

Walk No. 14

Kirkby Stephen to Sedbergh

Area: Howgills

4 July 2026

Map: OL 19

8 Miles Moderate

Start: A683 Road (Rawthey Bridge) Grid Ref: SD713978

Narthwaite – Cautley Beck – Fawcett Bank – Ellerthwaite – Straight Bridge – Farfield Mill Heritage Centre – High Hollins – Highside – West on footpath across Frostrow Fells – Millthrop – Minor Road over River – Footpath to Car Park

9 Miles Moderate

Start: A683 Road (Rawthey Bridge) Grid Ref: SD713978

SW to Bluecaster Side – Minor Road to A683 – South on A683 for 1/4 mile – Footpath to Birks – East to Blake Rigg – Hebblethwaite Hall – Sathwaite – Dovecote Gill – Hallbank – Farfield Mill Heritage Centre – Straight Bridge – Follow River Rawthey to Sedbergh

9.5 miles Strenuous

Start: A683 Road (Cross Keys) Grid Ref: SD698969

Cautley Holme Beck – Cautley Spout – The Calf – Bram Rigg – Swarth Grieves – Birkhaw -Hungry Barn – Hole House – Dales Way – Lune Viaduct – Lincoln's Inn Bridge – Underwinder – Howgill Lane – Sedbergh

Pub Red Lion

Telephone: 015396 20433