

**Again you now have two options:**

**You can turn right along the river bank**, past the weir and back to New Bridge. Go over the New Bridge and back down to the picnic area by the riverside. From here either retrace your original route out of Sedbergh along the riverside or follow the instructions in 5 A) for a shorter route back around the school playing fields.

**Alternatively you can turn left** along the river bank to Millthrop Bridge from where you can walk to Akay Wood:

(8) Go over the bridge and ahead of you on the left are steps up to a small gate (signposted to Birks) and then a clear path across a field which leads to a gate into Akay Wood. This was the site of Akay House which was demolished in the 1940s. The woodlands here are full of snowdrops, bluebells or wild garlic depending on the time of year.

Follow the yellow public footpath arrow up the central path through the trees until you reach a kissing gate at the far end, keeping an eye out for a ruined arch on the right, and small area of mosaic tile flooring, tiny remnants of Akay House. Pass through the kissing gate and walk for 100m to look at a very striking folly known locally as the Pepperpot. Return to the gate. The area of woodland to your right is worth exploring if you have time.

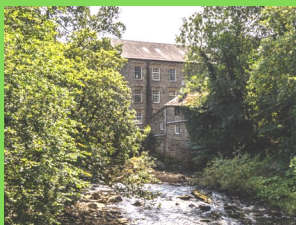
(9) From the gate walk back into the wood then at the footpath marker post follow a track to the left which broadens, leading to the three huge original gateposts to the house. Go through the gate posts for only about 20 metres before heading into the cricket field which is immediately on your right.

(10) Ahead, or your right, you will see the ancient Akay Oak tree, surrounded by a wooden fence, much reduced now in height but with a huge girth. This tree is roughly 650 years old. Go across the cricket field, following the line of trees on your left, to a gate which leads onto the Dent road.

(11) Across the road you will see a narrow gap in a wall and a small gate. Squeeze through and follow the path ahead across the hillside. The path leads to a gate in a wall and then up left to the garden wall around Winder House. Follow the path, with the wall on your right, to the kissing gate and you are back on the path which took you out of Sedbergh at the start of your walk.

**Note** that for a fine walk to Farfield Mill park at Millthrop Bridge, walk up the road into Millthrop and turn left along the narrow lane, then follow instructions 7 and 6 in reverse. Return the same way. This route is entirely on a hard surface and is fairly flat making it ideal for wet days or as a pushchair walk.

# VISIT Sedbergh Walk 2



## Walk 2: Farfield Mill from Sedbergh

**Distance: 6 - 7km (3.7 - 4.4 miles) depending on the return route**

**Time: 2 - 3 hours**

**Moderate walking, mainly fairly flat, occasionally uneven, excellent views, good birdlife along the river. Can be muddy after rainfall. Dogs may need to be carried up stone steps at Straight Bridge. Not suitable for prams, buggies or wheelchairs, but see note at the end about a flatter, drier alternative along quiet country lanes.**

(1) **Outward Route (see map):** Start at **Sedbergh Information Centre**, 72 Main Street. Cross Main Street to The Folly, one of Sedbergh's ancient yards, then cross Back Lane at the zebra crossing. Turn left, then right down Vicarage Lane, signposted to the river ½ mile. Walk down to a kissing gate with a finger post indicating Millthrop ½ mile. Follow this route up the steep hill to another kissing gate and old lamp-post. From here you get an exceptionally good view of the town and Winder Fell behind.

(2) Cross the drive outside Winder House (one of the Sedbergh School boys boarding houses) to another kissing gate and follow the path along the side of the garden wall on your left. Drop steeply downhill left to a small gate, then follow the path to another gate. Follow the water channel (which once took water from the weir to Millthrop Mill) before passing through a gate and turning left to join the path by the River Rawthey.

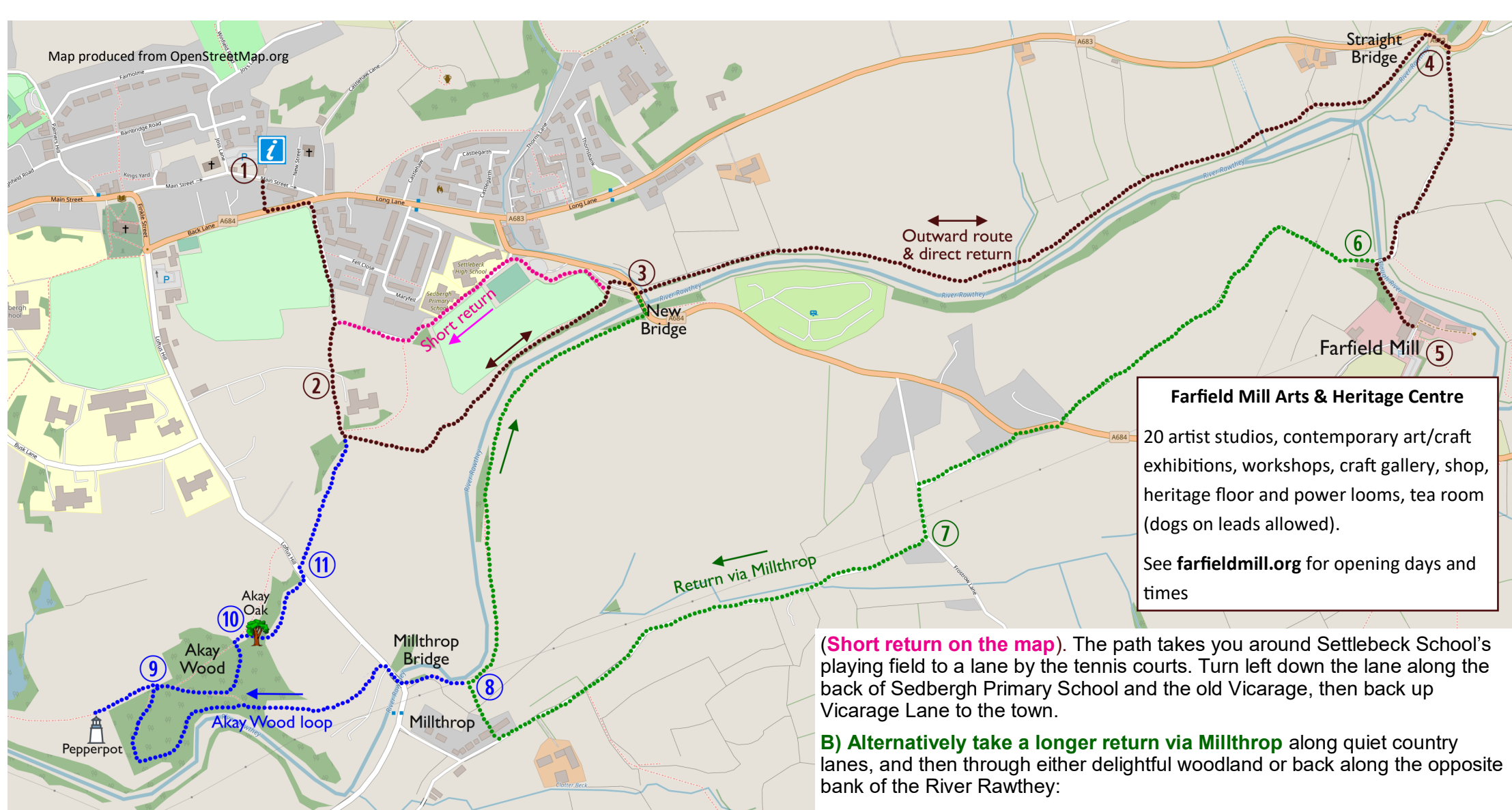
(3) At the end of the path you will reach the picnic area at New Bridge. Go up to, and across the A684 to continue along the riverside path, signposted to Straight Bridge ¾ mile. The first section has many exposed and muddy tree roots that are easy to trip over. Once over the stile (which has a convenient dog door) follow the path at the edge of each field as indicated by an occasional notice. The route is straightforward, crossing 7 fields, along the riverside all the way to Straight Bridge. Leave the final field up some stone

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steps and through a small gate in the wall to the road. **Note dogs may need to be carried up these steps.** Carefully cross the bridge over the river.

(4) Immediately on your right take the narrow winding lane to Farfield Mill. Cross a beautiful old stone bridge over the River Clough, with a wonderful view of the mill, and take the track to your left, immediately before a row of cottages, which brings you to the mill's entrance.

**(5) After visiting the mill you have two options for your return route**

**A) Return the way you came along the banks of the River Rawthey.** Then at the picnic area by New Bridge go through the kissing gate to your right

**(Short return on the map).** The path takes you around Settlebeck School's playing field to a lane by the tennis courts. Turn left down the lane along the back of Sedbergh Primary School and the old Vicarage, then back up Vicarage Lane to the town.

**B) Alternatively take a longer return via Millthrop** along quiet country lanes, and then through either delightful woodland or back along the opposite bank of the River Rawthey:

(6) From the mill return to the row of the cottages and turn left along a very narrow, traffic-free lane to the A684. Turn right down this road (take care, no pavement) for about 100m to the next left turn, a narrow lane with very little traffic. Follow the lane and go left at the end.

(7) Take the next right turn, signposted to Dent, which leads you to the small village of Millthrop. This road is known locally as Hospital Lane and soon on the left you will pass the old isolation hospital, until recently used as the Long Rigg outdoor centre. When you come into Millthrop look for a footpath on your right at the end of the first row of terraced cottages. This will take you down to the River Rawthey.