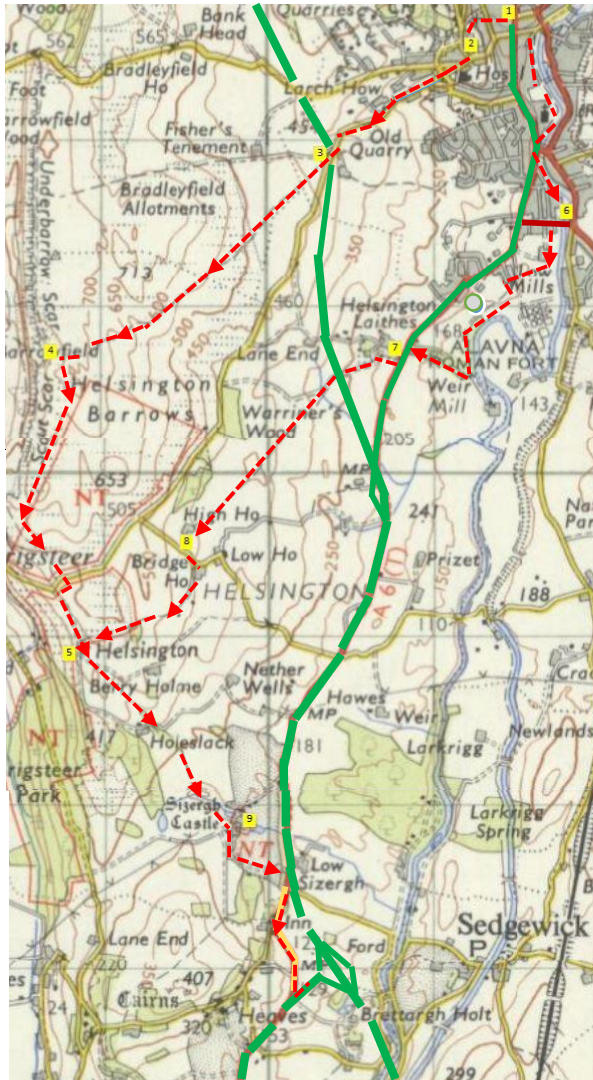


WALK VIA HELSINGTON CHURCH TO SIZERGH

*There are two options to this mainly one-way walk (return by bus) A (higher) via Scout Scar and B (easier) via Scroggs Wood (alternative start here**)*

A Start at the **War Memorial (1)** at the top of the **Market Place**. Cross the main road and go into **Entry Lane**, initially covered, between WH Smith and Holland & Barrett. Keep straight ahead along Entry Lane continuing as it becomes a walled footway. Take the left hand fork, up a steeply pitched section and then up a few steps. Go left along the road, then immediately beyond **Fellside Methodist Chapel** turn right up a further steep path. Cross a roadway, go up a few more steps, and turn left across the front of the disused **Allhallows Church**. Go up to Sepulchre Lane, go right for a few paces, then left up **Cliff Brow**. Emerging onto **Mount Pleasant (2)** at the top, bear left, downhill, for short distance to reach a main road. Turn right, uphill, then fork left into **Brigsteer Road**, signposted. You have now climbed about 120m from your start. Follow Brigsteer Road, predominantly uphill, for about 1 km to cross the



dual carriageway. Ignore the signpost at the gate on the right but continue on for a further 250m to reach an attractive milepost **(3)** on the right marking 1 mile by road from Kendal. Immediately adjacent, cross the stile to the right, signposted "Footpath to Scout Scar". Follow the trodden path diagonally across the field. After nearly 400m, pass through a kissing gate into common land. Follow the main path for about 1¼ km to reach the top of the ridge. Continue for 200 m downhill to reach a large cairn **(4)** Turn left and follow the main path, roughly parallel to the top of the scarp slope which is to your right. Do not take any path which heads down the slope. After rather less than 1 km you should reach and go through a kissing gate. Do not take the path which continues straight on from the gate, but go a few steps to the right, then bear left, leaving the wall away to the right. Follow this path downhill to meet a major path by a prominent larch tree. Turn left and follow this path to a gate on to a road. Turn right for a short distance, then, where the main road turns sharply right, turn left along a narrow road signed to **Helleson Church (5)** and Viewpoint.

B Start at the **War Memorial (1)** and walk along the **Market Place** and down **Branthwaite Brow** and **Kent Street** and cross to the riverside path. Follow this until **Nether Bridge** is reached. Cross to **Minthorpe Road** keeping the river on the left. Follow for 100m and bear left into **South Road** and follow the riverside path to **Romney Bridge (6)**. Now cross to **Ford Terrace** opposite and continue into **Wattsfield Road**. Follow to its end and turn left into **Bellingham Road**. After 80m turn left down a narrow path to the riverside and turn right into **Scroggs Wood**. Walk through the wood to the end and turn right uphill to **Milnthorpe Road,** parking here** turn left and cross to a lane on the right **(7)** signed **Helleson Laithe**. Walk up the lane and turn left, and follow it passing under the road bridge (A591) Turn left over a stile, and proceed leaving the wall on the right to a gate. Once through the gate bear left across the pasture to a visible gate. Bear slightly to the right towards a prominent tree and cross the nearby stile. Continue across diagonally to the far corner through a gate and then in the same direction to a further gate. Now bear a little left aiming to pass a large tree to a stile, and thence to a further stile alongside a bungalow **(8)** Turn left and then bear right along the lane, becoming a track and through a gate. Follow the track as it curves to the right to a gate. Follow the wall or fence on the left past gates and stiles to reach **Helleson Church (5)**.

Pass the view indicator on your right, and the church, normally open until 4 pm, on your left. Continue in the same line, albeit the narrow road is now more of a hard-surfaced track. Where the track divides, fork left, signposted to **Sizergh**. Go

downhill and through a gate, signed "**Holeslack Farmhouse and Cottage**". At the farm, go through a wicket gate and one or two further gates, keeping on the main track, with all the farm buildings to the right. Once clear of the buildings, turn right through a footpath gate and down steps. In early spring, the bank on the left here has often a fine display of snowdrops. Go through the gate at the end of the path, cross a tractor turning area, and bear right along a cross-field track. At the far side of the field, leave the track, go through a kissing gate and continue on the clear path across the next field. Go through two gates into the National Trust car park **(9)** within which to the left are the **Sizergh visitor centre** and cafe.

To return to Kendal, continue along the left hand side of the car park, then left by the wicket gate adjacent to the vehicle entrance. Follow the drive to leave the Sizergh grounds through the main gate. To return by bus, keep straight ahead past the **Strickland Arms** and on for nearly ½ km to reach the main A590. Turn left along the nearside of the road for about 80m to the bus stop. **(10)** (If you have time and still feel a little adventurous, leave the road from Sizergh about 100m short of the A590. Cross a stile to the left, cross the field diagonally, and look for and cross a stile in the fence along the top of the A590 bank. Walk a short way along the bank, then descend by 20 paved steps directly to the bus stop.) Alternatively, to walk back to Kendal, turn left outside the main Sizergh gate, and follow the road under the dual carriageway, and on for rather more than ½ km to reach the river. Turn left, and after about 300m cross the river by the suspension footbridge. Turn

left along the river bank, and follow riverside paths all the way back to the town.

FOLLOW THE COUNTRYSIDE CODE

Be Safe – plan ahead and follow any signs
Leave gates and property as you find them
Protect plants and animals and take your litter home
Keep dogs under close control
Consider other people

SAFETY INFORMATION

Wear clothes and footwear appropriate for the weather on the day. Inform another person of where you are going and time of return
Take a small amount of food and drink and carry a mobile phone or some small change in case of an emergency
Carry any personal medication and a first aid kit for blisters and minor cuts



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Kendal Ramblers publish leaflets of short walks and booklets "Walks in South Lakeland" available for purchase from Bookshops or directly from Kendal Ramblers Website: <http://kendalramblers.weebly.com>

Acknowledgement to Ordnance Survey for use of the One inch to one mile 7th series sheet 89 1955 (modified)



Prepared by Kendal Ramblers on behalf of Kendal Town Council

Kendal to Sizergh

Distance: from Market Place 8.57km
5.33miles, **Height gain** 190m
Via Romney Bridge and Scroggs Wood 9.2km
5.7 miles, **Height Gain:** 110m
Time: allow 2.5 – 3.5hrs
Start: Market Place Kendal
Map ref: SD 515 927



This is a pleasant and easy walk of just under 5 miles to Sizergh Castle. The easier alternative is via Scroggs Wood but Scout Scar is more scenic. There is a further approximately half a mile from Sizergh Castle to the bus stop.

The Castle is open Sun-Thurs. The Park is open daily.