

Sedbergh

A GUIDE FOR VISITORS



Photo: Chris Wood



WALKING

The area abounds with a network of public footpaths and bridleways offering great opportunities for all walkers. High level routes over the Howgills and open access moorland can be mixed with easier walking beside picturesque rivers. The Dales Way, a long distance national footpath, passes through Sedbergh. Information about local walks, including the Quaker and Adam Sedgwick's Dent Fault trails, can be obtained from the Tourist Information Office. Further information can be found on www.sedberghgateway.org.uk and www.yorkshiredales.org.uk.

ART, MUSIC, THEATRE AND SPORT

Sedbergh has many artistic and sporting activities. The town brass band, the orchestra, music groups, theatre groups, and arts societies all give shows to which you are most welcome and the Music Festival takes place every two years. Events are listed on www.sedbergh.org.uk.

A wide range of sports clubs welcome visitors.

Local crafts being made can be seen at Laura's Loom (www.laurasloom.co.uk), the Craftworkshop on Main Street, The Threshing Barn (www.threshingbarn.com) and Farfield Mill (www.farfieldmill.org). It is advisable to check their websites for operating and opening times.



CYCLING

The local area provides good cycling both on and off road. National route 68 and the Lakes and Dales Loop pass through the town and national route 70 and regional route 10 pass close by. The Bowderdale Classic is included in the top 20 mountain bike trails. Many other suggested routes can be found on the following websites:

www.cycle-route.com/routes/Cumbria-Routes

www.sustrans.org.uk

www.yorkshiredales.org.uk

FURTHER TOURIST INFORMATION IS AVAILABLE FROM:

Sedbergh Tourist Information Centre

72 Main Street, Sedbergh, LA10 5AD

Tel: 015396 20125 Email: tic@sedbergh.org.uk

The websites www.sedbergh.org.uk and

www.sedberghgateway.org.uk

The local magazine *Sedbergh and District Lookaround* from local shops and at www.sedberghlookaround.org.uk.

Information on accommodation can be found on www.sedbergh.org.uk and on commercial websites.

HISTORIC SEDBERGH

Sedbergh started as a small settlement in Saxon times where several routes crossed the River Rawthey. Satta is believed to have been an Anglo Saxon chieftain. 'Beorgh' is a fortified hill top.

Much of the plan of Sedbergh even today owes much to the Normans who laid out the town around Main Street **1** in 1090 in their traditional triangular pattern with the church at one corner. The town still retains much of the old burbage plots with buildings along Main Street and their crofts behind. Many alleyways,

so called "yards", which originate from the burbage plots, can be explored on foot.

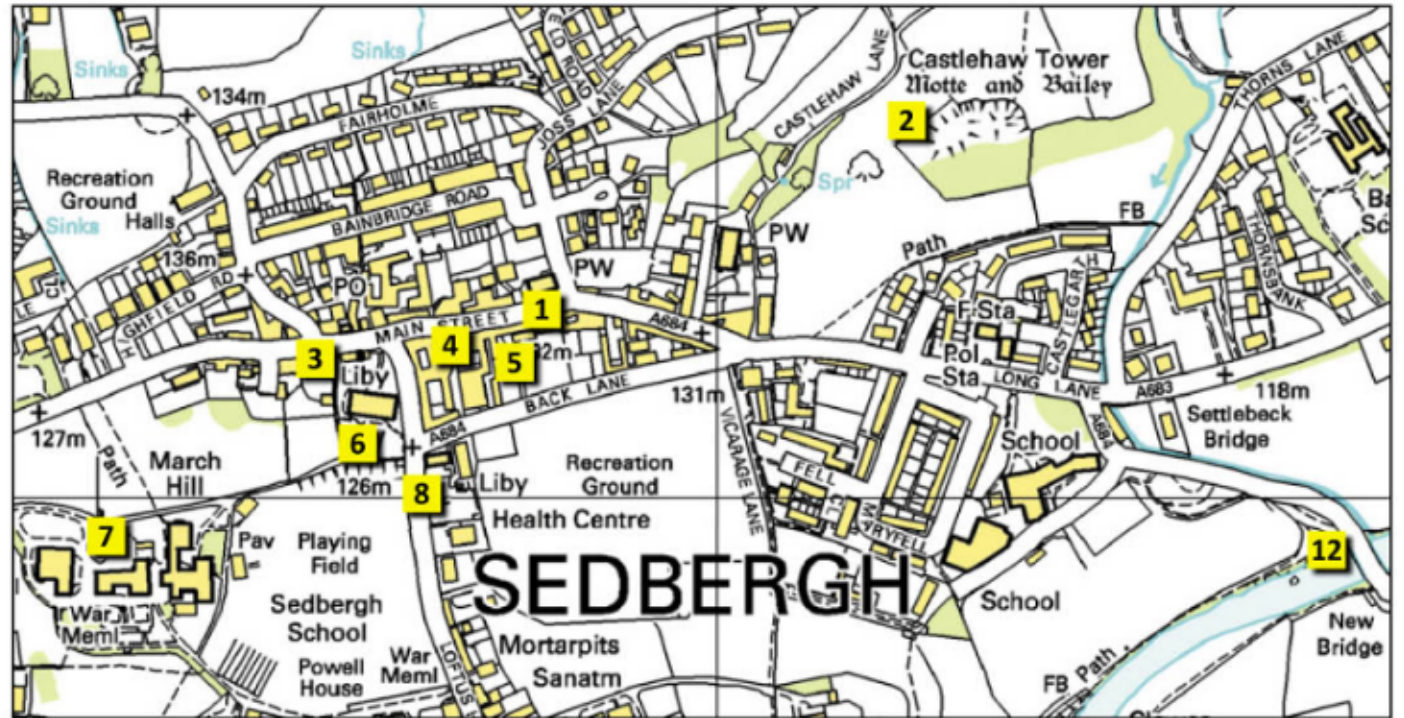
The motte and bailey castle **2** was built at Castlehaw in 1086 by the Normans as defence against Northern inhabitants. Sadly once they had conquered north to Carlisle, it was no longer of use, and the wooden structure fell into decay – only the earthworks now remain.

Sedbergh was granted its first market charter by King Henry III in 1254 and a second by Henry VIII in 1526. Two plaques on the library wall **3** record the granting of the charters. Can you spot the one with the wrong date! The old grammar school **8**, that dates from 1716, is now

Sedbergh School's library.

In Victorian times the area was a centre of the woollen industry with several spinning and weaving mills. The Sleepy Elephant shop **4** is a typical example of a weaver's cottage, and retained in Railton Yard **5** is a traditional weaver's gallery.

The town has a network of paths weaving between its ancient buildings and past historical features. Leaflets of trails around the town and the immediate countryside are available from the Tourist Information Centre. These guides also highlight the history and features of the town and its buildings.





ST ANDREW'S CHURCH 6

Norman arches in the North porch suggest a church was erected in stone early in the 12th Century. The present layout of the church dates back to the 14th Century when the tower was built, but the majority of windows are 16th Century. The roof was replaced at the end of the 19th Century when the Victorians carried out a major restoration. The north facing clock was installed in 1885, but for some reason the south face was installed a year later! The East window by Victor Milner is unusual in that the five panels depict the scene of Jesus recruiting Peter and Andrew at the Sea of Galilee.

Two large embroidery panels are displayed on the north wall of the nave depicting the landscape, historic buildings and background of the area.

SEDBERGH SCHOOL 7

Sedbergh School was founded as a grammar school in 1525 and is now a public boarding school with its buildings and community integrated within the town.



Footpaths that run through the grounds and around the town provide the opportunity to view close up many of the school's beautiful listed buildings and settings. A walkers' guide around its buildings and grounds is available from the Tourist Information Centre.

ENGLAND'S BOOK TOWN AND LAKES AND DALES BOOK TRAIL CENTRE

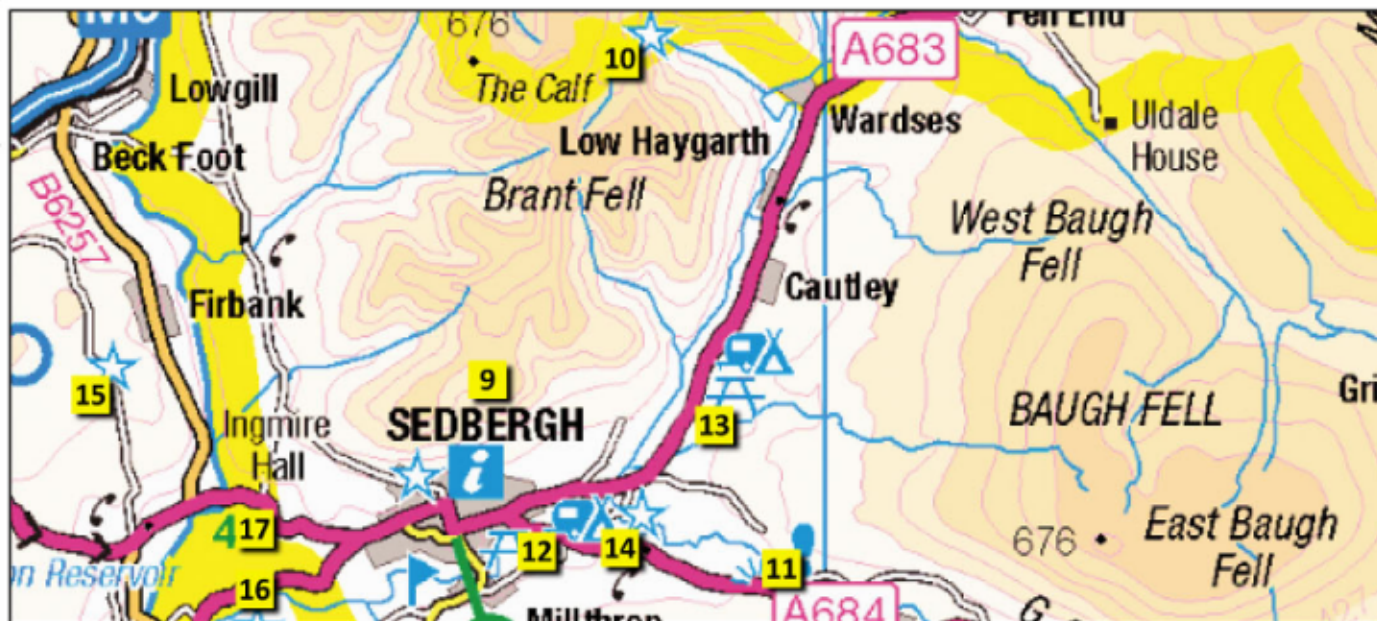
Sedbergh is England's Book Town and is the centre of the Lakes and Dales Book Trail.

Sedbergh has more second hand book shops than Birmingham – one of which is listed in the top ten in the UK.

Some shops solely sell books – others have books as part of their trade.

A leaflet showing shop locations and their opening times is available at the Tourist Information Centre and on www.sedbergh.org.uk.





THE COUNTRYSIDE

HOWGILL FELS/RIVERS

Alfred Wainwright noted that the Howgill Fells **9** were “looking like a herd of sleeping elephants”. An apt description with their distinctive, smoothly-shaped range, rising between the valleys of the rivers Lune and Rawthey. Though rising to 676m at the peak of The Calf, these fells provide relatively easy walking with huge vistas from Morecambe Bay to the west, and well into the Yorkshire Dales to the east.



Cautley Spout **10** is claimed as England’s highest waterfall. The spectacular falls drop over 200 metres off the fells before joining the river Rawthey. The waterfall can freeze in winter to the delight of local ice wall climbers. The ruins of an old Iron Age village can be found close to the base of the falls.

Famous geologist Adam Sedgwick identified the Dent Fault **11** that marks the boundary of the Howgill Fells and the Limestone Dales. The results of massive pressure in the rocks around 270 million years ago can be seen by following the Sedgwick Trail guide available from the Tourist Information Centre.

Down from the hills, four valleys provide delightful riverside and woodland landscapes. Access by car or on foot is easy. Most bridges have adjacent laybys and there is a myriad of footpaths. There are picnic sites at New Bridge **12** and Ghyllas **13**.

FARFIELD MILL

Farfield Mill **14** (www.farfieldmill.org) is a restored Victorian woollen mill just outside Sedbergh. It is a leading venue for the history and contemporary practice of textile arts in the northwest. Exhibitions of traditional and modern techniques and materials are regularly staged.

The Mill has a display of the history of woollen manufacture in the area, with a fully working Dobcross power loom still used to make woollen blankets and rugs. Check with the Mill for times of practical demonstrations.

Craft workers at the Mill design and create a wide range of arts and crafts that can be purchased. The mill has a noted café.

QUAKERS

George Fox started Quakerism by founding the Society of Friends. Quakerism is thought to have had its birthplace on Firbank fell **15**, on the northwest edge of Sedbergh. The fell is where George Fox preached in 1652 having been expelled from St Andrew’s Church in the town. The original church at Firbank has gone, but a commemorative plaque on a rock next to the ruined churchyard marks the spot of his address to a large congregation said to have been over one thousand.

The Society built Brigflatts Meeting House **16** in 1675 in the style of a local farmhouse of that period. The building is a Grade 1 listed building and has been justly described as one of England’s vernacular gems. Its stone flagged roof, lime-washed stone walls and some fine interior panelling,



columns and balustrade are all built in traditional Quaker Meeting House style.

In 1965 Basil Bunting published a major long poem called *Briggflatts* named after this small meeting house. He is buried in the adjacent graveyard. Further information, including opening hours, can be found at www.brigflatts.org.

ST GREGORY’S CHURCH **17**

Built in the 1860s, it was originally a chapel and schoolroom on the Ingmire Estate for the railway workers on the Ingleton to Low Gill line. Unusually most of the windows are scenes of nature.