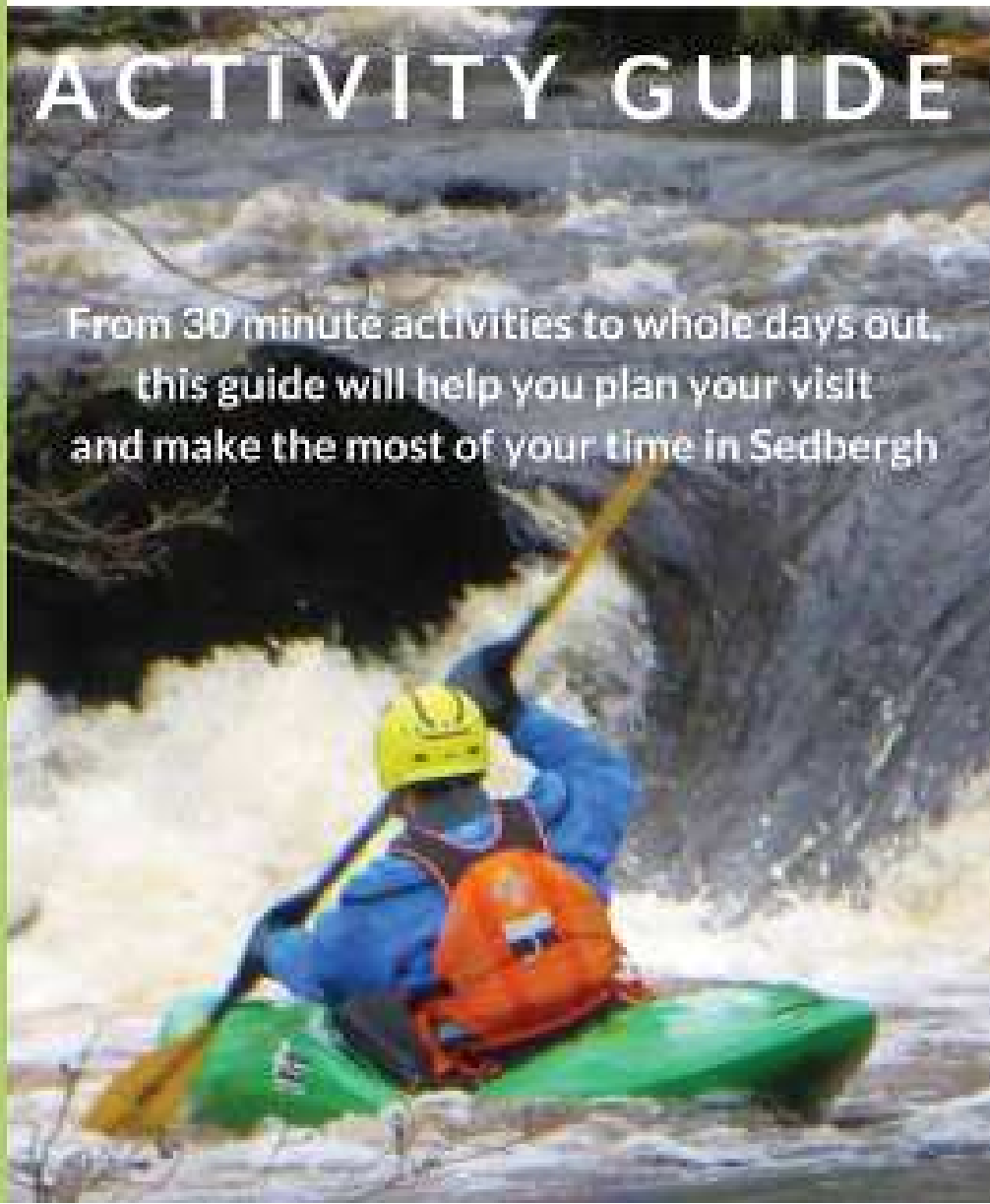


# VISIT Sedbergh

## ACTIVITY GUIDE

From 30 minute activities to whole days out,  
this guide will help you plan your visit  
and make the most of your time in Sedbergh



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*All timings in this guide are approximate*

**RD: Rainy day activity**  
**CR: Car required**



Front cover photo: Colin Cowperthwaite



## 30 MINUTE ACTIVITIES

2

## ONE HOUR ACTIVITIES

3



Visit our Information & Book Centre at 72 Main Street. Chat to one of our lovely volunteers and find out more about the activities in this guide. [www.sedbergh.org.uk](http://www.sedbergh.org.uk), 015396 20125.

RD



Walk through Sedbergh's hidden yards. The building in Weavers' Yard dates to the early 14th century. In the 18th century the first weaving looms in Sedbergh were set up there. The side of the shop has 13 filled-in windows, the top ones of which provided light for hand-loom weavers.



St Andrew's church, at the corner of Main Street and Finkle Street, is Sedbergh's oldest building, dating back to around 1130. Have a look at the tapestries, detailing the history of the town. There are several local churches to explore. RD



Go geocaching. Download the app, solve the clues and see where the trail takes you. The geocache in this photo can be found if you walk up Joss Lane and head towards Winder.



Now a private residence, Cannon House on Back Lane was originally an inn known as The Swettenham Arms. It took its name because of the two cannons left outside by Bonnie Prince Charlie's men on their retreat during the Jacobite Rebellion. The house was built circa 1670.



Find a cave. Park at Langstone Carpark on the A684 towards Garsdale and join the Sedgwick Trail. It takes about 15 minutes to reach the cave. If you have more time, head down to the river for a picnic and a paddle. CR



Head to Lock Bank Farm on Howgill Lane (only 5 minutes walk from town) for a delicious icecream. Children will enjoy the playground which you will pass on your way. Walk back along the fell wall and enjoy the wonderful views.

[www.howgillfellicream.co.uk](http://www.howgillfellicream.co.uk).



Akay Woods is a magical place to explore. Forage for wild garlic, discover the ruins of Akay Manor, look for woodland fairies and visit the Pepperpot before heading back into town for hot chocolate and cake.



Sedbergh is lucky to have a lovely selection of independent shops. Spend an hour (or more) indulging in some retail therapy. RD



Visit Castlehaw Tower, a motte and bailey castle. Dug into the bailey are the remains of a Royal Observer Corps monitoring post, opened during June 1965 and closed in October 1968.

*Photo credit: wildcardwalks.co.uk*



Wrap up warm and head out after dark for some stargazing and astrophotography. On a clear night, you won't be disappointed.  
[www.yorkshiredales.org.uk/visit-the-dales/things-to-see-and-do/stargazing](http://www.yorkshiredales.org.uk/visit-the-dales/things-to-see-and-do/stargazing).

*Photo credit: www.habrokimaging.co.uk*



Pack a picnic and head down the river. Build a dam, skim some stones or just enjoy a gentle stroll along the banks. You may be lucky enough to see the salmon leaping during Autumn.



Fox's Pulpit, 4 miles to the north of Sedbergh on Firbank Fell, is a significant Quaker landmark. Here, in 1652, George Fox, founder of the Quakers, preached to a congregation of a thousand for three hours from a large rock on the fellside.  
[www.brigflatts.org/firbankfell](http://www.brigflatts.org/firbankfell). **CR**



Put your wellies on, pick up a map from the Information and Book Centre and go for a walk - there are lots to choose from. Why not visit Cautley Spout, England's highest waterfall, and afterwards enjoy lunch at the Cross Keys, a 400 year old Temperance Inn.



Brigflatts, near Sedbergh, is one of the most famous Quaker meeting houses. You can also walk to Brigflatts across the fields. [www.brigflatts.org](http://www.brigflatts.org). **RD, CR**



Explore our beautiful countryside on horseback. Stone Trail Riding Centre offers 90 minute, 2 hour, half-day and full day treks. [www.stonetrailridingcentre.com](http://www.stonetrailridingcentre.com), 015396 23444. **CR**  
*Photo credit: Stone Trail Riding Centre*



Sedbergh is England's Book Town, and there are several bookshops and book cafés to enjoy. Pop into the Information & Book Centre to get a leaflet detailing all the book outlets in town. **RD**  
*Photo credit: Westwood Books*



During the holidays, Farfield Mill runs fabulous workshops for children. Call 015396 21958 for more information.  
[www.farfieldmill.org](http://www.farfieldmill.org). **RD, CR**  
*Photo credit: Farfield Mill*

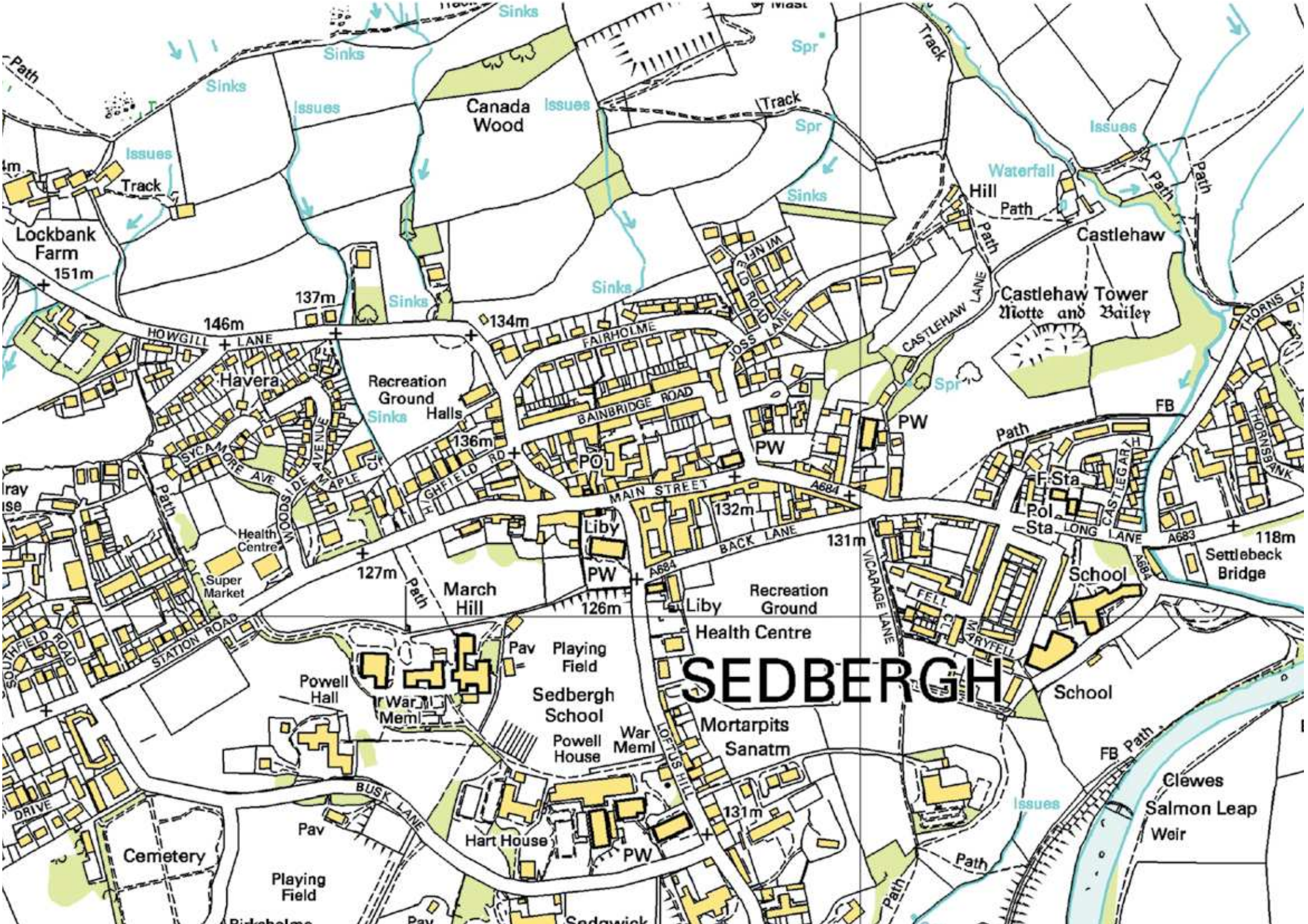


Enjoy a round or two of golf at this beautiful 9 hole course. The restaurant and bar serves delicious food, so why not stay on and enjoy lunch with a view. [www.sedberghgolfclub.com](http://www.sedberghgolfclub.com), 015396 21551.  
*Photo credit: Sedbergh Golf Club*



Pack your camera and binoculars and go bird watching. There is a fantastic array of local and migrating birds to find.  
*Photo credit: Colin Cowperthwaite*









Farfield Mill is housed in a restored Victorian Woollen Mill - you will find heritage displays, working looms, exhibitions, craft demonstrations, art and craft for sale by resident and visiting artists, workshops and events - plus delicious food in Weavers Café. There is free parking, or you can walk there along the river and over the fields. [www.farfieldmill.org](http://www.farfieldmill.org). RD, CR



Take a ride on the Settle - Carlisle Railway. At 1,150 ft above sea level, Dent station is England's highest mainline station, and provides stunning views of Dentdale.

[www.settle-carlisle.co.uk](http://www.settle-carlisle.co.uk), 01729 825888. RD, CR

*Photo credit: Colin Cowperthwaite*



Sedbergh is surrounded by fells. Explore them on foot or by bike. The Howgills offer some of the best natural mountain biking trails in the UK. The Bowderdale Beck loop has nearly 10km of non-stop singletrack riding.

[www.mbr.co.uk/routes/northern-england/pennines/howgill-fells-gps-trail-download-322600](http://www.mbr.co.uk/routes/northern-england/pennines/howgill-fells-gps-trail-download-322600). *Photo credit: www.mbr.co.uk*



The rivers Lune, Rawthey and Clough around Sedbergh are renowned for their excellent white water canoeing and kayaking. More information can be found online at

[www.ukriversguidebook.co.uk](http://www.ukriversguidebook.co.uk).

*Photo credit: Colin Cowperthwaite*



Book a guided walk with Alison O'Neill, the Barefoot Shepherdess. [www.shepherdess.co.uk](http://www.shepherdess.co.uk), 015396 20134.

*Photo credit: www.shepherdess.co.uk*



Fishing for brown trout, sea trout and salmon is available in the rivers Lune and Rawthey close to Sedbergh. Killington Lake stocks pike, roach and brown trout. For more details, go to [www.sedbergh.org.uk](http://www.sedbergh.org.uk) or call 015396 20125.

*Photo credit: Chris Wood*



Less than an hour's drive from Sedbergh, you will find fantastic National Trust properties. Visit Hill Top, home to Beatrix Potter, or Allan Bank, where William Wordsworth once lived. Sizergh Castle has a wild play trail and Wray Castle has an

adventure playground and walks by Lake Windermere. RD, CR

*Photo credit: www.nationaltrust.org.uk*



Dales Countryside Museum in Hawes tells the fascinating story of the Yorkshire Dales and the people who have lived and worked here and shaped the landscape for thousands of years. [www.dalescountrysidemuseum.org.uk](http://www.dalescountrysidemuseum.org.uk), 01969 666219.

RD, CR



A 40 minute drive north on the M6 will bring you to Rheged: food and drink, art gallery, cinema, theatre, children's workshops and activities, shopping, spa and more all under a glass roof. [www.rheged.com](http://www.rheged.com), 01768 868000. RD, CR

*Photo credit: www.rheged.com*



The beautiful village of Dent is only 5 miles from Sedbergh. Visit the heritage centre

([www.museumsintheyorkshiredales.co.uk](http://www.museumsintheyorkshiredales.co.uk), 015396 25800), enjoy lunch in a cosy pub and find out about the vampire who is said to be buried by the entrance to the church. You can also walk to Dent over the fells or along the Dales Way. RD, CR



Al Forno, Main Street, 015396 34040



The Dalesman, Main Street, 015396 21183



The Haddock Paddock, Main Street, 015396 20468

Mad Hatters Tea Room, Finkle Street, 015396 20298

The Red Lion, Main Street, 015396 20433



Sedbergh Golf Club, 015396 21551

Smatt's Duo, Main Street, 015396 20552

Three Hares, Main Street, 015396 21058



Weaver's Café, Farfield Mill, 015396 21958

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to be kept up to date about future events.

While you're here, buy a copy of The Lookaround.  
It gives details of all the events going on this month.

