

GREAT CAUTLEY CHALLENGE

START SEDBERGH PEOPLE'S HALL GR 656 922 walk up Howgill Lane to Lock Bank Farm **GR 651 929**, follow track round winder, to junction, BEAR RIGHT UP HILL TO Calders And Calf **GR 667 971 (NC)** from there go to **GR 674 975** and head down Swere Gill to Cautley Spout top **GR 681 976 (DO NOT GO DOWN THE WATERFALL SIDE, CONTINUE ON AND BEAR RT DOWN TRACK)** cross footbridge to the Temperance Inn **GR 698 969 (CP RF)** then opposite Low Haygarth Farm TL on footpath up hill to main track turn left, and follow to footbridge, cross and head up to track, turn right to Uldale House **GR 731 966(CP)**. Cross Blea Gill Bridge and head toward Whin Stone Gill Back **GR 736 961**, follow footpath to **GR 748 946**, then go to **GR 756 944**, continue to cross the moor heading towards a gate and track at **GR 765 944 TR** at **GR 777 939** down to East House and Moor Rigg **GR 777 933(CP RF)**, continue along track to old road turn right down to main road **GR 769 904**, TR head up Garsdale Road toward Sedbergh, at Dandra Garth **GR 753 897**, TL through gate up hill to Peggy's Hill **GR 761 888(CP)** from there head towards a track which goes above Ellers Shaw Edge down to Dockra Bridge **GR 756 872**, at **GR 756 872 TR** into field follow footpath towards **GR 752 869**, (DO NOT GO DOWN TO ROAD) follow footpath round farm building to **GR 746 868** then head towards Broad Field House and down through gate down towards footbridge (DO NOT CROSS) bear right and follow river along Dales Way to the road at Mill Bridge TR at road for 100 yds back onto Dales Way and follow to **GR 717 865 TL** along fence in field to Double Croft Farm, continue along footpath towards Church Bridge and Road **GR 708 871**, TL up hill into Dent Village TR into church yard passing church on right, at road TR and head towards Dent Memorial Hall, **GR 704 871(CP RF)** which is on the left, from the hall continue along road onto Dales Way which you will follow to the road at Ellers Farm **GR 670 886** cross footbridge and TL follow footpath to Low Mire House **GR 676 896**, TL through gate and follow footpath to Gap Wood **GR 666 901 (CP)**, continue along footpath and tracks to Milthrop Village **GR 662 912** from there head to Sedbergh People's Hall **GR 656 922** for the finish.

BADGE AND CERTIFICATE £2.00 Please make payable to Mr S Townson

ALL PROCEEDS FROM SPONSORSHIP RAISED WILL GO DIRECTLY TO THE HEART RESEARCH FOUNDATION, CONCORD HOUSE, LEEDS