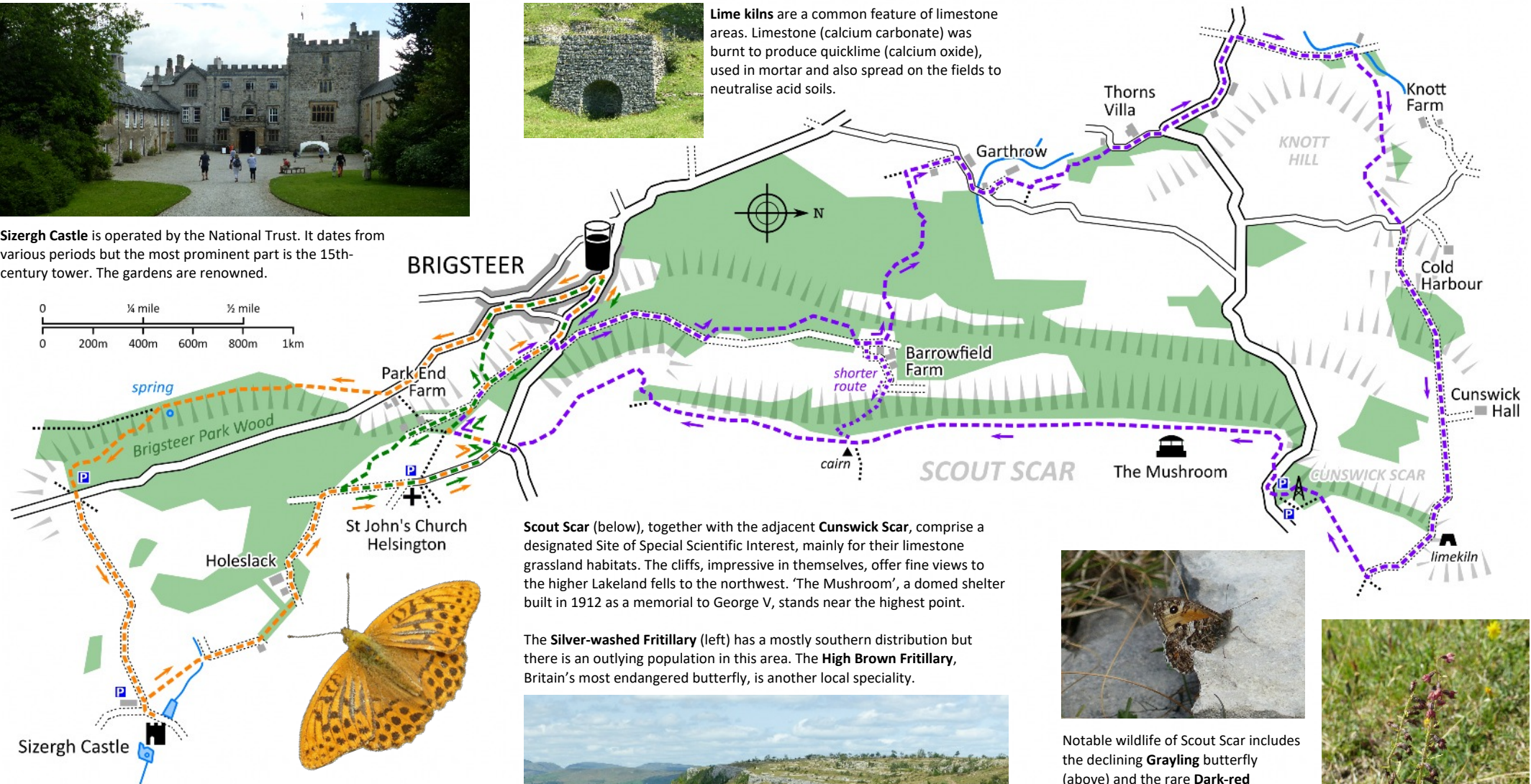
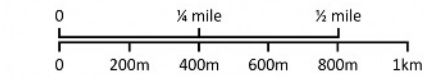




Sizergh Castle is operated by the National Trust. It dates from various periods but the most prominent part is the 15th-century tower. The gardens are renowned.



Lime kilns are a common feature of limestone areas. Limestone (calcium carbonate) was burnt to produce quicklime (calcium oxide), used in mortar and also spread on the fields to neutralise acid soils.



Scout Scar (below), together with the adjacent Cunswick Scar, comprise a designated Site of Special Scientific Interest, mainly for their limestone grassland habitats. The cliffs, impressive in themselves, offer fine views to the higher Lakeland fells to the northwest. 'The Mushroom', a domed shelter built in 1912 as a memorial to George V, stands near the highest point.

The Silver-washed Fritillary (left) has a mostly southern distribution but there is an outlying population in this area. The High Brown Fritillary, Britain's most endangered butterfly, is another local speciality.



Notable wildlife of Scout Scar includes the declining Grayling butterfly (above) and the rare Dark-red Helleborine (right), a type of orchid.



More common, but no less attractive, is the familiar Harebell (below), confusingly known as the Bluebell in Scotland.



four circular walks from



THE WHEATSHEAF INN

BRIGSTEER, CUMBRIA



St John's Church, Helsington 2 miles: Moderate

A simple, isolated church with superb views over the Lyth valley to the high fells of Lakeland.

Sizergh Castle 4 miles: Moderate

A wood renowned for its wild daffodils and rare butterflies, and a famous house and garden.

Scout Scar

3 1/4 or 8 miles: Fairly strenuous

An extended walk along a glorious limestone edge with superb views and fantastic wildlife.

THE WHEATSHEAF INN

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Welcoming visitors to The English Lakes since the 1880s, our simple formula has not changed much: great rooms, fresh food and excellent beer, all served with a Lakeland smile.

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St John's Church, Helsington

2 miles: Moderate

Allow 1½ hours. Wet grass after rain. One gradual climb and a steep descent. Cattle and sheep likely.

1 From the front door of the pub, walk up the hill (signposted to Kendal) for 325 metres. **2** Look out for a lane on the right then shortly afterwards, just after the entrance to Helsington Lodge, turn right onto a bridleway that descends initially then climbs gently. **3** At the entrance to a house called Kistwells, take the left-hand fork, continuing uphill. **4** Pass another house to a gate into fields. **5** Follow the path along the bottom of the slope, with a stone wall and woodland on your right. **6** At the top you meet a gravelly track; turn left and follow the wall to St John's, Helsington. **7** Beyond the church, continue along the tarmac road ahead. **8** Just before the cattle grid at the junction, leave the road at a footpath sign and follow the fence steeply downhill. **9** At the bottom of the field, bear left to a wooden kissing gate, through which turn right and follow a narrow path through trees which shortly drops down to join the bridleway you followed earlier. **10** Turn right and follow the track for a little over 100 metres, before turning left at a waymark post through a squeeze stile and down stone steps into a field. **11** Walk down the edge of the field to a hand gate and down a few more steps. **12** Bear right along the top of the next field then bear left down the slope towards the village. **13** Go through a narrow hand gate and down a few more steps and cross the last narrow field to a kissing gate into a lane. **14** Turn right and pass a house dated 1862. **15** Keep right when the road forks and continue through the village. **16** Ignore lanes to left and right and follow the village street ahead as it climbs gently back to the Wheatsheaf.

Sizergh Castle

4 miles: Moderate

Allow 2–3 hours plus time to visit Sizergh Castle (National Trust). Some modest climbs and one steep descent. Livestock likely; mud and wet grass after rain.

1 From the front door of the pub, turn right and follow the narrow lane through the village, which winds between a mixture of modern housing and old cottages. **2** After 350 metres, keep ahead as a lane joins from the left and another drops away to the right. **3** At the next junction, continue ahead past a house dated 1862. Leave the village and continue for 600 metres or so. **4** At Park End Farm, go through a gate on the right by a footpath sign to Brigsteer Park, and bear left down the field to the wood at the far end. **5** Walk down the wall alongside the wood then, shortly before the corner, go through a gate into the trees. **6** Follow the obvious path through the woodland for 500 metres with occasional open patches. **7** Just beyond a spring on the left, at an obvious fork, take the upper, left-hand path that climbs the slope through the woodland. **8** Keep right at a path junction then, beyond an interpretation panel detailing the trees and butterflies of

Brigsteer Park Wood, bear left, shortly arriving at a small car park by the road. **9** Cross the road and go through a gateway onto a farm track, ignoring the footpath signposted to Brigsteer on the left. Beyond a gate, follow the track along the right-hand edge of a large field. **10** At the end of the field, go through the right-hand gate with a National Trust sign into a hedged path. **11** As you approach Sizergh Castle, pass the end of a footpath on the left (the continuation of the route) to reach the café, castle and gardens. **12** Having visited the castle, return the way you came, turning right through a gate beyond the bird-watching screen (signposted "Helsington Church via Holeslack 25 mins"). **13** Cross a field to a gate and join the track leading ahead beyond. **14** At a barn, turn left through a gate into a path along a wooded bank. **15** At the end of this section, climb steps to a hand gate and turn left through a gate and pass the barns of Holeslack Farm. Go through the gate to the right of the farmhouse and follow the driveway uphill. **16** Beyond a cattle grid, another track joins from the left; ignore it and bear right along the wall to Helsington Church. **17** Beyond the church, continue along the tarmac road ahead. **18** Just before the cattle grid at the junction, leave the road at a footpath sign and follow the fence steeply downhill. **19** At the bottom of the field, bear left to a wooden kissing gate, through which turn right and follow a narrow path through trees which shortly drops down to join a bridleway. **20** Turn right and follow the bridleway down and up (ignoring a path off to the left) until you meet a road. **21** Turn left past the Brigsteer sign and walk down the road with care back to the Wheatsheaf.

Scout Scar

3¼ or 8 miles: Fairly strenuous

Allow 2 hours for the shorter route (one short but steep climb) and 4–5 for the longer (which has one long climb and several lesser ascents). There are unfenced cliffs and rocky ground on Scout Scar, and cattle and sheep may be expected at various points. Occasional overgrowth in summer, and mud after rain. One stile.

1 From the front door of the pub, walk up the hill (signposted to Kendal) for 325 metres. **2** Pass a lane on the right, followed shortly by the entrance to Helsington Lodge. **3** Ignoring a bridleway on the right, continue up the road to an S-bend; turn left onto a farm track with a footpath sign. **4** Follow the drive through woodland for half a mile, level at first then gradually ascending. **5** Just before the track leaves the wood, turn left onto a footpath at the head of a small valley. Follow the path round to the right, initially along the edge of the wood and then heading more deeply into the trees. **6** Eventually the path returns to the farm road. Turn left across a field to the farm.

Shorter route

For the shorter route, turn right here (signposted to Scout Scar); skirt the farm buildings and then continue up the side of the field to a gate into woods. The narrow path beyond climbs steeply up the wooded slope to arrive at a cairn on Scout Scar. Turn right here and jump to step **32** of the Longer route, right.

Longer route

7 Ignore the track signposted to Scout Scar on the right and, level with the farmhouse, turn left at a finger post ("Garth Row Lane") and walk downhill to a gate in a wall back into woodland. **8** The path descends fairly steeply to another kissing gate. Cross a narrow field to a step stile over a wall. **9** Follow a narrow path that winds through the trees to a forestry track. Turn right and then bear left, picking up a path on the right. This path winds through craggy ground with clearfell to a gate into a field overlooking a house. **10** Cross the field to the left of the house and garden to meet a path at the foot of a bank. **11** Turn right towards the house and go through a gate. **12** Beyond the house, join the drive and walk out to the road. **13** Turn right past a house on the left and follow the lane to a house by a stream. **14** Turn left down the driveway after the house ("Yew Tree House" and "Foxdene") and follow it to another property, where a path on the right leads behind an outbuilding to a field gate. **15** Beyond the gate, another footpath joins from the right; turn left and then bear right along a wall. The path winds pleasantly through intermittently wooded country to emerge into another lane. **16** Turn right past the imposing Thorns Villa and continue along the lane to a junction with a wider road on a sharp bend. **17** Turn left here and walk downhill, passing a house on the right after 180 metres. **18** Continue past further houses, then turn right into a metalled farm drive (with a sign for "Tranthwaite"). **19** After quarter of a mile, just before a house on the left, go through a kissing gate on the right into a field. **20** Walk uphill, following the power lines initially, then bear half right past a shallow disused quarry (ignoring the more obvious track heading towards Knott Farm). **21** Above the quarry, go through a gate with a waymark. The path beyond is indistinct: follow the wall initially before bearing right through rocky outcrops, keeping left of the highest point. Descend to a gateway, then continue ahead to a road (the line of the right-of-way is to the left of the obvious way forward, and passes a waymark post). **22** You should meet the road at a slight left-hand bend, with a stony, hedged byway (Gamblesmire Lane) leading off through a gate. Follow this byway over a low hill and then uphill through woodland. **23** After a gate at the top of the wood, continue ahead along the wall. **24** Switch to the right-hand side of the field boundary when the track from Cunswick Hall joins from the left, but continue in the same direction. **25** After a gate, the track drops slightly before resuming the ascent towards wooded Cunswick Scar. After a second gate, the track swings right towards the wood, and the gradient increases. **26** The track passes a well-preserved limekiln on the left and then goes through a gap in a wall. **27** Turn right here (signposted to Scout Scar Car Park). The path follows the wall initially then crosses the field towards a wood, aiming slightly to the right of the mast. **28** At the top of the field, a gate leads into the wood; shortly afterwards, take the path on the right, which winds through the wood and then emerges above a car park in a quarry. Follow the path round the top of the quarry to emerge on a road. **29** Turn right past the car park entrance, then take the obvious path on the left through a spiked metal kissing gate. Follow the path up the slope, curving left to emerge above the cliffs of Scout Scar. **30** Follow the limestone edge for about

400 metres to the domed viewing shelter known as the Mushroom. **31** Beyond this, carry on along the edge for three quarters of a mile, until you reach a large cairn where a path crosses and the shorter route rejoins. **32** Continue along the scar. **33** After half a mile, the path drops right, into a small, wooded valley. Climb the other side then follow the wall on the right, before following the obvious path as it swings left, across the hillside to a gate. **34** Beyond, the well-worn path descends gradually to the road. **35** Turn right, then, at a junction on a bend, turn left onto the road to Helsington church. **36** Immediately after the cattle grid, turn right at a footpath sign and follow the fence steeply downhill. **37** At the bottom of the field, bear left to a wooden kissing gate, through which turn right and follow a narrow path through trees that shortly drops down to join a bridleway. **38** Turn right and follow the bridleway down and up (ignoring a path off to the left) until you meet a road. **39** Turn left past the Brigsteer sign and walk down the road with care back to the Wheatsheaf.



The view from Helsington Church includes the Southern Fells of Scafell Pike, Crinkle Crag, Bowfell and Great Gable.



Juniper is a characteristic plant of limestone grassland. A long-lived, hardy plant, it sometimes grows in the prostrate form shown above.



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