

Give the driver a break, sit back, relax and enjoy the views

**Kendal – Sedbergh – Kirkby Stephen, Service 564 Howgills Rambler**  
**Monday to Friday All year round - No Sunday or Public Holiday service**

<b>Kendal, Blackhall Road</b>	<b>0830</b>	<b>1030</b>	<b>1050</b>	<b>1330</b>	<b>1410</b>	<b>1610</b>	<b>1625</b>	<b>1745</b>
Oxenholme Rail Station	0841	1038	1101	1338	1421	1618	1636	1756
Killington M6 bridge	0849	1047	1109	1347	1429	1626	1644	1804
Bridge End (connects with Dales Way)	0853	1053	1113	1353	1433	1630	1648	1808
Sedbergh, opposite library	0900	1056	1120	1356	1440	1637	1655	1815
Cautley, Cross Keys	0908		1128		1448		1703	
Fat Lamb Inn	0915		1135		1455		1710	
Kirkby Stephen Rail Station	0931		1151		1500		1726	
<b>Kirkby Stephen Square</b>	<b>0935</b>		<b>1155</b>		<b>1504</b>		<b>1730</b>	

**Saturday All year round - No Sunday or Public Holiday service**

<b>Kendal, Blackhall Road</b>	<b>1050</b>	<b>1410</b>	<b>1625</b>	<b>1745</b>
Oxenholme Rail Station	1101	1421	1636	1756
Killington M6 bridge	1109	1429	1644	1804
Bridge End (connects with Dales Way)	1113	1433	1648	1808
Sedbergh, opposite library	1120	1440	1655	1815
Cautley, Cross Keys	1128	1448	1703	
Fat Lamb Inn	1135	1455	1710	
Kirkby Stephen Rail Station	1151	1500	1726	
<b>Kirkby Stephen Square</b>	<b>1155</b>	<b>1504</b>	<b>1730</b>	

**Monday to Friday All year round - No Sunday or Public Holiday service**

<b>Kirkby Stephen Square</b>	<b>0710</b>	<b>0940</b>	<b>1225</b>	<b>1515</b>
Kirkby Stephen Rail Station	0715	0945	1230	1520
Fat Lamb Inn	0729	0949	1244	1534
Cautley, Cross Keys	0737	0957	1252	1542
Sedbergh, opposite library	0745	0940	1240	1550
Bridge End (connects with Dales Way)	0752	0947	1247	1557
Killington M6 bridge	0758	0953	1253	1603
Oxenholme Rail Station	0807	1002	1302	1612
<b>Kendal, Blackhall Road</b>	<b>0825</b>	<b>1010</b>	<b>1310</b>	<b>1620</b>

**Saturday All year round - No Sunday or Public Holiday service**

<b>Kirkby Stephen Square</b>	<b>0940</b>	<b>1225</b>	<b>1515</b>
Kirkby Stephen Rail Station	0945	1230	1520
Fat Lamb Inn	0949	1244	1534
Cautley, Cross Keys	0957	1252	1542
Sedbergh, opposite library	1005	1300	1550
Bridge End (connects with Dales Way)	1012	1307	1557
Killington M6 bridge	1018	1313	1603
Oxenholme Rail Station	1027	1322	1612
<b>Kendal, Blackhall Road</b>	<b>1040</b>	<b>1335</b>	<b>1620</b>

**Making connections**

Kendal is very well connected by bus, and you can pick up the 564 service after arriving from many locations. 552 from Arnsdale six times daily. 555/556 Lakeslink hourly service from Lancaster and Keswick. X35 hourly service from Barrow, Ulverston and Grange

**Coming by train**

The 564 bus calls at Oxenholme rail station on the west coast mainline, and at Kirkby Stephen rail station on the lovely Settle to Carlisle line. For fares and times contact Traveline on 0871 200 22 33 (calls from landlines cost 10p a minute) or visit [www.transportdirect.info](http://www.transportdirect.info).

**Get the most from your ticket**

Fares offer excellent value with return prices from Kendal to Sedbergh of £3.30 and to Kirkby Stephen just £4.60.

**Give the driver a break and...**

- Sit back, relax and enjoy the views
- Forget about road maps and route planning
- Do your bit for the Lake District National Park and wider environment.

So treat yourself to a leisurely day out without the stress of driving. A little effort from a lot of people can have a big effect – help us to protect this special corner of the planet. Thank You.



Howgills - Photo Dave Willis

**Get the most from your ticket**

Stagecoach Explorer tickets allow you to travel on this bus and get connecting buses on all Stagecoach buses in Cumbria and Lancashire. Buy these tickets on any Stagecoach bus.

	Adult	Child	Concession	Group
Day Explorer	£9.75	£6.50	£5.90	£19.50
4 Day Explorer	£21.50	£15.00	-	-
7 Day Explorer	£30.00	£21.00	-	-

Cumbria Goldrider 7 day ticket £23.50  
 Cumbria Goldrider 28 day ticket £88.00

7 day ticket available on bus,  
 28 day ticket available from [www.stagecoachbus.com](http://www.stagecoachbus.com)  
 both available at Tourist Information Centres.

Produced by:



Lake District National Park Authority  
 01539 724555  
[www.lake-district.gov.uk](http://www.lake-district.gov.uk)  
 or email [hq@lake-district.gov.uk](mailto:hq@lake-district.gov.uk)



Friends of the Lake District  
 01539 720788 • [www.fld.org.uk](http://www.fld.org.uk)



Yorkshire Dales  
 01969 666210 or email  
[info@yorkshiredales.org.uk](mailto:info@yorkshiredales.org.uk)  
[www.yorkshiredales.org.uk](http://www.yorkshiredales.org.uk)

For information on all bus, rail and ferry timetables and fares contact:



0871 200 22 33  
 Calls cost 10p per minute from BT landlines, calls from other service providers and mobiles may vary.



Cumbria County Council  
 0871 200 22 33  
[www.cumbria.gov.uk/buses](http://www.cumbria.gov.uk/buses)



Stagecoach  
[www.stagecoachbus.com](http://www.stagecoachbus.com)

A large print version of this timetable is available from Friends of the Lake District (01539 720788)

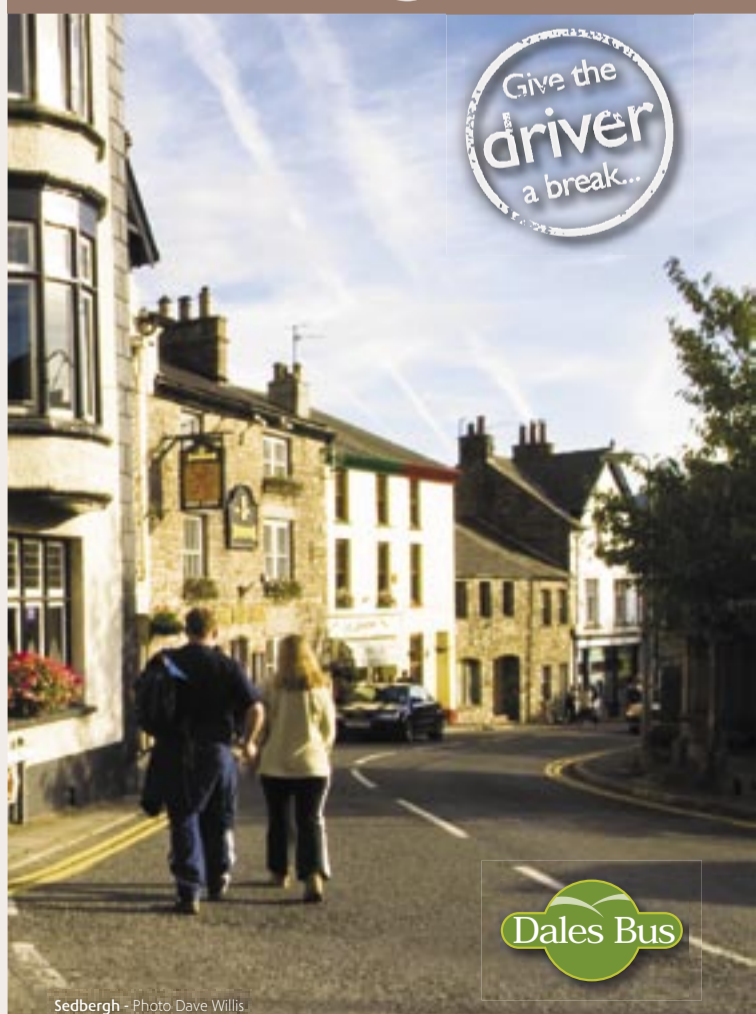
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**Days out**



**Sedbergh and the Howgills**



Sedbergh - Photo Dave Willis



564 DALES BUS  
 KENDAL – SEDBERGH – KIRKBY STEPHEN  
 Monday to Saturday all year round

Design: Designworks.co.uk

# Days out Sedbergh and the Howgills

## Attractions from the Howgills Rambler

Sedbergh nestles below The Howgills, a charming old market town with intriguing yards, houses and shops. Amongst other fine buildings are the Norman church and a famous public school founded in 1525. Its many well known old boys include Adam Sedgwick the geologist, and Will Carling the one time England Rugby captain. Sedbergh lies on ancient routes through the hills, and notable visitors or residents have included Bonnie Prince Charlie who left three cannon behind in his flight north, George Fox, the founder of the Quaker movement, and John Laing, who started the major construction firm and lived here for a time.



## Quaker meeting house at Brigflatts

The Quaker movement has long been influential in Sedbergh, and the meeting house at Brigflatts is the oldest in the north of England having been built in 1675. It retains many of its original oak furnishings and has a tranquil atmosphere. In 1652 George Fox, a leader in the Quaker movement, arrived in Sedbergh, and preached in the district on many occasions. The meeting house is open daily and welcomes visitors.

## Castle Haw

Located close to the east of Sedbergh is a small, 11th century Norman motte and bailey castle. There are excellent views from here of the surrounding dales and fells.

## The Cross Keys

The Cross Keys is a 400 year old National Trust Temperance Inn. Situated at the base of Cautley Spout, and one of the stops on the 564 bus route. They have a small farmhouse style restaurant where daytime meals are served Wednesday to Sunday.

## Cautley Spout waterfalls

A series of cascades fall from the north side of Cautley Crag. The waterfalls known collectively as Cautley Spout descend a steep ravine for 580 feet (175m) and are easily viewed from below by a short, level walk up a glacial valley from the Cross Keys.



## Walking in Sedbergh and The Howgills

The Howgills are a distinctive range of hills with their own character, which the walker and writer A.W. Wainwright described as looking like a 'herd of sleeping elephants'. Their distinctive rounded grassy slopes and hidden valleys give the chance for quiet walking with fantastic views of the Yorkshire Dales, the Lake District and out to sea.

The Tourist Information Centre in Sedbergh can give you lots of information about the walks in the area, whether you are looking to do a high level traverse of the Howgills or a short walk alongside the river.

## Water, Fells and Fields walk

The walk from the Cross Keys back to Sedbergh includes a wide range of views with water, fells and pasture. The walk is 5¼ miles (8.4 km), with mostly level or gentle slopes. Catch the 564 bus from Kendal (Mon to Sat 10.50 arriving at the Cross Keys at 11.28).

- From the Cross Keys, take the footbridge over the river, and then follow the bridleway downstream.
- The first 2 miles is on, or near the edge of, the open fell.
- After that it becomes a lane which you continue to follow. Pass Fawcett Bank, the farmstead at Thurgill, and continue to Ellerthwaite.
- Immediately after that, turn right onto a field path marked "Underbank 1 m".
- Follow that past Hollin Hall, Stone Hall and Underbank. Continue forward on the track to the edge of Sedbergh.
- At the main road, turn right on the footway into town.

Mon to Fri the 564 leaves Sedbergh for Kendal at 17.11, on Sat at 15.50.



## The Upper Eden valley

Once Westmorland, now Cumbria, the Upper Eden valley is a beautiful and quiet part of the country. Kirkby Stephen is a traditional market town of historic buildings, cobbled yards, quaint corners and interesting shops.



## More information

Sedbergh Tourist Information Centre.  
Tel. 01539 620125.  
E-mail [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk)  
[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

Kirkby Stephen Tourist Information Centre.  
Tel. 017683 71199.  
E-mail [ks.tic@eden.gov.uk](mailto:ks.tic@eden.gov.uk)  
[www.visiteden.co.uk](http://www.visiteden.co.uk)



## Walking

If you are thinking of going walking, make sure that you are properly equipped, as the weather can change quickly. Check the weather before you go, get a mountain forecast from 0870 055 0575 or [www.lake-district.gov.uk/weatherline](http://www.lake-district.gov.uk/weatherline).

Ordnance Survey maps **OL2** and **OL19** or **Harvey's Yorkshire Dales West** will give coverage of this area.