

Safety in the hills

Whilst none of these walks are dangerous, walkers are responsible for their own safety and are reminded of the importance of being fully prepared for walking on the fells. Appropriate footwear is essential. The weather can change quickly and it is advisable to carry warm clothing and wet weather gear, along with adequate food and drink. Rivers and becks can flood rapidly after heavy rain. A mobile phone can be extremely useful, should an emergency arise, and it is a good idea to let someone know where you are intending to walk. Dogs should be kept under proper control particularly during lambing time and during the late spring and early summer mating season of ground-nesting birds. Please follow the countryside code and take your litter home.

Weathercall: To obtain the latest weather report for this walk call 09068 500 419 and enter the code 1903 when prompted. Calls cost 60p/min from a UK landline, mobile charges may vary.

Directions

From the M6, leave at J37 signposted Sedbergh A684. Dent is a further 5 miles from Sedbergh.

From West Yorkshire, leave the A65 at Kirkby Lonsdale, heading north on the A683 towards Sedbergh. At Barbon Village look for signs to Dent.

From the A1, exit at Northallerton and head west on A684 towards Leyburn and Hawes. At Hawes take the B6255 towards Ingleton, looking out for the junction to Dent.

By Rail: Trains from Leeds and Carlisle to Dent Station. Please note Dent Station is 4 miles from Dent Village.

By Bus: Service 564A, Kendal-Sedbergh-Dent (limited service).

Walking in Dentdale

Frostrow Fell

Moderate

DENTDALE

www.discoverdentdale.co.uk

DENTDALE

Frostrow Fell - Quick Guide

4 Crossing another ladder stile, you reach Frostrow Fell. Turn sharp left at the ladder stile and follow a tractor track undulating beside the wall. Keep beside the wall and follow 'Long Rigg' for a considerable distance. Eventually a small stand of trees can be spotted behind the wall and then another smaller copse overhanging the wall and the rugged remains of a stone quarry. Find a safe route across this by keeping away from the wall and following a sheep path that eventually delivers you to flatter ground.

5 Go through the gate in the wall on your left to a level path along the northern slope of lower Dentdale, then skirting a wooded slope on your left. Follow the track around the front of Gap Farm and continue down taking the Dales Way signs.

6 This track skirts the boundary of Gate Manor. At the bottom of this track, the Dales Way crosses the main Sedbergh to Dent road and follows another track down to Brackensgill Bridge over the River Dee. A tarmac lane passes left through a farmyard and continues alongside the river until, shortly after the wooden bridge and cottage at Ellers...

7 The Dales Way forks left across very rough ground, over a low stile to the bank of the River Dee and eventually back, via Barth Bridge and Hippias to your starting point.

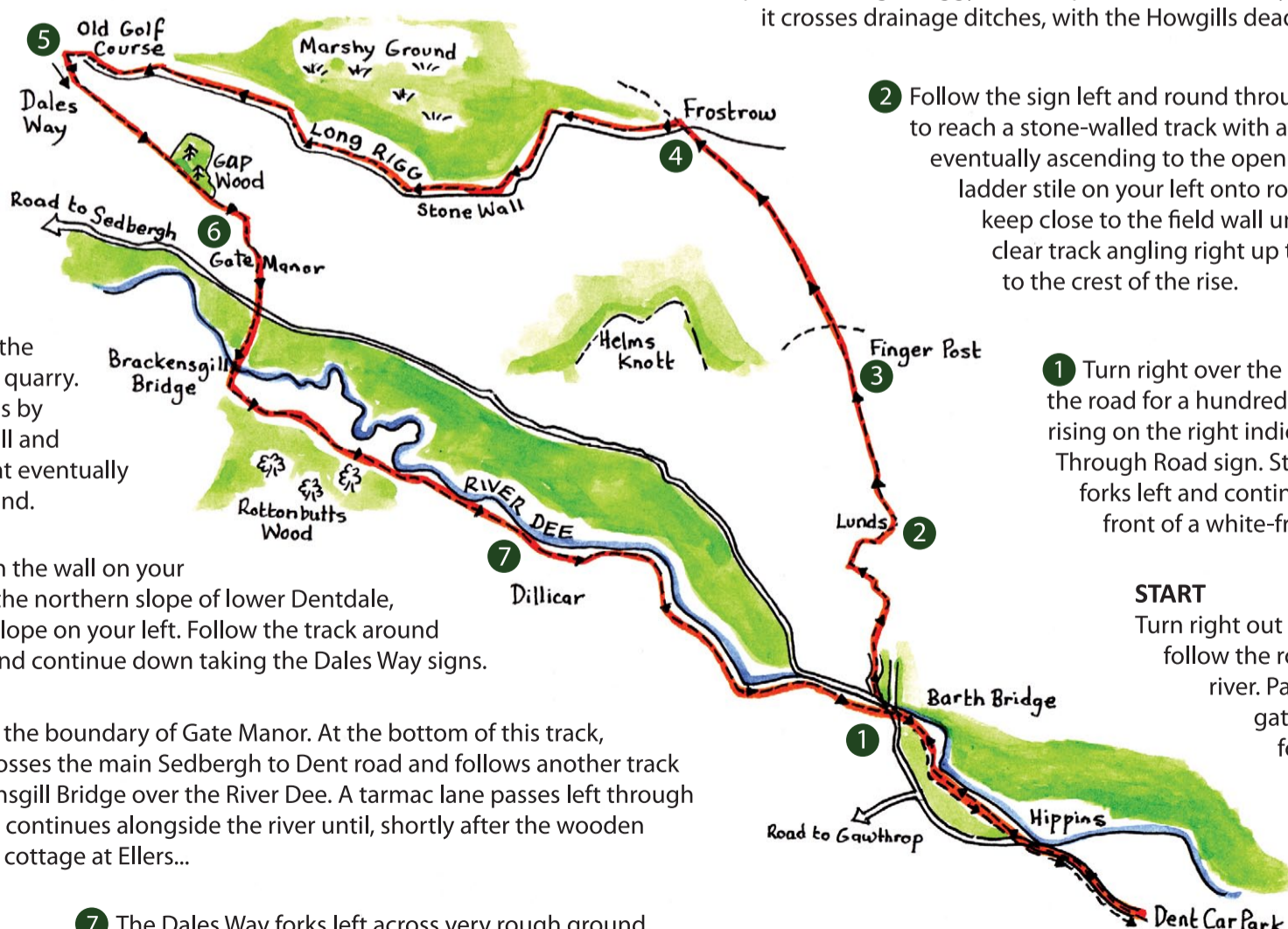
3 At the gate and fingerpost, go through the gate into a vast expanse of rough boggy fell. The path should be fairly clear as it crosses drainage ditches, with the Howgills dead ahead.

2 Follow the sign left and round through the farmyard to reach a stone-walled track with a number of gates, eventually ascending to the open fell. Cross the ladder stile on your left onto rough ground and keep close to the field wall until you reach a clear track angling right up the fell side. Follow to the crest of the rise.

1 Turn right over the bridge and follow the road for a hundred yards or so to a lane rising on the right indicated by a No Through Road sign. Stay on the lane as it forks left and continue until it finishes in front of a white-fronted farmhouse.

START

Turn right out of the car park, and follow the road until it meets the river. Pass through a kissing gate on your right and follow the river bank for half a mile to Barth Bridge.



DENTDALE

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26'

24'

22'

Walking in Dentdale

Frostrow Fell

Route: 8 miles / 4½ hours / Moderate

Start/Finish: Dent Parish Council Car Park at SD 703871 on OS Explorer OL2 map.

This is a fairly strenuous walk, which goes beyond Dentdale, then back again, taking in varied landscape and some occasionally difficult terrain. Frostrow Fell itself has superb views across to the Howgill Fells and the town of Sedbergh. The return leg picks up the Dales Way, descending to the lower stretches of the River Dee. Along the route, you will pass through a number of interesting farms and behind an elegant Victorian mansion.

Turn right out of the car park, down The Laning and follow the road to meet the river at a corner known as Hippines. Pass through a kissing gate on your right and follow the river bank for half a mile to Barth Bridge.

1. Climb up to the road and turn right over the bridge. Ignore the green public footpath sign up a lane immediately opposite, but instead follow the road for a hundred yards or so to another lane rising on the right indicated by a No Through Road sign. This is known as

"Hollow Lane" which gives access to a few farms including the splendidly named Hacra and Rawriding. Stay on the lane as it forks left, ignoring two footpath signs on the right and one on the left. Fork left to avoid another farm track until the lane finishes in front of an imposing white-fronted farmhouse.

2. This is called Lunds, which dates from the fifteenth century and retains some interestingly-shaped mullioned windows. Follow the sign that directs you to the left and round through the farmyard to reach a stone-walled track with a number of gates. This soon becomes a rather difficult...

...boggy, stony track ascending to the open fell, where a public footpath sign directs you over a distinctive ladder stile surmounting the wall on your left. Cross the stile onto rough ground and keep close to the field wall on your left until you reach a clear track angling right up the fell side. As you reach the crest of this rise, wonderful views unfold before you.

3. As you pause at a gate and fingerpost, if it is a clear day, the Howgill Fells will have appeared before you, with shapely Helms Knott rising on your left and the top of Baugh Fell visible beyond a conifer plantation on the skyline to your right. Ignore the ways pointed both left and right, but go through the gate into a vast expanse of rough boggy fell stretching into the distance. The path should be fairly clear as it crosses drainage ditches, with the Howgills dead ahead. You are now into wild isolated countryside with big skies and great views.

4. Eventually, crossing another ladder stile, you have reached Frostrow Fell and can gaze down to the green sides of the Rivers Clough and Rawthey, and see the whole length of the Howgills stretching before you. A narrow path angles at 45 degrees towards the roofs of Sedbergh. Do not take this path. Instead turn sharp left at the ladder stile and follow a tractor track undulating beside the wall. Dentdale is now over this wall and beneath the fell on your left. To reach the way back to Dent, you must keep beside the wall and follow what is known as Long Rigg for a considerable distance. Eventually a small stand of trees can be spotted immediately behind the wall and then another smaller copse overhanging the wall and the rugged remains of a stone quarry. Find a safe route across this by keeping away from the wall and following a sheep path that eventually delivers you to flatter ground.

5. Although not immediately obvious, this is the site of an old golf course, long since replaced by a less precipitous one the other side of the road to Dent. The keen-eyed observer can make out the clear shape of old greens and tees amongst the gorse and scrub. A gate in the wall on your left indicates that you have reached The Dales Way and the way back to Dent. Through the gate leads to a lovely level path along the northern slope of lower Dentdale, which soon skirts a wooded slope on the left, known for its bluebells in the springtime. A farm on the left, known as Gap has an interesting taller wing on the western side. Follow the track around the front of Gap and continue down taking the Dales Way signs. Soon an interesting building appears beneath you on the right.

6. This track skirts the boundary of Gate Manor and its extensive formal gardens. Gate was originally the 17th century farmhouse residence of an eminent family of Dentdale Quakers, substantially altered and enlarged during Victorian times in the style of an "Elizabethan manor house". There is no other building quite like it in the dale. At the bottom of this track, the Dales Way crosses the main Sedbergh to Dent road and follows another, somewhat wetter, track down to the wooden Brackensgill Bridge over the River Dee. A quiet tarmac lane passes left through a farmyard and beneath the southern flank of lower Dentdale. This is a good place for wildlife. Roe deer can sometimes be spotted on the hillside or in meadows near the river. Rottenbutts Wood on the right is reputedly home to the first cuckoo of spring. Looking left, the southern aspect of Helms Knott is visible across the dale. The lane continues alongside the river until, shortly after the wooden bridge and cottage at Ellers...

7. The Dales Way forks left across very rough, marshy ground and a low stile to the bank of the River Dee and eventually back, via Barth Bridge and Hippines to your starting point. For a more detailed description of the riverbank, see walk 'Georgeous Gawthrop'.

