

# Sedbergh to Stone Hall

**Distance:** 3km (1.8 miles)

**Time:** a minimum of 1 hours

**Accessibility:** quite a strenuous walk through undulating fields below the High Fell. There are a number of narrow kissing gates and ladder stiles along the route.

**Parking:** Sedbergh. Various car parks. Main street 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 the car park in Sedbergh town centre walk along pavement and then turn left along Castlehaw Lane, signposted to Howgills Bunk Barn. The lane takes a gradual climb up a stone track through trees.
2. A brief detour to Castle Haw, a 11th century motte and bailey castle, can be made over a permissive path through kissing gates off the lane to the right. It gives wonderful views of the Howgills, Cautley Valley, Frostrow Fell and Brant Fell. Return to Castlehaw Lane and continue to Castle Haw Farm over the little humpback bridge. Pass in front of the bunk barn then through a gate into the field and bear right along the fence side. Continue across fields to High Barn and Ghyll Farm.
3. At Ghyll Farm, turn left through the stableyard and then bear right down the concrete drive. Take care over the cattle grids and continue down the tarmac drive past Stone Hall.
4. As the drive bears to the left, look out for a narrow stone stile next to a little gate off to the right. Follow this footpath left along the wallside across a narrow footbridge and stile.
5. Turn right onto the gravel drive up and in front of Underbank House. Bear left onto the grassy lane, Thorns Lane, heading back towards Sedbergh. Continue down the lane past the houses until you reach a walled tarmac footpath off to the right over a wooden footbridge that crosses Settlebeck Gill.
6. This path passes beneath Castle Haw and woodland. The footpath exits the field onto the pavement via a little gate and stone steps. Turn right back into Sedbergh town centre.



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