.00 and my target was £1,750. It was mostly from individuals. People who I never imagined would sponsor and help me did. And some people who I expected to get behind me didn't make as much of an effort. It was a bit of a roller coaster. Overall it was amazing and the support was just brilliant.

## On a personal level, what were the main things you took away from the experience?

It gave me confidence, really. My confidence was low to begin with; I was feeling depressed and wasn't sure if I could do it. I'd never gone above 15 miles in my training. I can honestly say I enjoyed every single mile of it. I felt like I was walking on water. Going around, people were so encouraging. It was emotional at times because I was doing it for me mum. Running around I felt like a world champion. The streets were lined with people and they were shouting my name and the

kids were giving me high 5s. I'll never forget that. **Will you do it again?** I'm going to definitely do it when I am 60. That's my target. I hope to keep fit enough to do that.

## What tips would you give others who are thinking of running the London marathon?

I'd tell them to just do it. It is just such an unbelievable experience. Don't over-face yourself with training. Listen to your body. If I can do it, anybody can do it. The whole experience was brilliant, honestly, the best in my life.

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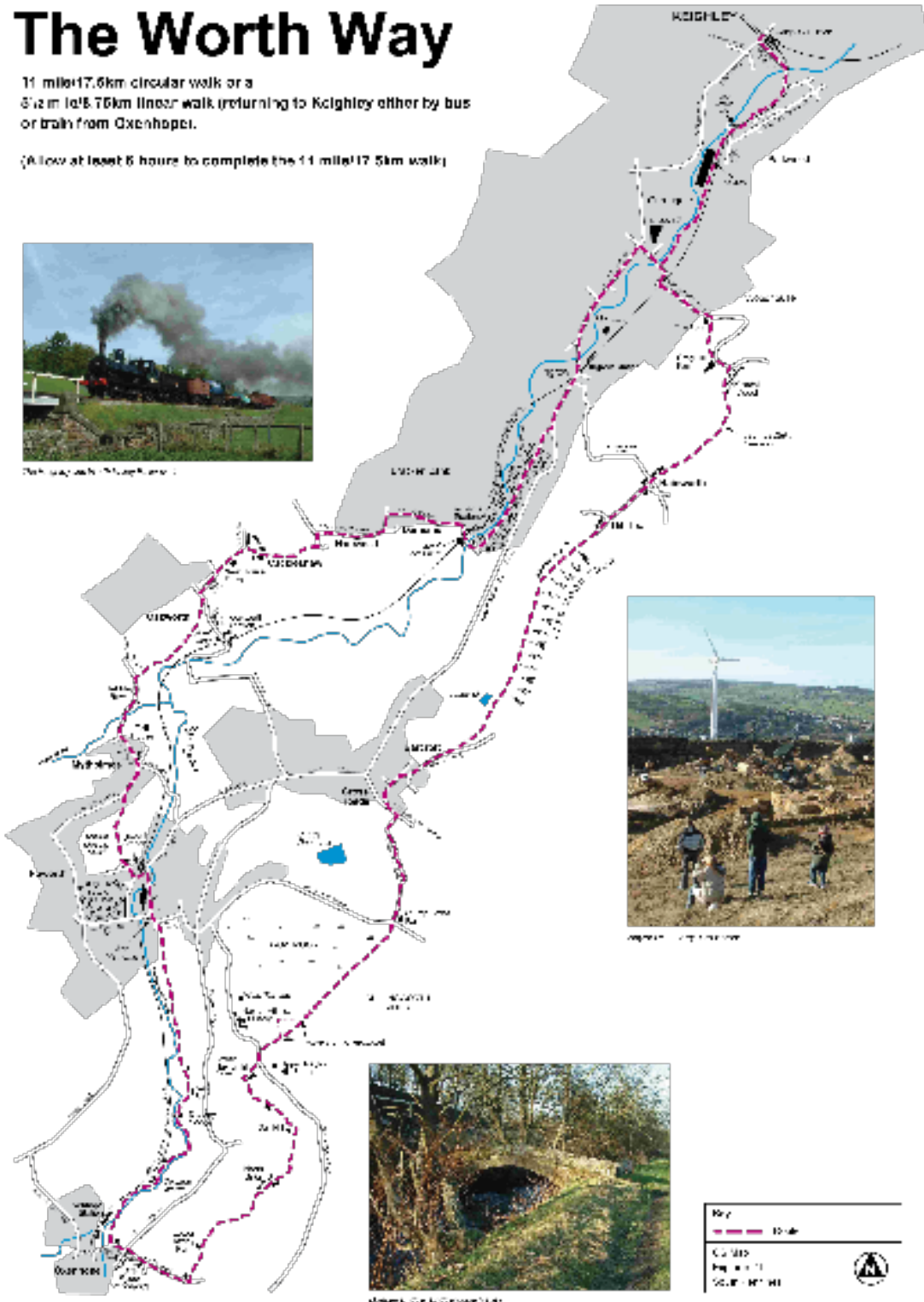
# The Worth Way

11 miles/17.6km circular walk or a 5 1/2 miles/8.76km linear walk (returning to Keighley either by bus or train from Oxenhope).

(Allow at least 6 hours to complete the 11 miles/17.6km walk)



On the way with a steam train



Worth Valley Wind Farm



Worth Valley Line

## The Worth Way

**Ordnance Survey Map Explorer 21 South Pennines covers the whole route.**

The walk has been devised by linking existing footpaths, tracks and roads and is best described as strenuous. Walking boots and good wind and waterproof outdoor clothing is strongly advised. It is essential to carry enough food and drinks to last throughout the day. Refreshments may be available at Oxenhope station when the trains are running. There are also several food shops and a public house near Haworth station. Public transport information:  
Metro Line: 0113 245 7676  
Worth Valley Railway: 01535 645214

## Points of Interest Along the Way

**Low Bridge Mill, Keighley** - a listed building. Look for the three carved stone heads built into the chimney, who they are and what they represent are a mystery.

**Hainworth** - a quaint hilltop settlement, look out for the unusual plaque built into the wall of the row of cottages on the right.

**Naylor Hill Quarry** - a short diversion of the route whilst crossing Brow Moor will give the walker an overview of the full extent of the working of this family run quarry. This vantage point also offers a panoramic view to the west of Haworth and beyond to the county boundary on the skyline with Lancashire. Please take care on the edge of the quarry.

**Oxenhope & Haworth** - our quaint local villages.

## ALL THE STATIONS ON THE WORTH VALLEY LINE

The Worth Valley Line - opened in 1867 to service the mills and villages along the Worth Valley.

**Keighley Station** - a listed building. Platforms 1 & 2 are for main-line

operations and platforms 3 & 4 are for the Worth Valley line and retain many of their original features.

**Ingrow Station** - re-built by the Worth Valley Railway from a disused station building at Foulridge Lancashire, following total vandalism of the original building after the line was closed by British Rail. Nearby is the museum of rail travel, a collection of period railway carriages and other railway memorabilia, rated second only to the National Railway Museum in York. Exhibits are often used for period filming.

**Damems Station** - Britain's smallest station which is often used in filming, the most recent being 'Ormston' in the BBC series 'Born and Bred'. Nearby is the Worth Valley Railway line passing loop **Oakworth Station** - a well preserved Edwardian period, gas lit station used many times for film and TV productions, the most famous being the 1970 film 'The Railway Children'.

**Haworth Station** - head office of the Worth Valley Railway. Nearby are the engine sheds and maintenance workshops.

**Oxenhope Station** - terminus of the Worth Valley Railway. Here is an exhibition shed with a display of locomotives and carriages. There is also a picnic area and buffet car, which opens when the trains are running.

## Footnote

We hope you enjoyed your walk. If so tell your friends, if not, or you have encountered any problems please tell us at:

City of Bradford Metropolitan District Council  
Dept of Regeneration  
Countryside and Rights of Way Service  
5th Floor, Jacobs Well, Bradford BD1 5RW  
Tel: 01274 432666  
[www.bradford.gov.uk/countryside](http://www.bradford.gov.uk/countryside)  
e-mail: [danny.jackson@bradford.gov.uk](mailto:danny.jackson@bradford.gov.uk)

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Worth & Aire Valley Magazines



## Kale Caesar Salad

Dressing:

4 Cloves of garlic  
3 Heaped Tbsp of mayonnaise  
5 Anchovy filets or equivalent paste  
120g Parmesan or Pecorino cheese grated

100ml Olive oil  
1 tsp Worcestershire Sauce  
1 tsp Dijon mustard  
1 Tbsp Lemon Juice  
40ml Apple cider vinegar  
Salt and Pepper

(Option: reserve 2 anchovy filets to chop and place on top of the salad before serving along with a little of the grated cheese.)

Put all dressing ingredients into a blender or food processor and blend well.

Finely chop two bunches of kale into fine ribbons, place in a large bowl and massage the dressing into the leaves. Top with your choice of croutons and serve.

### Health benefits of kale

Portion for portion, kale is hard to beat when it comes to the number of nutrients it contains and a great choice for those wanting to enjoy a healthy balanced diet. Kale is an excellent source of vitamins K, A and C, as well as containing useful amounts of manganese, copper and phytochemicals.

source: www.discoverkale.co.uk





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