

# Sedbergh - The Bowderdale classic

Scale 1:60000



YORKSHIRE DALES  
National Park Authority

Start: Sedbergh, GR: SD 658 921

Distance: 39km

Ascent: 1245m

Grade: Severe



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## **SEDBERGH – THE BOWDERDALE CLASSIC**

Start and finish	Sedbergh SD658 921
Distance	39km (24 miles)
Toilets	Sedbergh
Pubs and cafes	Sedbergh and Ravenstonedale
Nearest train station	Kirkby Stephen 3 miles off route

A truly classic trip that should be saved for a good day. The Howgills reach 676m and poor weather would mean good navigation and difficult trail conditions. The description below takes you up the steep way and down Bowderdale valley, often voted one of the best bits of singletrack in the country. Some prefer to go the other way round - the choice is yours.

### **ROUTE DESCRIPTION**

1. Take the lane by the side of the car park and toilets in the centre of Sedbergh. Take a left and then turn right at the end. This is Howgill Lane and takes you out of town on a quiet tarmac road. Follow this for 2km to a signed bridleway on your right up a short walled lane.
2. Now start climbing. The route follows a path which is mainly grassy, sometimes steep and sometimes very steep. It climbs up to skirt the side of Winder, then on to pass Arant Haw. Then a short respite before a steep climb up a loose surface onto Calders. Then there is an easier section through to the trig point on the highest point of the route at The Calf.
3. You are now at the start of what many people regard as the finest piece of singletrack in the country. 7km of rock strewn trail that just keeps on going. The track heads north east from the summit and then drops steeply into Bowderdale, swinging northwards. Navigation is straight-forward as the track follows the valley. Eventually a climb up the valley side marks the end of this section. Turn left down the farm track and follow the bridleway down to meet a minor tarmac road.
4. Turn right, and then second right just before the A685. at a sharp bend turn right on to a track. Keep straight on at a junction. Aim to pick up the track which is on the right of a small wood. This brings you back onto a tarmac road. At a junction turn right again and follow through to a farm. Pick up the bridleway to the left of the building and follow this through to a tarmac road. Turn left and then right and cruise into Ravenstonedale village.
5. The road climbs gently through the village. Where it turns sharp left go straight on up minor tarmac road. Follow this for 4km through to Adamthwaite.
6. Take the bridleway to the left of the farm, which skirts the side of the hillside before dropping to the farm at Narthwiate.
7. The bridleway drops steeply from the farm and crosses a beck by a ford. Follow the obvious trail through to an open area. A footpath leads off to the right here and there are good views up to the waterfall of Cautley Spout. The bridleway continues on down the main valley and there are some great singletrack sections. After 3km you pass Fawcett Bank and drop to cross another stream. The track now improves and after a further 1km becomes tarmac. This drops you down to the main A683 road. Turn right and head back into town.