



CAREX FARM

Places of interest

SEDGWICK HOUSE was built in 1868 by the Wakefield family who owned most of the village and the farms around. They started manufacturing gunpowder in 1764, utilising power from the river Kent. Their daughter Mary started one of the first music festivals in Britain here, in 1885. The house was visited by many famous people including Canon Rawnsley (of National Trust fame) and John Ruskin. After use as a special school, it was converted into flats. The grounds contain many fine specimen trees.

THE CANAL was constructed through the village in 1819 as part of the 75 mile stretch designed by John Rennie, linking Kendal with Preston. The aqueduct, built by John Fletcher, is a listed structure. The canal was closed in 1947 and is now de-watered for much of its length. The 3.2 acre stretch through Sedgwick village was bought by the Parish Council in 1980 and is managed as a Nature Conservation area.



CROSSCRAKE CHURCH

CROSSCRAKE CHURCH is dedicated to St. Thomas and was built in 1874, but a church has probably existed on the site since 1190. The churchyard is a mass of wild daffodils in the Spring and contains the graves of William and Mary Wakefield, who provided money for the rebuilding.

On your walk you may see: salmon and trout in the river, bats under the bridges, deer and bluebells in the wood, and wild flowers everywhere.

You will pass: attractive limestone cottages and gardens; low, boulder clay; drumlin hills formed during the ice age, as glaciers flowed over the landscape; magnificent views in all directions; and more sheep than people.



FOOT BRIDGE

You will find: around the village of SEDGWICK, a world of peace and tranquillity, comparable to stepping back in time.

Strong shoes are advised, as paths can be muddy in places. Ladder stiles may present problems for some walkers (and dogs !). Please keep dogs on leads, and observe the country code.

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SEDGWICK'S DRUMLINS and PANORAMAS



SEDGWICK POST OFFICE, FROM THE CANAL TOW-PATH

An easy 4½ mile walk exploring the varied scenery around

SEDGWICK

All the paths are clearly marked and pass through attractive farmland scenery and bluebell woodland, over low drumlin hills, along the banks of the River Kent, and the route of the old canal.

From **Sedgwick Post Office**, walk under the Aqueduct bridge along the main street, passing the old village cottages, until you see **Carex Farm** at the junction ahead.

Follow the Natland road and turn right onto a footpath marked 'Barrows Green'. Cross the ladder stile, go under the railway via a footpath tunnel, and follow the waymarked path north-east across fields to the ladder stile at **Low Barrows Green Farm**.

At the farm, turn right onto the lane which leads along the ridge, with views towards the Howgill fells in the east. From here you can see glimpses of the estuary in the south, and the Kent valley, with Sizergh castle to the west.

When you reach the crossroads at the lovely **Church**, keep straight ahead and take the footpath marked '**Wellheads**', next to the school on your right. Follow this path alongside the wall, crossing three ladder stiles, over the fields in a south-west direction to a level crossing over the railway.

Cross the railway with care and follow the hedgeside up the Drumlin hill, through a slit stile and down to **Wellheads Lane**. Go through the kissing gate ahead and climb up the hill. Pause at the top to enjoy the magnificent panorama of the Lakeland Fells; you can also see the village and the **old ice house** nestling under the embankment of the now de-watered Lancaster Canal.

Descend the hill, passing seven old trees, to the bridge ahead. Here, you could shorten your walk and return to the Post Office by following the canal

tow-path on your right below the bridge. Continue down the field to **Back Lane**. Go through the kissing gate ahead and

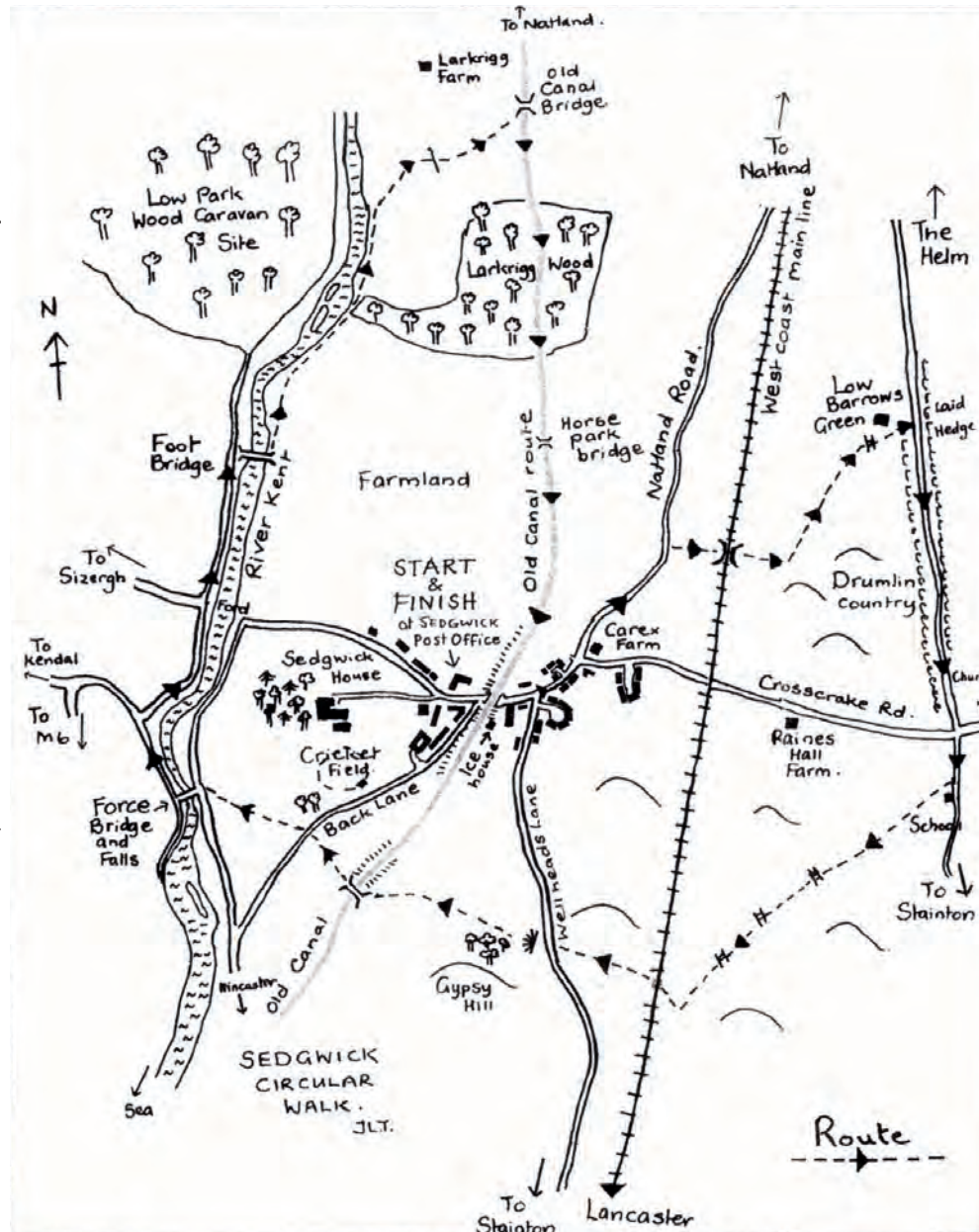
look northwards across the cricket field to **Sedgwick House**, with its outstanding specimen trees. The path leaves via a slit stile onto **Force Bridge**. Cross over the bridge, where you can look upstream, to the deep gorge cut through the limestone, and downstream, to the waterfalls where salmon jump in the Autumn. Follow along the main road to the **right**, and then take the lane on your **right** which follows the bank of the river, past the ancient ford, to the entrance to the old **gunpowder works** (now the Caravan Park).

Cross over the **Foot Bridge** and turn **left** across the field, following the river, to a gate by the edge of the wood. Follow the bridleway round to the **right**, to another gate.

Cross the field below the farm, in a north-east direction, up towards the **Old Canal Bridge**. Go through the slit stile and follow the tow-path, which leads into **Larkrigg Wood** (once coppiced for charcoal, used to produce gunpowder, and now full of bluebells in the Spring).

As you exit from the wood, cross the stile and head for the now lonely **Horse Park Bridge**, home of a bat colony.

Cross the fields, through several kissing gates, back to Sedgwick village, which can be seen ahead. Before descending the steps of the aqueduct, take time to wander along the old tow-path, through the area managed as a nature reserve by the Parish Council.



It is suggested that OS Explorer Map OL7 (Windermere, Kendal & Silverdale) be used for this walk. (Old OS map: 1:25,000 MILNTHORPE SHEET SD 48/58)