

Sedbergh to Millthrop

Distance: 4km (2.5 miles)

Time: a minimum of 1 hour

Accessibility: a moderately level walk, using narrow stiles and gates. The riverside section can be rocky and muddy in places.

Parking: Sedbergh. Various car parks. Main street car park SD 65906 92180 or near Library SD 65785 91993

Other transport:

- bus service from Kendal

Toilets: Sedbergh

Refreshments: cafés, pubs and shops in Sedbergh

Closest National Park

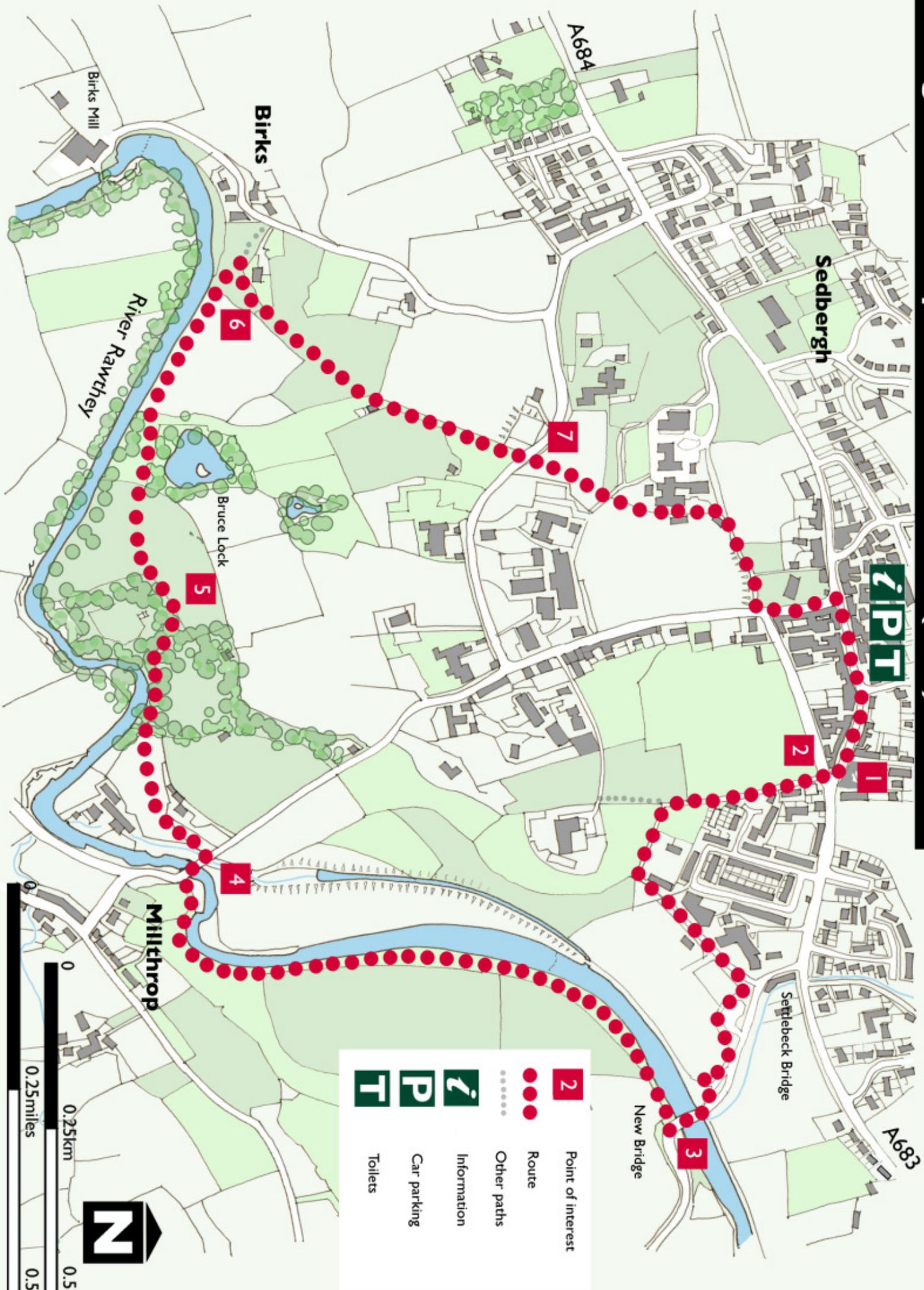
Centre: Hawes National Park Centre in the Dales
Countryside Museum DL8 3NT (call 01969 666210)

Route description

1. From Sedbergh Information Centre, in the Dales and Lakes Books Centre, walk left along Main Street and cross Busk Lane using the zebra crossing onto Vicarage Lane, signposted Settlebeck & Millthrop.
2. Follow the gravel track down and round to the left towards the Old Vicarage. Continue on the narrow path through Settlebeck school grounds and then bear right onto a footpath signed New Bridge & River Rawthey, to join the main road. Take care crossing the narrow road bridge, New Bridge.
3. Turn right down the stone steps and follow the path signed Millthrop. Go through a kissing gate and continue along the pleasant riverbank of the River Rawthey as far as Millthrop Bridge. The bridge is narrow and should be crossed with care, however there is a refuge half way across giving good views of the river downstream.
4. After Millthrop Bridge take the footpath to the left signed Birks, go across a field and then enter Akay Wood through a narrow gate. In the wood you will find oak and ash woods with exotic plants from the 19th century. Follow the waymarker posts through the wood, with the river down to your left.
5. Leave the wood via a kissing gate into open fields, after a short distance a wooden bench invites you to rest and enjoy the views across to the Howgill Fells. Continue on the obvious path with the river down to your left, then alongside the rugby pitch, towards Birks House.
6. Bear right in front of the house across fields and follow the lane next to the sports fields.
7. Cross the road with care and follow the footpath to the right of the school building, to Main Street. Bear right alongside the cricket pitch and join Main Street by St. Andrew's Church back into the Town Centre.



Sedbergh to Millthorpe distance 2.5 miles (4km)



- 2** Point of interest
- Route
- Other paths
- i** Information
- P** Car parking
- T** Toilets

