

# North East Lancashire Ramblers - Coach Ramblers

## Sedbergh Sunday 2<sup>nd</sup> July 2017

Our two coaches will rendezvous at Burton services for a quick comfort stop and then travel on together. Will independent walkers leave details of your names and routes with your courier on the coach and a mobile phone number if available.

A special "Thank You" to our leaders today, as many of the footbridges are still missing due to the winter floods and as a consequence a lot of the footpaths unusable, and so making it much harder to plan and reccy today's walks. The town may be busy today due to a cycling festival being held this weekend.

### **A Walk** – **Tony Culverhouse** **12 miles** **Strenuous**

From Sedbergh we climb 1107ft to the summit of Winder Fell, with panoramic views including the highest Lakeland peaks and the Howgills. We then descend on a good path to head north-west and then downhill alongside Settlebeck Gill. After crossing the Gill we head into open fields gradually descending into the Rawthey Valley and eventually to the River Rawthey. We follow the river downstream into Sedburgh encountering on the way a rather steep and rocky section of path (if it has been a wet day we can avoid this path). Although this is the longest walk today it includes a challenging climb to the summit of Winder Fell, anyone who is particularly fond of fell walking may want to consider the "B" walk. 8 stiles including 2 ladder stiles.

### **B Walk** - **Michael Counter** **9 miles** **Strenuous**

We alight from the coach in Sedbergh and walk along the road to Lockbank Farm. The walk skirts along the edge of the access land boundary passing Craggstones and Eller Mire and over Swang Head. Unfortunately, we now lose the height as we descend to Bram Rigg Beck. The next section of the route involves a steep and steady climb up the flank of Bram Rigg to reach the summit of The Calf (2220ft). The route now becomes undulating and turns into a broad high level walk, passing Calders and Arant How to reach Winder (1551ft). A final steep descent takes us down into Sedbergh. This is a strenuous walk, but offers some spectacular views of the Lakeland and Yorkshire Dales fells and incorporates a memorable high level traverse.

### **C Walk** **Barbara Sharples** **8.5 miles** **Moderate with one climb.**

Today we 'bag' Winder Trig Point. Starting from the car park we pass Castlehaw Tower and then begin a steady climb up the Dales Highway, alongside Settlebeck Gill, but we use wide and clearly marked tracks so the terrain is good. The views from the Trig Point and Millennium Cairn at Winder Summit are spectacular taking in the Lake District, Morecambe Bay and the valleys of the Lune, Dent and Gardale with the Howgills in the background. Certainly worth the climb. We then descend to the River Lune and Waterside Viaduct on the Dales Way. We use low lying footpaths and bridleways/tracks to Lincoln's Inn Bridge, Ingmire Hall and the Quaker Village of Brigflatts, the Friends Meeting House built in 1675, the burial ground and then fields back to Sedbergh via the hamlet of Birks. There are several stiles on this walk.

### **D Walk** **Paul Brown** **6 ½ miles** **Moderate**

Starting from Joss Lane car park in Sedbergh we walk to St Andrew's Church then through the grounds of the well known Sedbergh Public School to Birks to join the Dales Way, which we follow alongside the tumbling waters of the River Rawthey. We leave the Dales Way to walk to Ingmire Hall, cross some meadows, then join it again to walk to Lincoln's Inn Bridge, then along the east bank of the River Lune to reach the impressive seven arch Lune Viaduct. Continuing to Low Branthwaite we then climb to Slacks Lane and Ash-hining, descend to Underwinder, then climb again to reach Howgill Lane. We follow this lane downhill for about ¾ mile back to Sedbergh for well earned refreshments. Lovely pastoral countryside, railway viaducts to see, some stiles and steps to manage, rough and muddy in just a few places.

**Pickup Time for the Return Journey 6.00pm** from the coach park in Sedbergh. Blackburn coach to drop off at Darwen first, Burnley coach to drop off at Clayton le Moors first.

Book today for our next two coach rambles – **Broughton in Furness on 6<sup>th</sup> August and Ilkley on 3<sup>rd</sup> September**

Or after today telephone Margaret Boothman for the **Burnley** coach on 01282 692901. (NOT after 9.00pm) or for the **Blackburn** coach telephone Kathleen Parker on 01254 396894 (between 6.00pm and 9.00pm) **S.A.E. needed to send a ticket.**

**Leaders needed:** we need volunteers for the B walks for Broughton in Furness and Ilkley.

All welcome to a **social day** out on **Sunday 30<sup>th</sup> July**. Visit to Harlow Carr RHS Gardens and then Leeds Armories. Cost £20. Tickets today from Brenda Maxwell, find her on the Burnley coach, or telephone later on 01282 697303.