

## Adventures galore in 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.

The landscape that surrounds Sedbergh lends itself to all sort of outdoor adventures, on two wheels, two feet, four legs, on water or in the air whatever you choose to do there's lots to get you busy in this corner of the Dales... this four-day sample itinerary provides a few ideas of the outdoor adventures you can enjoy.

### **Day 1 MTB or Roadie?**

Get out on two wheels and explore the highways and byways of this beautiful area, get off road with rides like one of the ultimate single-track mountain bike rides in the UK. The [Bowderdale Classic](#) or explore quiet country roads and take in magnificent glacial valleys amazing descents and steep gradients like the classic climb of the [Buttertubs Pass](#). There are plenty of linear and circular routes too; including the 196-mile circular [Lakes & Dales Loop](#) if you fancy a truly epic ride out – remember you don't have to do it all in one go!

### **Day 2 Water Baby?**

Home to Killington Lake, the River Rawthey, Clough and Lune, Sedbergh is a paddler's paradise for both the experienced or novice canoeist and kayaker. You could explore one of three navigable rivers locally or discover the relative calm of Killington Lake, which provides canoers and kayakers

with something a little different. [ComeKayaking](#) based at Killington Lake, can offer all sorts of experiences including flat water kayaking, white water river touring and white-water slalom.

If you fancy something more sedate then you could take the opportunity to explore part of the Kendal to Lancaster Canal taking to the water to explore the [Tewitfield to Lancaster canoe trail](#).

### **Day 3 Crashing Cascades?**

[Ingleton Waterfalls Trail](#) is a must do, it's a stunning 4.3mile, 7km circular walk, that meanders through ancient woodlands alongside the rivers Twiss and Doe as they tumble over cascading waterfalls including the mighty Thornton Force, and Baxenghyll Gorge all against the backdrop of the looming bulk of one of Yorkshire's Three Peaks, Ingleborough. There are plenty of picnic spots along the way so you can spend a little while tarrying and taking in the sights and sounds around you. Soaking up the majesty and sheer power of nature in this remarkable corner of the Dales.

### **Day 4 Giddy Up?**

Pull on your boots and head out for a half-day ride with [Stonetrail Riding Centre](#) and enjoy some of the best off-road horse-riding trails in England, with direct access to an extensive network of bridleways from the farm gate. Ride out on old green lanes and tracks across the open fell and historic bridleways across the Howgill Fells, the Mallerstang Valley, Crosby Garrett Fell, Ash Fell and the wide-open green tracks of Kirkby Stephen common. Handily Stonetrail is also located on the start of the [Pennine Bridleway](#), which runs for 205 miles (330 Km) through the dramatic Pennine hills from Cumbria to Derbyshire. Following a network of ancient lanes, pack horse routes and drover's roads transporting riders back in time. It's the perfect way to explore the varied landscapes and industrial archaeology of the Pennines. (Stonetrail rides are designed for intermediate and experienced riders).

### **Day 5 Splashing Around?**

What could be better than a swim in a cool waterfall pool on a rare hot summer's evening?

The area in and around Sedbergh in the heart of the Howgill's provides wild swimmers with some of the best swimming locations in the entire UK, whether a river swim, a pool beneath one of the area's stunning array of waterfalls this stunning landscape has it all.

[Uldale Force](#) is something of a TV star when it comes to wild swims! With a starring role as one of as one of the best places to enjoy a wild swim in Britain and handily it's just up the road from Sedbergh.

One of the most dramatic places for a swim has to be [Cautley Spout](#), and handily it has some pretty nifty pools fed by mini falls if you know where to look, great for cooling off on a long hot summer's day when walking the Howgills. This stunner is England's highest cascade waterfall, plunging 198m down the fellside from the edge of the corrie of Cautley Crags to the valley floor where it forms Cautley Holme Beck, before meeting the River Rawthey some 1¾ miles away.