

A taste of The Dales



Sedbergh is perfectly placed between the Lakes and Dales, nestling at the foot of Alfred Wainwright's Howgill's, it's the ideal place to escape to with your partner or family for relaxing days out or week-long getaways.

It's slap bang in the middle of some of the best food producers in the entire country. Cheese makers, bakers, charcutiers, ice-cream makers, meat and game producers and a whole host of award-winning chefs... this two-day sample itinerary provides a few ideas of the foodie things you can see and do.

Day 1 Morning

Start your morning with a taster session at [Howgill Fellside ice-cream](#) and start your day off as you mean to carry on. Sample an array of delicious ice creams made with fresh milk from Friesian and Jersey cows. Owners Roger and Suzan are carrying on the farm's dairy heritage, which was established four generations ago 1897. Tuck into flavours including Howgill Hurricane made with cinder toffee, Fruity Fellside made with raspberries, bilberries blackberries and strawberries and Hedgerow Harvest made with apple, blackberry, and biscuit pieces.

Lunch

Head to the [George & Dragon](#), Dent, and sample deliciously simple food and locally brewed beers. Don't forget to Look out for our locally reared premium beef and sustainably sourced game. ice-cream, cheeses, cakes and bakes and award-winning beers. Wherever you choose to eat, take time to savour the tastes.

Afternoon

While you're in Dentedale you must take the time to head to Cowgill and visit the [Dent Brewery](#), where you can enjoy insightful tours and sample award-winning hand-crafted beers along the way.

Dinner

After a busy day out and about it's time to return to Sedbergh and sample the delights of either [The Dalesman](#) which serves up an array of pub favourites including artisan burgers, steaks and fresh fish.

Day 2 Morning

While you're here you must visit the [Wensleydale Creamery](#), home to the world-famous crumbly Yorkshire Wensleydale cheese. The Dairy uses traditional methods to handcraft cheese to time-honoured recipes, using milk from local farms to create a range of delicious award-winning cheeses, including Yorkshire Wensleydale, Wensleydale Blue, Yorkshire Wensleydale and Cranberries.

Lunch

Calvert's Restaurant, Wensleydale Creamery championing the finest Yorkshire Dales produce, delivering show stopping favourites and unique and delicious dishes.

Afternoon

This is a must on any foodies itinerary... [Wildman Charcuterie and Salumi](#) based at Town End Farm Malhamdale creates an array of award-winning charcuterie; including traditional breed beef bresaola, Yorkshire gin coppa an Italian style cold cut meat, Yorkshire chorizo, or their spicy Picante chorizo, Yorkshire fennel salami, Wildman pancetta and Wildman holy smokery dry cured bacon. You can even learn to make your own charcuterie at the farm's on-site butchery, where you can learn pork butchery, sausage making and basic curing, or ramp things up with either a French charcuterie course or an Italian salumi making course.

Late afternoon early evening

Continue your foodie fun by popping into [The Church Mouse](#) in Barbon and tuck into their very own cheese creation Baa-Bon, a delicious hard cheese in conjunction with Ribblesdale Cheese in Hawes.

Dinner

After working up an appetite it's time to head to [The Black Bull](#), and enjoy an array of dishes made using the finest locally sourced ingredients by multi-award winning chef Nina Matsunaga. Many of Nina's dishes are created with produce sourced from within the valley itself, including, Howgill Hereford beef, Howgill Herdwick lamb and mutton, Mansergh Hall pork and a huge array of fresh game from Cartmel Valley.