

# Sedbergh – Banks of the River Rawthey Route: For Some



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**Route type:** For some. A short linear walk alongside the River Rawthey in Sedbergh - OS Explorer Map OL19

**Distance:** 0.9km (each way)

**Start point:** SD663918

**Facilities:** The nearest public toilets, including RADAR facility toilets, are on Main Street, Sedbergh. The nearest public parking facility – including three designated bays for blue badge holders - is the Joss Lane car park, Sedbergh. Normal charges apply.

**Getting there: Car:** Follow the one way system in Sedbergh town centre down the Main Street. The car park is on the left hand side.

## The Route

Starting from the Joss Lane car park in Sedbergh, turn left and follow the footpath to join Long Lane. Turn left onto Long Lane and cross the road at the zebra crossing by the police station. Turn right onto the A684 and follow the footpath to the school entrance. From here the surface is a mixture of concrete and compact earth with a general width of 100cm. There is one accessible kissing gate along the length of the route. The section of the footpath along the river is relatively flat. However, the descent from Settlebeck School has gradients reaching 1:7.

Whilst walking along the river, look out for heron, dipper and goosander as well as nuthatch, tree creeper and long-tailed tit in the trees and hedges. In the late autumn look out for salmon jumping at the weir.