



Section 3: Exploring the Dales and Howgills

Welcome

Section three of the Westmorland and Furness Way is defined by dramatic contrasts, crossing from the red sandstone landscapes of the Eden Valley into the distinctive limestone country of the Yorkshire Dales National Park. Choose from a challenging high-level traverse of the Howgill Fells, or a gentler but no less scenic alternative that skirts their eastern edge.

History and Culture Highlights

From the 19th century onwards railways played an important role in the area. Part of the former Stainmore Line has been restored at Kirkby Stephen East station, where you can visit a free railway heritage centre (check opening hours in advance).

Remember the Countryside Code

Respect other people:

- Consider the local community and other people
- Leave gates and property as you find them and follow designated public paths

Protect the natural environment:

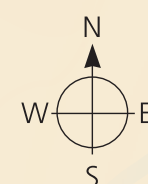
- Leave no trace of your visit and take your litter home
- Keep dogs under control

Enjoy the outdoors:

- Plan ahead and be prepared

Nature and Landscape Highlights

Just outside Kirkby Stephen, an alternative route follows the Smardale Gill railway path into a rare limestone valley reserve managed by Cumbria Wildlife Trust. This sanctuary is one of only two English sites where the elusive Scotch argus butterfly can be found. Keep an eye out for red squirrels in the woodland canopy too. Beyond, the Howgill Fells are home to Cumbria's native fell ponies: a hardy, rare breed perfectly adapted to the rugged environment.



0 1 2 3 kilometres

0 1 2 3 miles

- Public toilets
- Car park
- Railway / Station



The Calf

Cautley Spout



Sedbergh

High route

Low route



Section 2: Following the Eden



Section 3: Exploring the Dales and Howgills

Low route: 16 miles, (26km)

656m elevation

High route: 18 miles, (29km)

754m elevation

Estimated time: up to 3 days



Section 4: From the Dales to the Lakes

Wainwright's Pennine Journey

For more information on staying safe in the great outdoors visit www.adventuresmart.co.uk

For more information about the walk, features, responsibilities and liabilities visit: www.westmorlandfurnessway.co.uk



Please donate to help care for the landscapes you've enjoyed and protect them for the walkers, wildlife and communities who will follow.



The Westmorland and Furness Way has been delivered by:



Westmorland & Furness Council