

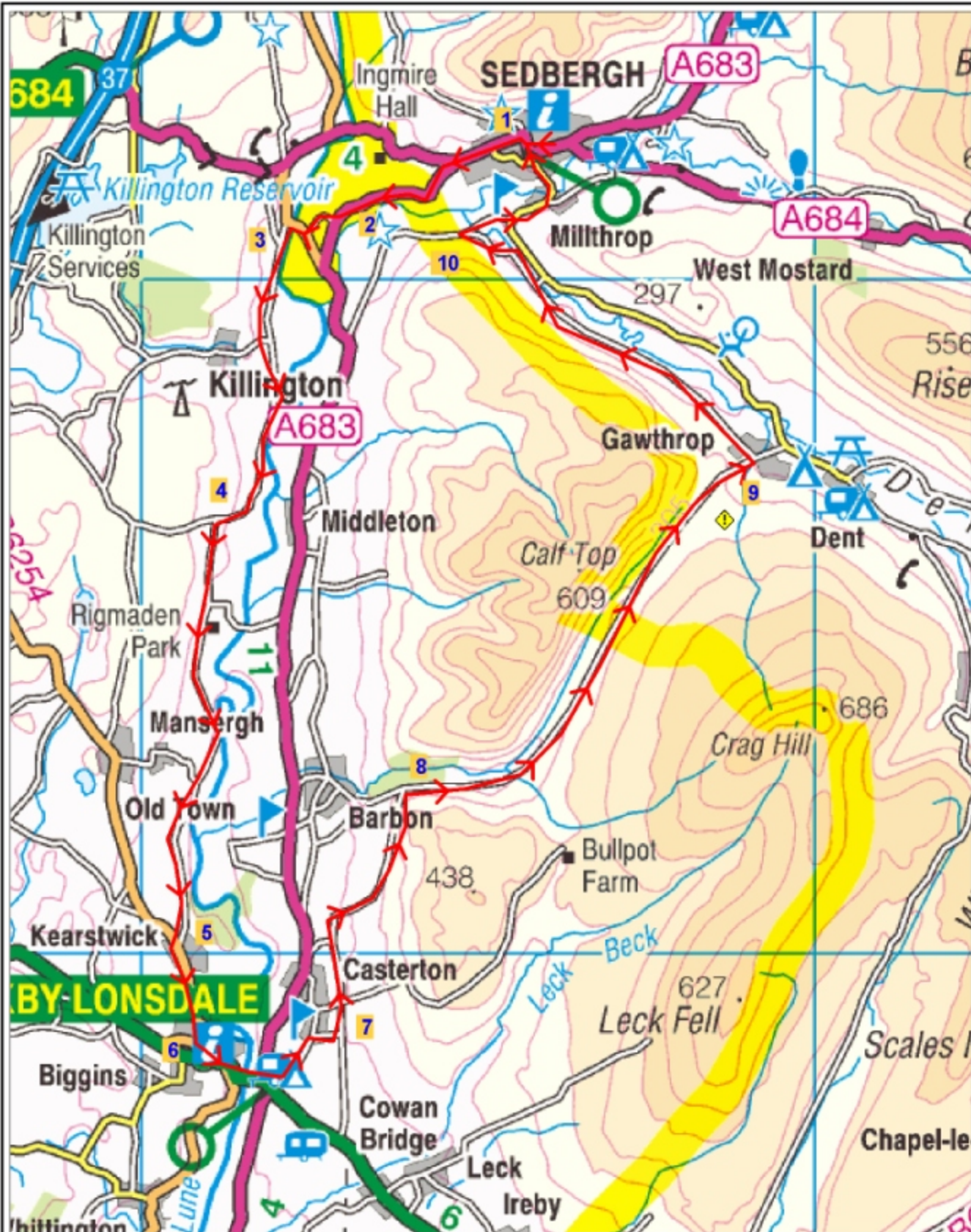
Sedbergh - Kirkby Lonsdale

Scale 1:75000



Start: Sedbergh or Kirkby Lonsdale

Distance: 25 miles (40km)



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SEDBERGH TO KIRKBY LONSDALE

Start/Finish	Sedbergh or Kirkby Lonsdale
Distance	25 miles (40km)
Refreshments	Sedbergh, Kirkby Lonsdale and Dent (just off route)
Toilets	Sedbergh, Kirkby Lonsdale and Dent
Nearest train station	Oxenholme near Kendal

This is a relatively gentle route with the only long climb being the gentle ascent of the beautiful and remote valley of Barbondale. From Sedbergh you travel down the Lune valley to reach the Market town of Kirkby Lonsdale, then quiet roads take you through Barbondale to Dentdale, and a gentle return to Sedbergh.

1. Leave Sedbergh on the A684 signed to Kendal. Shortly after leaving the town turn left on to the A683 signed to Kirkby Lonsdale.
2. Take care as you follow the A683 for 2km, and then take the right turn onto a minor road to pass Becksides and High Oakes. At the T-junction turn right. After 300m you pass Killington Local Nature Reserve on your right, then cross the River Lune and turn immediately left.
3. You are now basically travelling down the west side of the Lune valley along lovely quiet roads. After the second time that you are close to the river you go round a sharp right bend and up a short steep hill. Part way up the hill take the turn on your left.
4. The road now contours and then descends back to the river. Follow the road through to a T-junction with the B6254.
5. Turn left and go into Kirkby Lonsdale where there are shops and cafes.
6. Continue through the town to meet the main A65. Turn left and then left again after 100m down a minor road signed as a dead end. This takes you over Devils Bridge and past a tea wagon to emerge back on a road. Go straight across and along the one way road. At the sharp right bend go straight on and up a steep climb. After reaching some houses take the lane on the right. Under the railway bridge to a T-junction.
7. Follow this road going straight ahead at any junctions and ignoring the side turns. The road goes along the side of Barbon Pike which rises steeply to your right.
8. At the junction turn right and follow this road up the lovely Barbondale valley. Take care on the steep descent into Gawthorp.
9. Just before the village turn left. Follow this quiet road down Dentdale. Ignore the first turn to the right, and take the second sharp turn.
10. Down over the river to a T-junction. Turn left and follow this road back into Sedbergh.

For more routes see www.cyclethedailes.org.uk