



SEDBERGH, Yorkshire Dales National Park – 4th SEPT 2022

Today, we have one main coach and a feeder coach. The rendezvous point is Whalley Terminus and there will be a comfort stop en-route at *Burton-in-Kendal services* on the M6 northbound between J35 and J36. All walks start from Sedbergh. **Self-guided walkers and day visitors must use the Sedbergh official drop-off point.** Sedbergh is one of our regular destinations. We visit approximately every three years because it is a perfect centre for the Howgill Fells and spectacular walks.

TRAVEL INFORMATION - Please sit down quickly after getting on the coach, make the comfort stop a quick visit (this, in theory, is just a brief stop). Be ready to get off at your stops on the return journey. Finally, take your litter home and try to leave the coaches as tidy as possible - no muddy boots on board please. The drivers have a long day! **ON THE DAY** – Please speak to your Couriers Elaine Bates (Burnley), sorry no Courier available today (Blackburn) if you have any queries.

DROP-OFFS - All ramblers, independent/self-guided walkers and Day visitors will be dropped off in Sedbergh at the coach park area. All the guided walks finish at Sedbergh.

WALKS INFORMATION FOR SEDBERGH

On the walks -- You must not walk in front of the leader. There may be safety instructions during the walk which you need to be aware of. The Leaders pioneer and risk assess each route, but their experience may mean they need to respond to changes on the day and you must be able to hear their instructions. **At the comfort stop please ask the leaders about their walks if you are unsure which ramble to select.**

B WALK LEADER: TONY CULVERHOUSE 10 MILES STRENUOUS

We climb out of Sedbergh along some steep rocky sections to join the Dales Way. Continuing north to Hole House we cross the River Lune, then climb steeply up Firbank Fell. We then descend a tarmac lane to New Field, then field paths to Lincoln's Inn Bridge. We rejoin the Dales Way along the bank of the Lune. The Dales way leads us East joining the River Rawthey (a tributary of the Lune) and back to Sedbergh. Beautiful scenery, steep sections and a good number of stiles. 'C' walkers would definitely struggle!

C WALK LEADER: MICHAEL BATES 8.5 MILES MODERATE

The route takes us down to the River Rawthey via the grounds of Sedbergh School. We then walk in a westerly direction along the riverbank passing the confluence with the River Dee taking lunch close to a viaduct which once carried the Ingleton to Tebay railway line. Later the route joins the Dales Way through a hamlet named The Oaks before reaching the River Lune. We pass the attractive Lincoln's Inn Bridge pausing here for a short time before making our way to the Lune Viaduct, a magnificent structure. The route climbs to Low Branthwaite and then to Craggs Wood prior to reaching open moorland from where there are extensive views. We then make our way back to Sedbergh via Lockbank Farm. Please note there are three short but steepish climbs. Plenty of stiles, virtually all of which are in a decent state of repair. Paths and tracks are mainly good.

D WALK LEADER: JANE CORDINGLEY 7 MILES FAIRLY EASY

Setting off from the town centre, we climb gently to Castlehaw, a site of a Norman Motte and Bailey castle (*option to climb to top*), from there we take field and farm tracks to Stone Hall, where we turn south to join the River Rawthey at Straight Bridge, following the river to New Bridge (lunch stop). We continue following the river for a while, then leave it briefly at Akay Woods to visit The Pepperpot, crossing Sedbergh school grounds. From Birks House we pick up the river again and after crossing a disused railway line we take the A683 for a short walk to arrive at Brigflatts (time here to explore the Quaker Meeting House and Graveyard). We return to Sedbergh via field paths and the school grounds. After the initial climb to Castlehaw this walk is mainly flat with some gently undulating paths and steps. Some uneven terrain through woods.

SELF-GUIDED WALKS - Please get off at the guided walk drop-off points. **ESSENTIAL** - *It is important for safety reasons that independent walkers leave details of your names, brief route description or map and a contact mobile number with the Coach Secretary (coachramblenel@gmail.com) or Coach Courier. We need this information in case of an incident. Ask for the NE Lancs Coach Ramble mobile number for use on the day.*

RETURN - *Please be at the coach park for 5:45pm. Please arrive 15 minutes early and be settled in your seats by 5.55pm.* The coach will *leave at 6.00pm prompt. Earlier if everyone is settled in their seats!* **Coach Park: Joss Lane, Sedbergh Postcode: LA10 5AS**
Grid Reference: SD658921 What3Words: ///decide.tuck.materials

The rendezvous with the feeder coach is Whalley Terminus. From the rendezvous point please use the same vehicle for your HOMEWARD journey as your outward journey to avoid confusing the drivers.

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