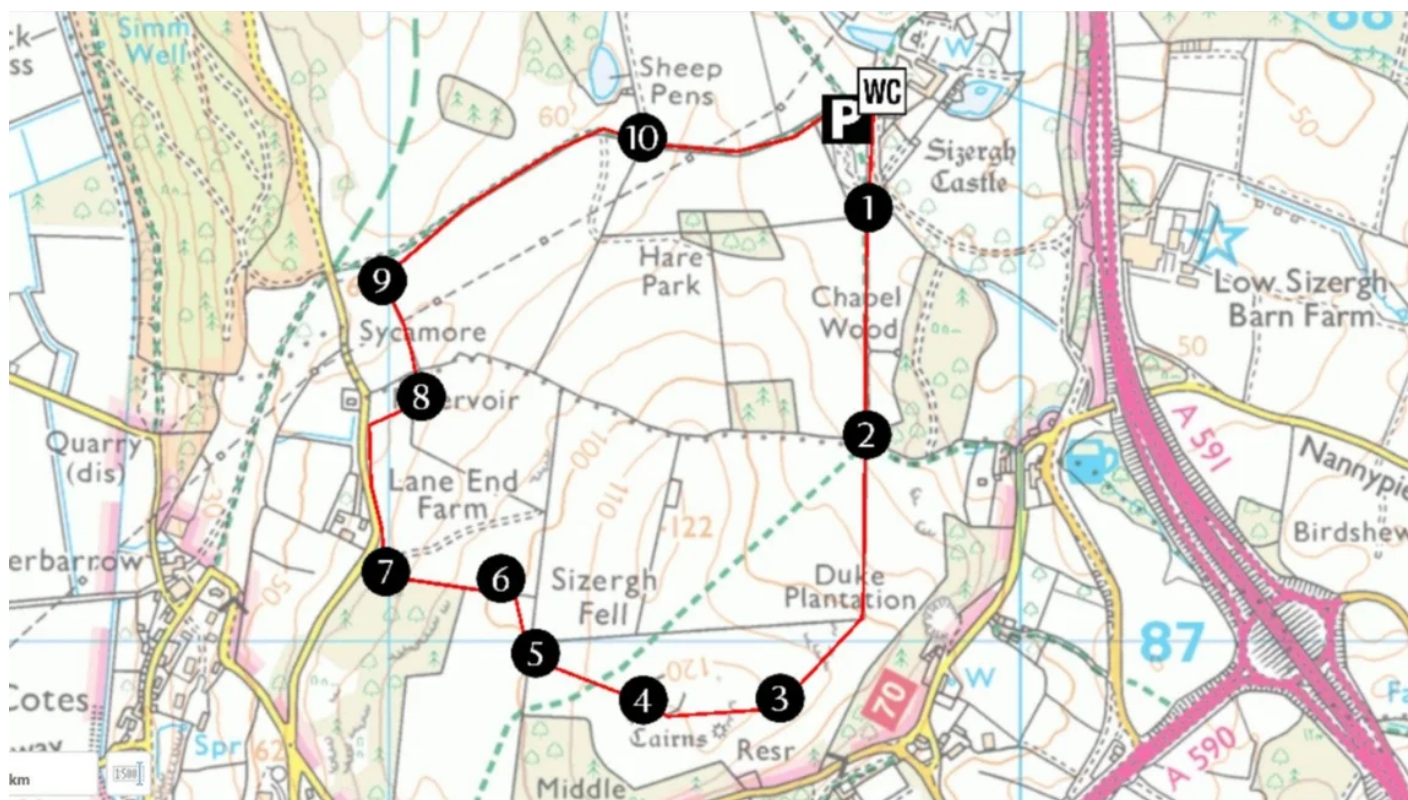


LAKE DISTRICT

Sizergh wildlife walk

The traditional agricultural estate that surrounds Sizergh Castle offers dramatic views of the Lakeland Fells, the Pennines and Morecambe Bay, as well as a fantastic array of animals, birds, butterflies and wildflowers that vary with the seasons.



Information

Address: Sizergh Castle, near Kendal, Cumbria

OS map: Explorer OL7 (The English Lakes South Eastern area)

Activity: Walking

Moderate: Mostly grassy paths, with some steep parts. For further details, please see Terrain section.

Dog friendly: Dogs are welcome on the wider estate but should be kept on leads as there are livestock in some of the fields. Dogs are not allowed in the garden at Sizergh. Assistance dogs are welcome in all areas.

Full trail: Miles: 2.5 (km: 4)

Access: Challenging

Duration: 1 hour 30 mins - 2 hours

Terrain

The route is mainly on grassy paths and tracks but there are some short steep sections and the paths can be wet.

Total steps: 10

Start point: Sizergh Castle car park, grid ref: SD498878

1. From the car park, follow the orange waymark arrows labelled 'Sizergh Fell' through a footpath gate to the south and into a field. Be aware, the field can be very wet and muddy. Walk straight on with the wall to your left. During spring and summer, buzzards and pheasants nest in the woodland and are a common sight along this stretch of footpath.
2. Walk through the field, keeping the high wall on your left. Go through the next gate into another field, which can also be very muddy. Ignore the gate to your right and keep walking onto Sizergh Fell. Go uphill, keeping the low wall and fence on your right side. Notice the difference between the fields either side of the fence boundary, where one has been improved.
3. Continue uphill, aiming for a clump of trees at the top. Here, you'll find a log bench – the perfect spot to admire the view of Morecambe Bay in front of you and the Howgills and Pennines behind.
4. From the top of the hill, walk past the clump of trees on the right-hand side. Follow the footpath with the telephone lines on your left and take in the stunning Lake District Fells ahead of you. Continue across the top and then downhill until you reach a gate in the wall.
5. Go through the gate and take an immediate right. There's a flat track through a bumpy field full of anthills. Head towards a wall with a field gate and footpath gate next to each other.
6. Go through the footpath gate and take a left, which heads down a steep hill with woodland on the left. You'll reach a road, with Lane End Farm on the other side.
7. Take a right towards a double gate at the bottom of the hill and continue to another gate onto the road. Use the pedestrian gate and continue through this field, keeping the hedgerow and the road on your left. As you reach the end of the field, there's a

barbed-wire fence. Turn right and head across the field, where you'll come to another double gate.

8. Go through the pedestrian gate and take a left around a large ash tree, cutting a corner off the field. A small footpath gate in the wall takes you into the next field. Keep the wall on your left and aim for the footpath gate on the other side of the field. This field can be wet, so make sure to wear waterproof boots if you're walking after a downpour.
9. Go through this gate and up a small slope onto Ashbank Lane. Head right and immediately through a large field gate. Walk along this stone track, keeping the high, historic deer park wall on your right. You'll eventually pass a spectacular veteran ash tree to the right. Not far beyond this is a large gate hung from impressive limestone stoops.
10. Walk through the gate, onto a narrow track with a hedgerow on your right and a wall to your left. Go up a slope, and down the other side, taking you back to the Sizergh Castle car park – and some well-earned refreshments at the café.

End point: Sizergh Castle car park, grid ref: SD498878
