Contents

	Foreword by Ben Pink Dandelion	4
ı	Planning	5
	Best time of year and weather	6
	Which direction?	6
	How long will it take?	6
	Accommodation and refreshments	7
	Navigation, waymarking and previous experience	8
	Getting there and away	9
	Terrain and gradients	10
	Responsible access	11
	Livestock, walkers and dogs	11
	Local words, placenames and pronunciation	11
	Packing checklist	12
2	Background information	
	2-1 Women in 17th century England	13
	2-2 Margaret Fell and Quakerism	15
	2-3 Habitats and wildlife	20
3	The Way in detail	
	Sedbergh	25
	3·1 The Sedbergh Quaker Trail	26
	3-2 Sedbergh to Crooklands	34
	3-3 Crooklands to Kendal	44
	Kendal	49
	3-4 Kendal to Newby Bridge	51
	3-5 Newby Bridge to Swarthmoor Hall	60
	Swarthmoor Hall	69
1	Reference	
	Further reading, useful websites, National Parks and transport	70
	Weather and daylight, Quakers in Britain, dates and calendars	71
	Maps and GPX, Notes for novices, thanks and credits	71
	Index	72