

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

From the Strickland Arms, by the entrance to Sizergh Castle grounds, head in an easterly direction, following signs for 'Sizergh Tea Room'. Turn R at the T-jct opposite the River Kent and L at the next T-jct. The road soon bears left to cross the Kent, from which good views of falls in the river can be seen. Turn R immediately over the bridge, signed 'Hincaster' and follow this road for around 3km to minor x-roads in Woodhouse soon after a left-hand bend in the road. SA into White Lane, signed 'Crooklands', then left at the next T-jct to descend a twisty hill and pass under a railway bridge. Keep left at the fork and SA at the x-roads with the B6385. After a couple of km this minor road crosses the M6 via an over-bridge. Turn R at the T-jct with the A65, then shortly L into a little used road with grass growing up the middle. This crosses the Lancaster canal, affording a good view of an adjacent 'winding hole' in the waterway. Keep R where the road forks, then R at the three-way jct to cross Lupton Beck, signed 'Farleton'. After some 500m, turn sharp L up hill, signed 'Aikbank'. This minor road contours below Farleton Fell, part of one of the most impressive limestone landscapes in Britain. Passing through Newbiggin, turn R at the minor x-roads, signed 'Hutton Roof'. L in Hutton Roof, signed 'Kirkby Lonsdale'. After about 3.5km turn sharp R, signed 'Biggins'. Left at the T-jct, signed 'Kirkby Lonsdale Old Town'. SA at the jct with the A65, into a road closed to motor traffic by bollards, but where access for cyclists has been maintained. R at the T-junc to descend into Kirkby Lonsdale town centre, the half-way point of this loop, which offers a number of cafes, shops and pubs.

For the return journey, head north from the centre of Kirkby Lonsdale along the B6254, in the direction of 'Old Town'. Turn R in Kearnstwick, signed 'Rigmaden'. After about 2.5km turn L, uphill, at Nether Hall. Following various twists and turns in this minor road, turn R at the T-jct with the B6254 in Old Town, then R off it after a short distance, signed 'Killington'. This lovely road wanders across open moorland for some 3.5km, then turn L at the T-jct, signed 'Old Hutton'. L at the next T-jct, after a wood, again signed 'Old Hutton'. After crossing the M6 via an over-bridge, SA at the x-roads with the B6254, signed 'Gatebeck'. This minor road swoops downhill for several kms then, just after Gatebeck village, turn R at a staggered x-roads, signed 'Kendal'. After a 1km drag uphill turn R, signed 'Low Park', into a twisty little road that eventually passes through the delightfully named hamlet of 'Halfpenny'. R at the T-jct with the A65, then first L after a short distance, signed 'Crosscrake'. After passing under the railway bridge turn L at the T-jct in Sedgwick, signed 'Hincaster'. Soon after this road doubles back after crossing the River Kent turn R, following signs to 'Sizergh Tea Room'. First L, after a short distance to climb gently. The tea rooms at Low Sizergh Barn are signed off to the R just before the road passes under the A591, while the National Trust café at Sizergh Castle can be accessed to the R at the next T-jct.