

Sedbergh - Howgills

Scale 1:35000



Start: Sedbergh

Distance: 14 miles (23 km)



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THE HOWGILLS

Start and finish	Car park behind Sedbergh Tourist Information Centre
Distance	14 miles (23km)
Refreshments	Sedbergh
Toilets	At start
Nearest train station	Oxenholme station near Kendal is about 10km from the route along a signed cycle route

A challenging ride through a quiet corner of the Dales, taking you along the side of the Howgills and past Holme Open Farm. You also pass Fox's Pulpit where George Fox, a Quaker, preached in the open air to over a 1000 people in 1652.

ROUTE DESCRIPTION

1. Turn right out of the car park, away from the High Street. After 100m, turn left into Bainbridge Road, along to a T-junction, and right onto the road to Howgill.
2. Climb steadily for 2/3 of a mile (1km), before descending steeply to a stone bridge. Continue along the side of the Howgill Fells on a lovely road for 2 miles (3km).
3. Turn left at the next junction towards Kendal and Beckfoot. Over a narrow bridge, then under the impressive Waterside viaduct to meet the B6257.
4. Turn right then immediately left towards Beckfoot. Watch out for the right turn to Lambrigg Head, Grayrigg and Docker, and then take the unsigned lane on the left, about 200m further on. Follow this road bearing right where a tarmac track leads left to Birchfield and continue past Fox's Pulpit to reach a difficult descent to the A684.
5. Cross this road to join the B6256 and follow this to a T-junction. At the T-junction, turn right onto the A683 (take care), then take the sharp left to Holme Open Farm.
6. This quiet road takes you past the farm, and then bear right signposted to Dent. Go through the gate and along the track, keeping left at the fork to pass through another gate. Descend and continue past Sedbergh Golf Club.
7. At the T-junction turn left onto the road back to Sedbergh.