

A circular loop from Cartmel to Sizergh, making use of the L&DL

From the Pig & Whistle pub in Cartmel head east, along a minor road signed 'Grange'. This climbs steadily for a couple of kilometres to a x-roads by Grange Fell Cemetery. SA to enjoy the descent with some stunning views over Morecambe Bay. L at the T-jct onto Allithwaite Road. L at a fork after about 750m, by a little public garden, into Kents Bank Road. SA at the x-roads by the library in the centre of Grange, into Pig Lane. R at the next T-jct, signed 'Lindale'. Pass the striking Grange clock tower on the L, then bear L at the mini-roundabout, signed 'Lindale', to descend the main shopping street in Grange-over-Sands. Bear R at the mini-roundabout near Grange railway station, again signed 'Lindale'. Where this rather busy B-road bears L after around 750m, turn R into the much quieter Meathop Road. This passes Grange golf course and, likely to be of much more interest to cyclists during the warmer months, Holme Farm Ice Cream Parlour. The road bears L to cross the River Winster. Keep R at the fork, then R at a minor T-jct shortly after, to pass through an historic collection of buildings comprising the hamlet of Meathop. Take the next L turn to follow a minor road heading east, then north, across the flatlands of Meathop Moss. Just before you meet the A590, turn R to pass below the dual-carriageway via an underpass for local traffic. L at the far side, by Beech Hill House, then first R at the x-roads by The Derby Arms pub. Here, the Witherslack Community Shop, run largely by volunteers and stocking 'cycle-friendly items', is well worth a visit. Follow this flat road, once the main route across South Lakeland but, since construction of the adjacent A590, now only really used for local access, for approximately 4 km. Just before it finally meets the main road, turn L to join a shared-use cycling and walking route which crosses a waterway then emerges by the Gilpin Bridge Inn. L here, then keep R to cross the River Gilpen and first L after the Jaguar car showroom. R at the T-jct below Levens village, then L at the next, after a short climb, opposite the Hare & Hounds pub. SA at the x-roads in the centre of Levens, signed 'Kendal', keep R where the road forks at the northern end of the village, to climb over the southern shoulder of Sizergh Fell, following signs for 'Kendal'. Once over the climb, first L at the bottom of the descent, just before the road swings R to join the A590. At the staggered x-roads go SA, following signs for 'Sizergh Tea Room', which marks the half-way point of this loop.

For the return journey, from the minor x-roads by the Strickland Arms, by the entrance to Sizergh Castle grounds, head uphill on the minor road that runs behind the pub. R at the T-jct to climb back over the southern shoulder of Sizergh Fell. R at the fork just before Levens village, signed 'Brigsteer'. R at the minor x-roads after a short distance, again signed 'Brigsteer'. Continue to Brigsteer and straight on through the village, to a T-jct, where L by the Wheatsheaf pub, signed 'Underbarrow'. L after 2 km, on the outskirts of Underbarrow, signed 'Crosthwaite'. Then L at a T-jct in 500m, again signed 'Crosthwaite'. Continue uphill, then SA through Crosthwaite village, to a T-jct with A5074 after 3.5km. R here, effectively SA, signed 'Winster', then L after 400m, signed 'Bowland Bridge'. Continue to Bowland Bridge and through the village, which offers a shop-cum-little café and a pub. The road starts to climb beyond the bridge over the River Winster. Turn first L, partway up the hill, signed High Newton. R at the T-jct after 2 km, again signed High Newton. This road then climbs steadily for a further 3 km, affording grand views across the Winster valley to Whitbarrow Scar to the left, and of the Kent estuary and Morecambe Bay ahead. Descend into the village of High Newton, where straight ahead at the x-roads, then between some pretty cottages to a minor T-jct. L to ascend and cross the A590, via an over-bridge. L at the T-jct just to the south of the main road crossing, then immediately R, both signed 'Cartmel'. Enjoy the ensuing gradual descent over several kilometres, turning L at the oblique T-jct, to continue south back into Cartmel village.