



## Howgills House

# Walking in to Sedbergh from Howgills House - Kit up and be seen!

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## Thank you

Dear Guest,

If you would like to walk in to town from Howgills House, please ensure that every member of your party is wearing a high visibility vest. There is no pavement or street lighting from Howgills House and walking country lanes can be dangerous both during the day and at night.

We have mapped a route for you to walk in to town which does it's best to avoid the main road and takes some quieter lanes. Laminated maps are available in this box.

There are enough head torches for every other guest too and there are spare batteries in this box. Please check your head torches work before you leave.

Overleaf there are some tips from the Highway code to help you walk the country lanes safely. Please take a few minutes to familiarise yourself with these as although simple, they could make a difference to your safety.

Once you have finished using the high visibility vests and maps please leave them on the floor by the storage box so our lovely Clean Team then know to wash them for the next guests.

We hope you have a lovely walk!

Please note that the equipment and maps provided by Howgills Accommodation are used at your own discretion/risk and Howgills Accommodation can accept no liability for any accidents that may occur.



## Highway code advice!

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If there is no pavement, keep to the right-hand side of the road so that you can see oncoming traffic. You should take extra care and

- Be prepared to walk in single file, especially on narrow roads or in poor light.
- Keep close to the side of the road.

It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic has a better chance of seeing you. Cross back after the bend.

Help other road users to see you. Wear or carry something light-coloured, bright or fluorescent in poor daylight conditions. When it is dark, use reflective materials (e.g. armbands, sashes, waistcoats, jackets, footwear), which can be seen by drivers using headlights up to three times as far away as non-reflective materials.

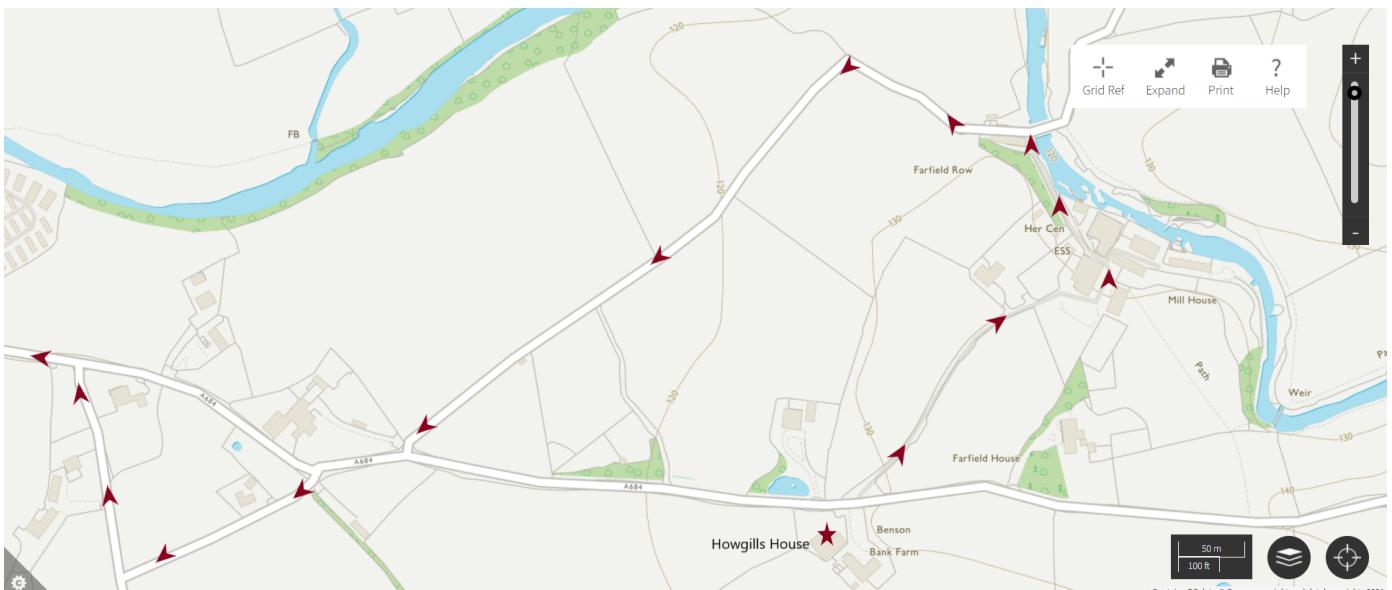
Young children should not be out alone on the pavement or road. When taking children out, keep between them and the traffic and hold their hands firmly. Strap very young children into push-chairs or use reins. When pushing a young child in a buggy, do not push the buggy into the road when checking to see if it is clear to cross, particularly from between parked vehicles.

Organised walks. Large groups of people walking together should use a pavement if available; if one is not, they should keep to the left. Look-outs should be positioned at the front and back of the group, and they should wear fluorescent clothes in daylight and reflective clothes in the dark. At night, the look-out in front should show a white light and the one at the back a red light. People on the outside of large groups should also carry lights and wear reflective clothing.



# Howgills House

## Map



Once you are on this Road you will see Westwood Books on your right. The Main High Street is a little further on your right.

