

# walk 2

## Sedgwick 4km or 6km

A lovely wooded low level walk for all abilities.



These walks are great for families and children, as there is very little road walking, lots of picnic and play spots along the river and in the woods, with opportunities to see bird and wildlife too. They are not pushchair friendly, however, as there are several stiles, - best get your baby-back-pack on!

### PARKING

Park near the bridge over the River Kent at NannyPie Lane marked **P** on map and near to the junction to Force lane.

Walk over the bridge and turn left towards Sedgwick. At the next road junction carry straight ahead, following the line of the river, and when the road ends, continue straight ahead.

Follow the path through a field and the river line (there are occasionally cows in the field, so be aware if you have a dog with you). Follow the path up a wooded lane, and eventually you will see the path split, with a yellow signed brideway to the right, and a blue signed footpath to the left (into the woods)

### This is where the walks separate:

**Walk 1: just less than 4km  
(around 1-1.5 hours gentle amble)**

Follow the **bridleway** sign and continue walking up the narrow lane. After a right hand bend, the **bridleway** will cut across a field. Ahead of you is a canal bridge (with no canal!). Do not cross the bridge, instead walk through the fence onto the old line of the canal, turning right (don't walk under the bridge, but instead head back towards the woods you can see).

Follow the line of the canal (you will see the canal bridges in the middle of fields, if you are ever in doubt) and into the pretty village of Sedgwick, and you cross the old aqueduct, a Grade II listed structure.

Stay on the line of the canal until you reach the end of the woods and go under a canal bridge into a field. At this point take a right hand turn to walk down the slope of the field towards two metal kissing gates crossing Back Lane. Cross the second, lower field and through the narrow stile to return to NannyPie lane and your car.

**Walk 2: Just less than 6km  
(around 2 hours ambling pace)**

Follow the **footpath** sign to continue walking along the woods, following the river.

This path will eventually lead you to a stile at Hawes Lane. Do not cross the river, but walk up Hawes Lane, looking for a metal kissing gate and wooden sign '**Public Footpath to Sedgwick**'. Go through the gate and you will be on the line of the Lancaster Canal.

Walk under the canal bridge, and follow the line of the canal (if you are ever in doubt, look for the canal bridges!) into the pretty village of Sedgwick, crossing the old aqueduct, a Grade II listed structure.

Stay on the line of the canal until you reach the end of the woods and go under a canal bridge into a field. At this point take a right hand turn to walk down the slope of the field towards two metal kissing gates crossing Back Lane. Cross the second, lower field and through the narrow stile to return to NannyPie lane.

fold



walk

2

# Sedgwick 4km or 6km

A lovely wooded low level walk for all abilities.



This walk is full of wildlife, all sorts of animals just off the beaten track - farm animals, cows, pigs and hens, as well as great places to refresh yourselves - a pub, historic castle and a farm shop.



Stile at Hawes Lane



Kissing Gate at Hawes Lane

## Refresh yourself!

Low Sizergh Barn, Sizergh Castle and Strickland Arms are all nearby for scrumptious locally sourced food and drinks.

You can also indulge in some cow and hen spotting at Low Sizergh, and a potter around the shop and garden at Sizergh Castle.



Low Sizergh Barn



Cows at Low Sizergh Barn



© Lisa Hornby

Shop at Sizergh Castle



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## Sizergh Castle

Beautiful medieval house, with rich gardens and estate.

This imposing house stands proud at the gateway to the Lake District. Its rich and beautiful garden includes a pond, lake, a national collection of hardy ferns and a superb limestone rock garden. Relax in the contemporary Sizergh Café or pick up a seasonal gift or treat in the Sizergh shop.

[www.nationaltrust.org.uk/sizergh](http://www.nationaltrust.org.uk/sizergh)



© Val Corbett

## Low Sizergh Barn and Growing Well

For real foodies, check out the lovely farm shop, explore the craft and gift galleries and watch cows being milked from your seat in the tearoom! Come and see how food is grown organically at Growing Well, and taste our lovely salad leaves!

[www.lowsizerghbarn.co.uk](http://www.lowsizerghbarn.co.uk)

[www.growingwell.co.uk](http://www.growingwell.co.uk)



[www.lctrust.co.uk](http://www.lctrust.co.uk)

Supported by **The National Lottery** through the Heritage Lottery Fund



## Don't miss....

The hens at Low Sizergh Barn.



The Strickland Arms is a traditional pub just at the entrance to historic Sizergh Castle, with a great reputation for local food and ales. Dogs and children are very welcome.

[www.ainscoughs.co.uk/Strickland-Arms](http://www.ainscoughs.co.uk/Strickland-Arms)