

# Sedbergh - Dent

Start: Sedbergh

Distance: 13 miles (21km) to 19 miles (32km)

Scale 1:50000



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## **INTO DENTDALE**

Start and finish	Car park behind Sedbergh Tourist Information Centre
Distance	13 miles (21km) for circuit to Dent village 19 miles (32km) for continuation to head of valley
Refreshments	Sedbergh and Dent. Sportmans Inn is just beyond route end in Cowgill
Toilets	Sedbergh and Dent
Nearest train station	Dent station is on the Settle Carlisle line and is 1km from the route down a big hill

This gentle ride takes you up the lovely valley of Dentdale, along quiet country roads.

## **ROUTE DESCRIPTION**

1. Turn left along the one-way street through the town. At the main road turn right, then left at the mini roundabout. Cross the River Rawthey, continue towards Dent, then take the first right turn signed to Sedbergh Golf Course. After a short descent, go over the bridge and up the other side. Go through a gate and then take the sharp left turn at a T junction.
2. This quiet road takes you through Gawthrop to reach a T-junction. Turn right signed to Dent. The short route back to Sedbergh is by turning left here.
3. Dent has a selection of cafes, pubs and a shop. In Dent go along a cobbled section, turning left in front of the George & Dragon pub. Follow this road out of the village and over the river. This road leads to up the valley to Cowgill.
4. At Cowgill, turn right over the bridge just before St John's church and follow the lane as it returns down the valley to Dent.
5. From Dent retrace your route towards Sedbergh, either through Gawthrop and down the valley, or by following the road to the north of the river. This is slightly busier, but is still generally a quiet road.