



Lyth Valley - Damsons & Daffodils

Wind your way between rocky knolls and small woods through the Lyth valley, famous for its damson orchards. The ride starts by the gates of Sizergh Castle and takes in enclosed wooded landscapes, flat open farmland with big skies and straight roads and pretty orchards set amongst rocky outcrops. A steep detour provides a spectacular view over south Cumbria and the Lakeland fells and the perfect place for a picnic; the view makes the climb worthwhile! Attractive at any time of year, wild daffodils and damson blossom in spring make this an especially beautiful ride.

ROUTE 4

1 From lay-by cycle towards Sizergh Castle, passing Strickland Arms and turn L immediately past pub (signed W2W Route 20). At T jct on steep hill turn R and cycle (or walk!) uphill.

2 Keeping SA follow route 20 into Levens taking care on steep hill.

3 In Levens bear R at Post Office, then SA (signed Grange). Turn sharp R (signed Route 20) opposite pub. Turn L at bottom of short hill over bridge onto flat farmland. Take next R to Brigsteer, entering village up short hill.

4 Bear L through village joining main road at angled junction. Continue in same direction and take next R.

5 At T jct turn L (signed Crosthwaite and Bowland Bridge) and continue to Underbarrow taking care on steep hill with sharp bend.

6 In village take first R (signed Crook) and continue to Underbarrow Church where drifts of wild daffodils carpet the churchyard in spring. Return towards village, taking R fork into Mill Lane and turning R into main road.

7 Turn sharp L (signed Milnthorpe and Levens).

8 At T jct turn R (signed Brigsteer and Levens). Return to Brigsteer, keeping L on approach to village and continuing to Wheatsheaf pub.

9 For detour to Helsington viewpoint (steep hill, but worth it for the view), continue uphill. Approximately 300m past Wheatsheaf take 3rd track on R (just past road sign for bends). Follow bridleway past houses and through gate onto open farmland (grass surface) and diagonally uphill to stone track at top. Turn L to Helsington Church and viewpoint with spectacular view. Retrace route to Wheatsheaf or continue past Church to rejoin road and turn L down hill to Brigsteer.

10 From Wheatsheaf take minor road from T jct (signed Levens) and continue through Brigsteer Woods.

11 Take L fork (signed Sizergh and Kendal), then L at angled T jct (signed Kendal). Return to lay-by at Sizergh on outward route, taking care at left turn on steep hill.

Start/finish: Lay-by off A590 at the Strickland Arms, Sizergh. Follow signs off the A590 to Sizergh Castle (National Trust).

Distance: 13 miles (20 km)

Grade: Medium - moderate (grade becomes hard if optional detour to Helsington Church is included). All on-road except short section of ascent to Helsington Church on unsurfaced track and grassland.

Refreshments

Cafés: Sizergh
Pubs: Sizergh, Levens, Underbarrow and Brigsteer