

Walk 9: Satterthwaite to Sawrey

A stunning walk up and over fells and through valleys, fields and forests.

Difficulty: Hard

8.19 miles

1730 fit altitude gain

4—5hrs

This walk is one of the longest and most challenging in the book, but it is worth the effort, especially if you choose a sunny day. You will cover a range of different terrains and explore little known valleys in this secret corner of the Lake District.

After rain, some of the paths are muddy and the descent to Dale Park is steep in places, but the views across Claife

Heights to the Eastern Fells at the start of the day is only just surpassed by the expansive vista across South Lakeland and Lancashire on your way home.

The route is easy to find and we recommend a pause at Cuckoo Brow Inn at Far Sarwey, or The Tower Bank Arms in Near Sawrey, not to mention the Eagle's Head in Satterthwaite. You will be warmly welcomed at these establishments for a



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Meditation 1: All Saints Church, Satterthwaite

Please feel welcome to visit All Saints Church in Satterthwaite, which is open for visitors throughout the day. Let the peace of this place surround you as you sit or kneel quietly. Let the hurry and worry of your life fall away from you. You are God's child. He loves you and cares for you. He is here with you now– and always.

Read the following extract from Ezekiel 47:

Then he led me back to the bank of the river. ⁷ As I went back, I saw on the bank of the river very many trees on the one side and on the other. ⁸ And he said to me, "This water flows toward the eastern region and goes down into the Arabah, and enters the sea; when the water flows into the sea, the water will become fresh. ⁹ And wherever the river goes, every living creature that swarms will live, and there will be very many fish. For this water goes there, that the waters of the sea may become fresh; so everything will live where the river goes.

The Walk

1. You can usually park on the road in front of All Saints Church in the centre of the village of Satterthwaite. Once you have visited the church, turn right out the door and set off North. Almost immediately, go right on the narrow road up the hill, between the houses. Go steeply up, past the graveyard to the end of the road, where there is a house called Breasty Haw. Turn right onto a track following a purple way marker. The path winds up through the trees until you come to a crossroads. (0.5 miles)

2. Continue straight across the forest road, continuing to follow the purple way markers on a narrow path. Keep going until you reach a forest road, which you should cross and descend a loose muddy track to the road.

When you cross a stream, or find a view, stop and consider the second meditation.



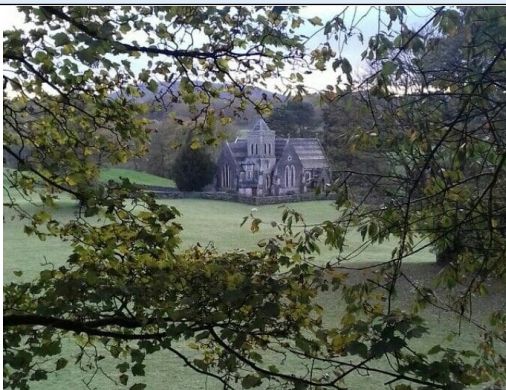
Meditation 2: Low Scar Wood

Having climbed all the way up from the village, this is a good opportunity to pause and meditate on a line from the reading. Choose a comfortable place to stand or sit. Deliberately relax the body, bit by bit, letting go from feet and legs, back and shoulders, arms and hands, neck, eyes and face; breathing more deeply than usual and relaxing as you breathe out. Be still and remember that God is with you.

Read the line below and repeat it in your mind as you look around at your surroundings.

when the water flows into the sea, the water will become fresh.

3. Cross the road at High Dale Park and follow a finger post towards Eel House across some fields. At a fork go right, following a yellow arrow. When the path joins a forest road, go right for 30m before turning left following another yellow arrow. As you descend, stay on the main track following yellow arrows and finally crossing a field to reach the road. (1.14 miles)



4. Cross the road and take the narrow road to the left of Eel House. Cross the bridge and walk past one field then turn right through two gates into the forest following the finger post directing you to Far Sawrey. Stay on the central path, avoiding deviations to the right and left and following the yellow arrows, through the forest and into a field. Walk straight across the middle of the first field and through two gates in front. In the next field, keep left by a fence and skirt the left boundary under the trees. St Peter's Church, Sawrey is in front of you when you reach the road. (1.06 miles)

Meditation 3: St Peter's Church, Sawrey

You have now arrived at St Peter's church, Sawrey. This church is also open for visitors, so you can find a pew or a space to consider another line from the reading. As before, relax your body, breathe deeply and read the line below. Repeat it a few times in your head and think about what it means for you.

wherever the river goes, every living creature that swarms will live,

5. You may want to pause here for a visit to Cuckoo Brow Inn, or the Tower Bank Arms in Near Sawrey. To continue, come out of the church gate, turn right and then left across the field towards Near Sawrey. The path brings you out onto the road at Near Sawrey. (0.46 miles)

6. Walk 1/2 way through the village and turn left at the Sawrey House Hotel following a narrow road signposted to Lakeside. Walk past turnings to your right and left and cross the bridge.

Straight after the bridge you can turn right through a small gate to walk through the Esthwaite Water Beatrix Potter Walk which runs along the edge of the lake to a carpark (the board walks towards the end of this path are a bit rotten and you may prefer to exit the path and walk along the road). (1.14 miles)

Meditation 4: On the shores of Esthwaite Water

The shores of Esthwaite water are peaceful and you are surrounded by nature. Find the perfect spot to stop, take in the view and relax. Read, and repeat another line.

so everything will live where the river goes.

7. Exit the second car park and turn right along the road till you reach a foot path on your left marked with a finger post. Go up the footpath and when you reach a road, go straight across the road onto a track. Walk up the hill and on the brow of the hill you will come to a junction. You will see a sculpture of a fox to your right, but you should go left on a forest road. Pass a turning to the left and follow the green and white markers for awhile. (1.75 miles)

8. At a four way junction, turn right to follow the white marker (Turning left takes you to Grizedale Tarn on a recommended diversion). Very soon the coloured way markers turn down hill on a narrow path, but you should stay on the forest road. After about a mile, you will come to a T-junction; turn left . When a narrow bridleway crosses the forest road (the one you followed earlier) turn right to return to Breasty Haw. You will soon reach the road which will take you back down to Satterthwaite. (1.61 miles)



Meditation 5: All Saints Church, Satterthwaite

Now you have completed your pilgrimage, go back in to the church at Satterthwaite, and relax one more time. Reread the whole extract and consider the thoughts and feelings you have had throughout the day. Think about the difference in your own personal understanding of the reading now, compared to Meditation 1.

A well earned beverage can be found at the Eagle's Head which is highly recommended.