

Getting there: by train: to Dent Station on the Settle Carlisle Railway; **by bus:** the Saturday Western Dales Bus from Sedbergh or Kendal to Cowgill or Dent Station; **by car:** park in Sedbergh or Dent village and then travel by bus to Cowgill or Dent Station.

Car parking: (pay and display) is available at Joss Lane or Loftus Hill in Sedbergh as well as Dent village.

Start: Dent Station or Cowgill Church

Finish: Sedbergh or Dent Village*

Distance: 10½ or 9* miles

Time: 5 hours plus refreshment stops

OS Maps: OL2 & OL19 1:25,000 scale

A strenuous 9 or 10½ mile linear fell walk using the Saturday Western Dales Bus service taking in Rise Hill with the summit of Aye Gill Pike [556m] starting at Dent Station or Cowgill and finishing at Sedbergh with an option to return to Dent village.

This is an excellent walk for those parked or staying in the Sedbergh area as use can be made of the bus to reach Dent Station or Cowgill and walk back at leisure. Alternatively, if arriving by train finish the walk at Sedbergh or Dent and then take the bus back to the station.

This is one of the less demanding of the local hills and provides a good alternative when some of the other fells are shrouded in mist as Rise Hill is often clear. The walk could be done in either direction.

Walks From the Bus No 2

Rise Hill: from Cowgill to Sedbergh or Dent Village

A 10½ or 9 Mile Fell Walk

For details of the Western Dales Bus services please see the printed timetable or visit www.westerndalesbus.co.uk

For further walks from the Western Dales Bus please see www.walkingintheyorkshiredales.co.uk

Important Notes

- Remember that this is an upland fell walk with potentially rough conditions under foot. Suitable footwear and waterproofs should be taken together with the appropriate OS Map.
 - Always follow the Countryside Code.
- The timings are approximate and for a person of average fitness and ability.
- Whilst the author has endeavoured to ensure that the details are correct, walks must be undertaken at the individuals' own risk.

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Travel with us on the
Western Dales Bus

Start from either Dent Station or Cowgill Church. From Dent Station proceed down the steep Coal Road to Lea Yeat admiring the views down Dentdale en-route. At the T junction turn right for 400m or so towards Cowgill Church (the alternative starting point). Just before the small bridge near the church turn right to follow the dead end road alongside Cowgill Beck and passing to the rear of the church.

This soon becomes a bridleway crossing Docra Bridge followed by a barn and zig-zags steeply uphill. The climb becomes more gradual after a while with views directly across to the recent starting point at Dent Station. The bridleway climbs still upwards and passes a wood on the right and through a gate at the top of Black Hill. Near the crest of the hill look for sign post and a stile on the left, in the corner of the pasture.

Turn left to pass over the stile now following the shoulder of the hill upwards with a plantation to the right. After a while the path crosses to the right hand side of the wall and then, after another stile, emerges on Snaizwold Fell with a limestone outcrop. Now continue for 2 miles in a westerly direction with the drystone wall on the left.

The going is very easy with one boggy patch to contend with as the top of Aye Gill Pike is approached. The path crosses several broken down walls. There are some old mine working enroute with a fine cairn nearby. At Aye Gill Pike [556m] a stile has been installed to reach the trig point on the other side of the wall. The views on a fine day are excellent with most of the surrounding peaks and the Howgills in view.

Now re-cross the stile to regain the path and continue in a westerly direction descending all the time. Cross three relatively new stiles (taking care as the steps on one of these are badly spaced) and note a lone tree on the left hand side followed by a finger post directing to Frostrow. ***At this point there is an option to return to Dent (see route description later).*** Otherwise, continue straight on, the path slightly veering away from the drystone wall and following Holebeck Gill for a short while.

The path climbs slightly over rough open pasture and away from Hole Beck. Keep an eye open for a barn on the hillside on the right and then keeping to the left of the drystone wall bear right descending down the hill to a gate at the back of High Braithwaite. Pass through the gate and the house garden to follow the driveway down to the main road.

Turn left along the main road towards Sedbergh taking extreme care as this is a fast and windy road. Walk past

Frostrow chapel and shortly afterwards at Hallbank turn right at a signpost and path to cross the Clough River on a footbridge. Turn immediately left and follow the right hand river bank through several stiles to reach Garsdale Bridge opposite Farfield Mill. If time permits call in at the café here.

Otherwise turn right along the narrow lane for 300m to reach Straight Bridge and the main road from Kirkby Stephen. Cross the bridge taking care with the main road traffic and then turn immediately left through a gap-stile and down the steps. Now follow the right hand river bank of the River Rawthey for ¾ mile through several gates all the way to New Bridge.

At New Bridge carefully cross over to the other side of the busy main road where there is a gate leading to a footpath which then parallels the road into Sedbergh, this emerging at the rear of Settlebeck School. Bear left and, walking along the footpath at the rear of the school, pass through a gap stile at the old Vicarage and turn right up the access drive to cross Back Lane and at the end of Sedbergh Main Street.

Option to return via Dent: About 500m after the solitary tree arrive at a gate and fingerpost indicating Frostrow. Turn left to pass through the stile and follow the track with the wall on the right as it heads gently downhill and sweeps left to arrive at a sheepfold. Go through both gates and continue down a green road bordered by walls on either side to arrive at another sheepfold at Lunds farm.

Go through the sheepfold gates into the farm yard, turning left towards the farmhouse and then right in front of the farmhouse onto the access road. Follow the road as it winds downhill all the way to the Sedbergh - Dent road taking care to avoid traffic.

Turn left and follow the road onto the bridge. Immediately over the bridge turn left through the gap stile on the left, descending stone steps. Now follow the River Dee upstream crossing a few fields on a well waymarked path to emerge back on the road. Taking care to avoid traffic follow the road for a short distance into Dent village.

