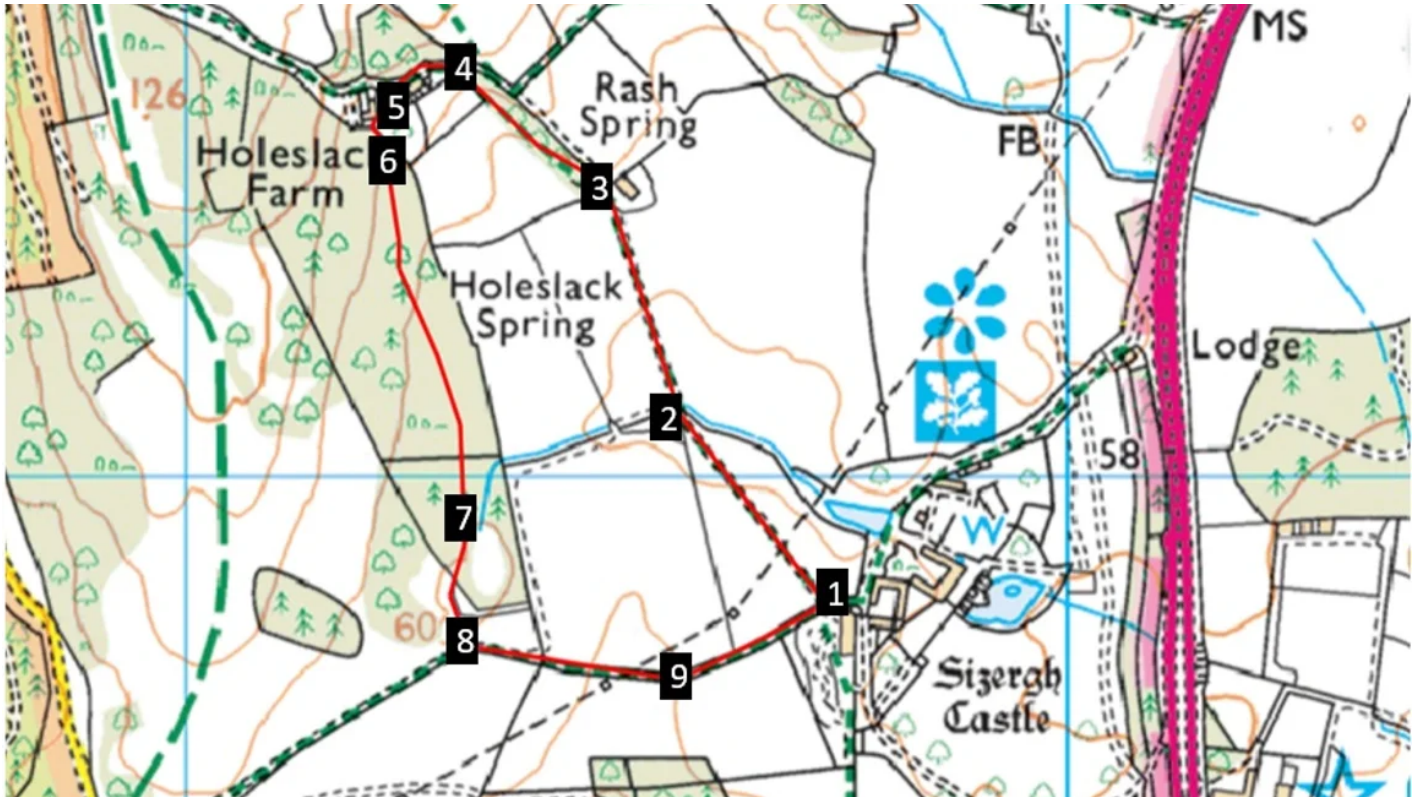


## Holeslack Accessible Trail

Take this accessible circular route for a flavour of the Sizergh estate, from ancient woodlands and traditional Westmorland orchards to historic farm buildings and parklands.



### Information

Address: Sizergh Castle, near Kendal, Cumbria

OS map: OS map: Explorer OL7 (The English Lakes South Eastern area)

Activity: Walking

Easy

Dog friendly: Dogs are welcome on the wider estate but should be kept on leads as there are livestock in some of the fields. Dogs are not allowed in the garden at Sizergh. Assistance dogs are welcome in all areas.

Full trail: Miles: 1.2 (km: 1.92)

Access: Easy

Duration: 45 mins - 1 hour

### Total steps: 9

Start point: Sizergh Castle car park, grid ref: SD498878

1. From the car park, take the gate out of the northern end of the car park. You'll cross a bridleway, before going through another gate and out into a field, with the path running diagonally across the field.
2. At the next gate there is a bench. Go through the gate and continue on the surfaced path through the field. At the top of the field is a gate which takes you around the edge of a small farmyard.
3. The path continues through a narrow strip of woodland called Rash Spring. The path has a gentle upward gradient, which gets steeper towards the end. Within the wood are three benches providing resting points.
4. You leave Rash Spring wood through a gate and emerge into Holeslack farm yard. On your right is the old summer house, built to look like a lime kiln. The path bears left round the barn and left again heading downhill towards an orchard.
5. As you enter the orchard the ice house is within the retaining wall of the farmhouse garden on your right hand side. Follow the path around the edge of the orchard and through a gate into Holeslack Wood. There is an excellent view back towards the castle from the orchard.
6. The path continues through Holeslack wood with a gentle descent. There are some really impressive ancient trees throughout the wood and the ground flora is a delight through the flowering season.
7. As you reach the bottom of Holeslack wood, there is an optional left turn, taking you onto a small board walk and willow screen overlooking the pond. Return to the main path and continue on the path as it flanks the pond and emerges out into Flashbank, which is part of the historic deer park.
8. The path takes a left turn very close to a large, hollow ash tree pollard. The path then goes through a high gate hung from massive limestone stoops. The path then heads

up hill on this historic track which is flanked by a wide hedge and stone wall. At the brow of the hill is a perch bench for a well deserved rest.

9. The final section of the walk heads down hill back to Sizergh, passing two veteran sweet chestnuts. They were planted by Cecilia Strickland in 1780, from seeds she collected at Versailles, making them an impressive 240 years old.

End point: Sizergh Castle car park, grid ref: SD498878

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