



LANCASTER CANAL
TOWPATH TRAIL



WALK IT!
EXPLORING BY FOOT

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THE SIZERGH CASTLE LOOP

Explore the grounds of Sizergh Castle before joining the Low Sizergh Barn Farm Trail and heading north towards the former Gunpowder works.

Cross the River Kent at the suspension bridge and hug the riverside path before finding the Towpath Trail at Larkrigg Hall Bridge and returning to Sizergh Castle.

TRAVEL INFORMATION

Arriving by Bus: The X6 from Kendal - Ulverston runs past Sizergh Castle. Visit [Stagecoach](#) for up-to-date timetables and fares. Sizergh castle are offering a free hot drink when you arrive by bus and show a valid ticket in the café.

Arriving by Car: There is a pay and display car park at Sizergh Castle though parking is free for National Trust members.

Arriving by Bike: Bikes can be secured to a bar in front of the parking payment machines at Sizergh Castle, Electric bikes can also be hired at Sizergh Castle – speak to a member of their staff for more information.

Visit the [National Trust website](#) for more information

WALK IT! AT A GLANCE



TIME
2 hours 33 mins



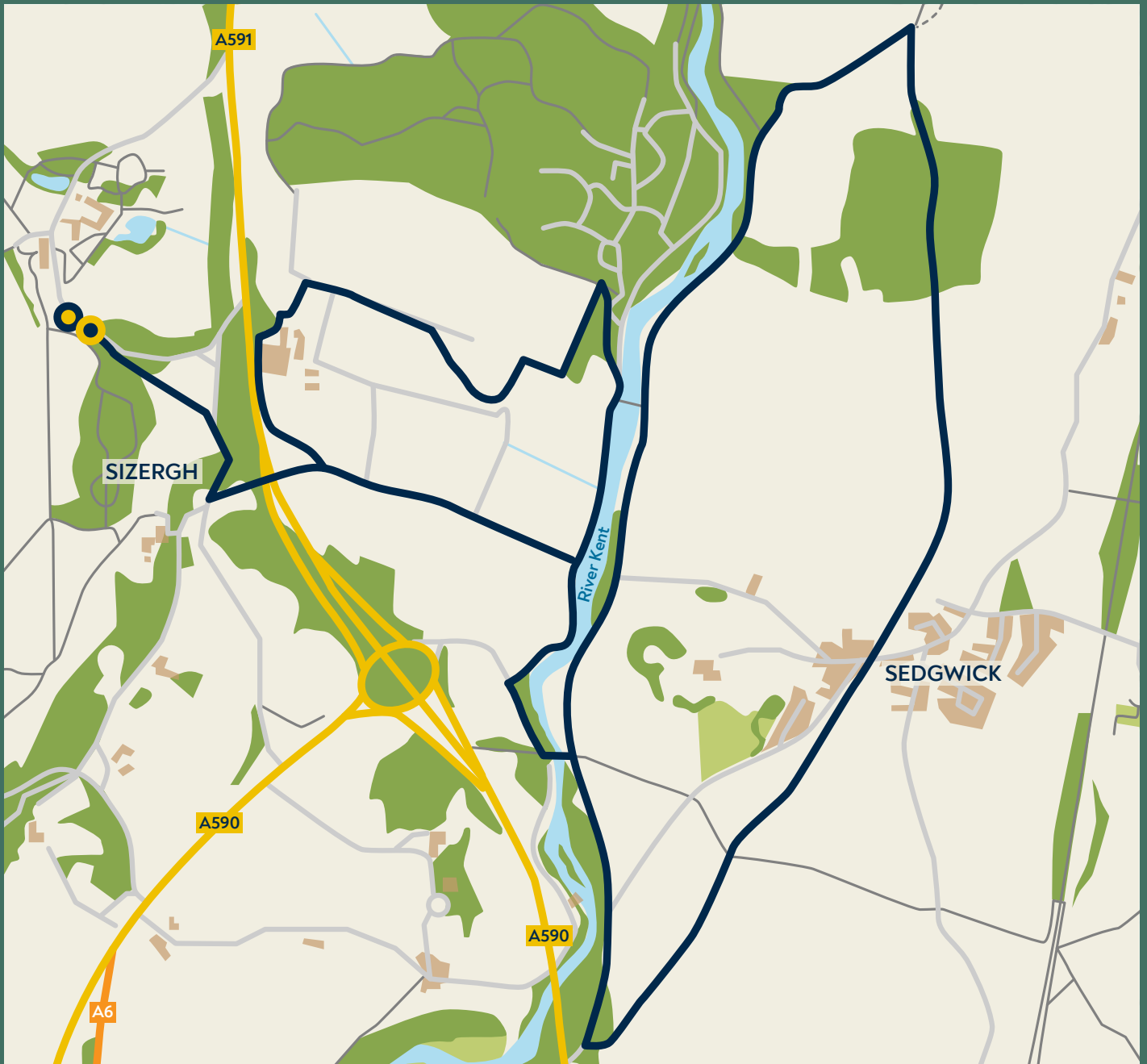
DIFFICULTY
Moderate



DISTANCE
5.86 miles



TERRAIN
Mixed



Please note the map shown is for illustrating the route - for a more accurate map we would recommend using [AllTrails.co.uk](https://www.alltrails.co.uk)

THE SIZERGH CASTLE LOOP ROUTE

Follow the points below and tick them off as you go!

1. Turn left following the signs for 'Farm Shop', then after the underpass, continue following signs to Low Sizergh Barn and Farm Trail.

2. Continue following the signs for approx. 200m until you reach the Low Sizergh Barn Cow Shed.

3. Walk past the cow shed and turn right towards the main entrance of Low Sizergh Barn. Walk towards the left-hand side of the buildings towards the car park and past the old tractor. The 'Fairy Folk' sign indicates the start of the farm trail.

4. Follow the farm trail sign along the stream and past Growing Well, a fantastic charity championing recovery through outdoor activity. Look out for the wicker bee and wicker tunnel as you go.

THE SIZERGH CASTLE LOOP ROUTE

Follow the points below and tick them off as you go!

5. Cross over the stream via the cattle gates—please remember to close them behind you—and enter a small, wooded area where the path continues to follow the stream on your right.

6. Leave the stream at a small pond area (there is a bench here if a rest is needed) and turn left into an open field following the signs.

7. Walk through the open field towards the gate in front of you for approx. 250m.

8. Turn right at the gate onto a path that leads around a working field.

9. Exit the field at the top and take the path immediately on your right, effectively doing a U turn but onto a different path, and ignoring the 'Farm Trail' sign directing you left.



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10. Continue by turning right on to the access road passing between farm buildings before reaching a minor road in approx. 100m.

11. Cross the River Kent at the suspension bridge. If the bridge is closed follow steps 12 – 14.

NOTE: The bridge is temporarily closed, to find out when it will reopen please check [here](#).

12. If the bridge is closed, continue on to Nannypie Lane to cross the river further south.

13. Turn left at the T junction and then walk left again to the bridge over the river

14. After crossing the river, turn left so the river is on your left-hand side and continue for approx. 350m before bearing left onto Cooper Hill.

NOTE: This private road is signposted as being "No Access", but public right of way access is allowed.

THE SIZERGH CASTLE LOOP ROUTE

Follow the points below and tick them off as you go!

15. Walk on Cooper Hill for approx. 280m past houses on your right and cross through the gate into fields. The suspension bridge will be visible on your left.

FUN FACT: The woodland area on the other side of the river was the former gunpowder works.

17. Go through the gate and continue along the non-surfaced path that leads through the fields and up towards Larkrigg Hall Bridge.

19. Cross over the former aqueduct and continue on the Towpath Trail. Pass under Sedgwick Hill bridge before entering an open field.

21. At the road turn right with the river on your left. Continue for approx. 530m before crossing the river, by turning left the next road bridge.

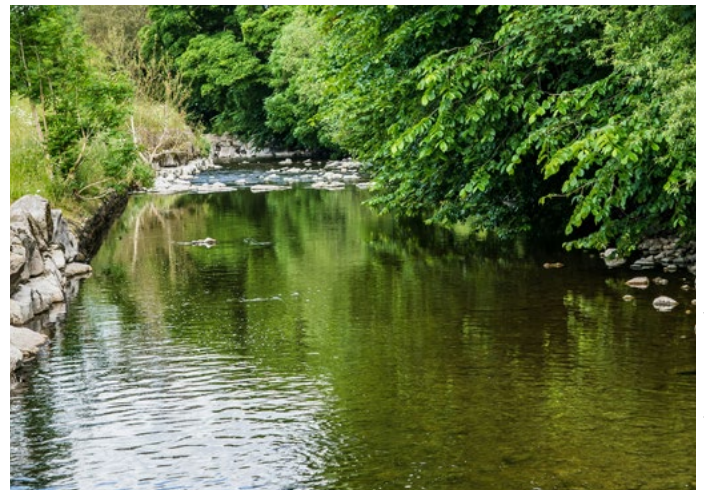
23. Take the next left following the signs for the Farm Shop and continue for approx. 750m before walking under the underpass and returning to the main entrance of the Sizergh estate. Turn right to re-enter Sizergh Castle.

16. Walk through the fields alongside the river until you reach the gate. Go through and continue along the path ignoring the small one that leads through the woodland closer to the river. You are now on the bridleway – follow it as it turns right towards Larkrigg Farm and ends at a gate.

18. Turn right at Larkrigg Hall bridge and join the Towpath Trail, following it south back towards Sedgwick for approx. 1km to Sedgwick Aqueduct.

20. Continue straight ahead through the field for approx. 430m until the path leads down to an exit near the A90 bridge.

22. Please take care as there are no pavements. Take the next right onto Nannypie Lane following the signs for Low Sizergh Barn.



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**LANCASTER CANAL
TOWPATH TRAIL**

Our funders:



**Westmorland
& Furness
Council**



**Canal &
River Trust**
Making life better by water

The Towpath Trail between Kendal and Lancaster is a unique place for walking, cycling, paddling and general rural enjoyment!

The Towpath Trail aspires to be fully accessible, welcoming and enabling all users to enjoy the Towpath Trail between historic Kendal and Lancaster.

Discover more at lancastercanaltowpathtrail.co.uk

