

Dent

We start at Barth Bridge just to the Northwest of Dent – there is layby parking at the roadside for several cars just after the bridge.

From Dent head out toward Sedbergh, and as soon as the road crosses the Dee, parking spaces should be visible. Satnav users will find that postcode LA10 5SZ places them in the right general area, but for more precision What-3-Words tag **harshest.crab.crib** locates the parking. Paper map users will find SD69458791 works.

From the parking area, turn back and cross the Barth Bridge heading toward Dent, and look for the stile in the left hand wall of the bridge. There is a fingerpost signed for Hippines here, and we take the steps down onto the meadow and follow the Dee upstream along the footpath – which coincides with both the Pennine Journey and Dales Way paths at this point.

The path remains clear as it passes through a series of meadows – we never stray far from the Dee, and where small becks come in from the side, footbridges are provided.

We continue to follow the Dee upstream until we arrive at the Church Bridge in Dent, and here we take the steps up to the road and turn right to head into the centre of the village. Note that the gate at the top of the steps passes directly onto the road with no pavement, so take care.

We take the path through the church grounds, which brings us out onto the pretty cobbled Main Street, which we follow down to the National Park car park in the village centre.

Our walk continues up the side road next to the memorial hall – known as Dragon Croft. We follow this until the road becomes a rough track at which point it is known as Flintergill.

We continue up Flintergill, to the point where the path meets the Occupation Road, or “Occy”.

We turn right along the Occupation Road as it winds around the contours of Towns Fell, before turning right and heading downhill to meet the Barbon to Dent road. The views over Barbondale to Middleton Fell are a highlight here.

When we meet the road, we turn right and walk for a short while keeping a look out for a finger post on the left hand side indicating a path to Underwood.

Here we enter the field through the gate and start off along the line of the drystone wall to our left heading slightly uphill. The path is clear, and soon winds round to the right passing behind the small peak of Stone Rigg. Ahead of us the path heads to the corner of the field with a stile where we turn sharp left and head Northwest along the inside of the wall. The path then curves round to the right again, and we follow along the contours through a sparsely wooded area.

At the end of this, the path bears left and passes through a field boundary to become a small lane which we follow to a gate, with a farm ahead of us.

We now follow the clear track downhill and to the right, passing in front of a very attractive house with mullioned windows.

As we follow the track, we look out for a marker on the left which leads us down to a footbridge over a small stream, after which there are steps up to a gate at an attractive cottage named Tofts.

Continuing on, the lane veers round to the right and heads gently downhill. Our next landmark is a fingerpost on the left taking us slightly back on ourselves and down to a gate.

We now walk North and gently downhill passing a derelict barn on our left before arriving at a farm on a very minor road.

Here we turn left and walk up the lane until it forks. We take the right hand route and follow the road round until we see a fingerpost taking us through (somewhat boggy) meadows and back to the bank of the River Dee. We are on the Pennine Journey and Dales Way paths again now, and so the route should be clear

If in doubt the route follows the Dee at the waters edge crossing side becks on footbridges until we arrive back at Barth Bridge where the walk ends.

- **Total distance 12.86 km (8.0 miles)**
- **Total Ascent 466m**
- **Moderate walk**