



Section 4: From the Dales to the Lakes



Section 3: Exploring the Dales and Howgills



Section 4: From the Dales to the Lakes
27 miles, (43km), 874m elevation
Estimated time: up to 4 days



Section 5: Through Furness woodlands and foothills

Welcome

This 27 mile section follows the Dales Way between Sedbergh and Bowness-on-Windermere, winding through the rolling countryside of the Yorkshire Dales National Park and the hillier terrain of the Lake District National Park. Bowness-on-Windermere sits on the shores of Windermere – England's longest lake.

Nature and Landscape Highlights

Rivers and valleys are an important feature of this section. From water-powered mills during the Industrial Revolution, to remarkable bridges such as the 16th-century Howgill Crook of Lune Bridge, humans have adapted to, and harnessed the natural power of, the landscape.

- Public toilets Car park Lake cruises available
 Railway / Station
 Alternative bus service when the ferry is not available linking with the Cumbria Way footpath

Bowness on Windermere

History and Culture Highlights

Rivers are a defining feature of this section. Along the River Rawthey, watch out for waterbirds such as red-breasted mergansers and dippers. Beyond, is the River Kent catchment which supports England's last major population of the elusive, white-clawed crayfish.

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

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