

# Getting around

Heading to the area by train means you get to enjoy some of the most scenic rail lines in the country. Once here you can easily explore more of this beautiful landscape. Most major stations offer a regular bus service or local taxi service. Plus all of the great attractions listed in this leaflet are only a walk from the station.

Thanks to some great local initiatives and the GoLakes travel programme, there are also a lot of new ways to get around. So why not let the journey become part of your adventure and *Drive Less, See More*?

- Hire a low carbon car by the hour from Windermere station [golakestravel.co.uk/bycar](http://golakestravel.co.uk/bycar)
- Take the X33\* service from Ravenglass straight into the heart of the Lakes [golakes.co.uk/bybus](http://golakes.co.uk/bybus)
- Hire a bike and take it on the Bike Bus to access miles of cycle routes on the Western shore of Lake Windermere [golakestravel.co.uk/bybike](http://golakestravel.co.uk/bybike)\*
- Hire an electric bike to give you a bit of a boost and flatten those hills [electricbicyclenetwork.com](http://electricbicyclenetwork.com)

## Traveline

Need some help? Contact *Traveline* whilst on the move for up to date public transport information. Telephone **0871 200 22 33** visit [traveline.info](http://traveline.info) or [cumbria.gov.uk/publictransport](http://cumbria.gov.uk/publictransport)

## NextBuses Traveline – text service

Check the next bus from any bus stop by sending the bus stop code in a text. All bus stops, metro station platforms and even ferry landings each have their own code. Go to 'new message' on your phone, type in the code for the stop that you wish to depart from and send to **84268** The service will send back a message with the scheduled times for the next five buses due to leave the stop. You will normally get a reply within 30 seconds.

## Transport direct

You can search for the nearest station to a place/attraction on the transport direct website. You can also get information on the station including the numbers of local taxi companies. Visit [transportdirect.info](http://transportdirect.info)

## GoLakes Travel

For free itineraries, ticket offers and advice visit [golakestravel.co.uk](http://golakestravel.co.uk) Your adventure starts here...

# Useful websites

[golakestravel.co.uk](http://golakestravel.co.uk) • [golakes.co.uk](http://golakes.co.uk)  
[lakesline.co.uk](http://lakesline.co.uk) • [furnessline.co.uk](http://furnessline.co.uk) • [cumbriancoastline.co.uk](http://cumbriancoastline.co.uk)  
[western-lakedistrict.co.uk](http://western-lakedistrict.co.uk) • [citycoastcountryside.co.uk](http://citycoastcountryside.co.uk)



## Timetable Information

### Lakes Line

For the Lakes Line, pick up *First TransPennine Express Guide 10*

### Furness Line

For the Furness Line, pick up the *First TransPennine Express Guide 15*  
Barrow-in-Furness – Lancaster – Manchester Airport.

### Cumbrian Coast Line

For the Cumbrian Coast Line, pick up *Northern Timetable 6*  
This includes connections to and from the Furness Line; however, not all trains between Barrow-in-Furness and Lancaster are shown.

For best value bookings in advance, see [nationalrail.co.uk](http://nationalrail.co.uk)  
[northernrail.org](http://northernrail.org), [www.virgintrains.co.uk](http://www.virgintrains.co.uk) or [tpexpress.co.uk](http://tpexpress.co.uk)  
or call National Rail Enquiries on **08457 48 49 50**.

# Discover Cumbria

BY TRAIN  
**30**  
ATTRACTIONS



## Days out by train in Cumbria and the Lake District



the **lakedistrict**  
Cumbria



First TransPennine Express

**golakestravel**

Funded by the Department for Transport. Delivered in partnership by Cumbria County Council, Lake District National Park Authority and Cumbria Tourism

DRIVE LESS  
**SEE  
MORE**  
LET'S LOOK AFTER THE LAKE DISTRICT

\*Seasonal services. Please check times and dates before travel.

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Produced by the Community Rail Partnership



# The Cumbrian Coast Line

This scenic railway line links the border city of Carlisle in the north to Barrow-in-Furness in the south. The 85 mile/136 km long journey passes along the coast and through the Western Lake District, an area steeped in cultural, industrial and maritime history, set against a backdrop of lakes and mountains.

## Carlisle

A western gateway to Hadrian's Wall Country, Carlisle has had a turbulent history that is reflected in its Castle, where Mary Queen of Scots was confined and now houses Cumbria's Military Museum. Other superb buildings in the city include the Citadel, the cathedral and Tullie House Museum and Art Gallery, plus the Lanes Shopping Centre.

## Maryport

This attractive seaside town is home to the Wave Centre, the Lake District Coast Aquarium, Senhouse Roman Museum and the remains of a large Roman fort.

## Whitehaven

This was once one of England's busiest ports and was attacked by the pirate John Paul Jones in 1778. The Beacon Visitor Centre, located on the ancient harbour, and the Rum Story – The Dark Spirit of Whitehaven, show the area's history.

## St Bees

Impressive St Bees Priory was founded in 1120 and lies close to the station. St Bees also has a long sandy beach and the red sandstone cliffs of St Bees Head are the summer home to north west England's largest colony of nesting seabirds. It is also a starting point for Wainwright's Coast to Coast Walk and on a clear day you can see the Isle of Man.

## Ravenglass

Ravenglass is the Lake District National Park's only coastal village and was an important Roman naval base where parts of the Roman Bath House are still standing. It is now the home of The Ravenglass & Eskdale Railway or 'La'al Ratty' which carries visitors on a journey to Dalegarth. Muncaster Castle, Gardens and Hawk & Owl Centre is another leading attraction accessible from Ravenglass station.

## Millom

The ore found at Hodbarrow made this a prosperous town and Millom Heritage and Visitor Centre shows you the lives and work of the miners. The site of the old mine is now an RSPB nature reserve bordering an artificial lagoon.



# The Furness Line

The railway between Barrow-in-Furness and Lancaster passes through the towns of Ulverston, Grange-over-Sands and Carnforth, offering spectacular views across Morecambe Bay and the Kent Estuary.

## Barrow-in-Furness

Barrow-in-Furness boasts one of England's most impressive monastic ruins, Furness Abbey, and the outstanding Dock Museum. Nearby is Piel Castle on Piel Island, accessible to visitors by ferry from Roa Island, plus the nature reserves on Walney.

## Dalton-in-Furness

Dalton was the ancient capital of Furness and Dalton Castle, a 14th century Pele Tower, still overlooks the town. Close by is the South Lakes Safari Zoo.

## Ulverston

Ulverston, South Lakeland's Festival Town, was the birthplace of Stan Laurel, has the shortest canal in Britain and boasts the striking Hoad Monument resembling a lighthouse.

## Cark & Cartmel

Cark Station is only a 15 minute walk from Cumbria's premier stately home, Holker Hall, and its stunning gardens. Accessible from Cark and Grange-over-Sands is the historic village of Cartmel. Cartmel has one of the most picturesque racecourses in the country.

## Kents Bank

The view from this station is one of the most beautiful in the country. Kents Bank serves as the finishing point for guided cross-bay walks and contains The Beach Hut art gallery. Within reach for the more adventurous walker is Humphrey Head.

## Grange-over-Sands

Grange-over-Sands is a Victorian and Edwardian seaside resort with its promenade, colourful Ornamental Gardens and a plentiful supply of specialist shops and cafés. Nearby are the Lakeside & Haverthwaite Railway, the Aquarium of the Lakes and Fell Foot Park.

## Arnsdale

Arnsdale is an area of outstanding natural beauty (AONB) and also a village that is the starting point for Cross Bay walks, the Westmorland Way and walks in Limestone countryside.

## Silverdale

Set in the Arnsdale and Silverdale AONB, the station is only a few minutes' walk from the RSPB Nature Reserve at Leighton Moss. The Visitor Centre houses a gift shop and tea room.

## Carnforth

Carnforth is a railway town famous for its associations with the film 'Brief Encounter'. The Heritage Centre at the station is worth a visit. Nearby lies Warton Crag Nature Reserve and the village of Warton, which has connections with the family of George Washington.

## Lancaster

The Castle, Priory and Visitor Information Centre lie close to the station and it's only a short walk to the City Museum and Maritime Museum. Only 10 minutes away lies the resort of Morecambe with its iconic Eric Morecambe statue and stone jetty.

# The Lakes Line

The Lakes Line takes visitors into the heart of the Lake District at Windermere. The line passes through Kendal and climbs to its terminus above Bowness where boats of all sizes allow visitors to enjoy Lake Windermere.

## Oxenholme

Oxenholme Station is the place that welcomes passengers to southern Lakeland and links the West Coast Mainline to the Lakes Line. The "Helm" rises behind the station and offers spectacular views across Morecambe Bay.

## Kendal

Kendal, overlooked by the ruins of a 12th century castle, is well worth a visit. It has the nick name of the "Auld Grey Town" and offers a great range of shops and cafés as well as the vibrant Brewery Arts Centre, the Waterside Art Gallery and the Abbot Hall Art Gallery.

## Burneside and Staveley

Burneside is on the route of the Dalesway walk as is Staveley which is also the gateway to the spectacular Kentmere Valley. A visit to Staveley Mill Yard is a must as this is home to a brewery, café, cycle hire/shop, furniture manufacturers and much more.

## Windermere

Windermere is a great base from which to explore the Lake District. Don't miss spectacular views from Orrest Head or a trip across the lake with Windermere Lake Cruises. Cycle-hire is available at the railway station and the Tourist Information Centre is close by. A direct bus takes visitors to Brockhole – The Lake District Visitor Centre, on the way to Ambleside.

## West Coast Main Line

This links London to Glasgow and passes through the centre of Cumbria. It gives direct access from Scotland to many English cities like Manchester and Birmingham with stops at Carlisle, Penrith, Oxenholme and Lancaster. Visitors can stop at historic Penrith where the ruins of the castle are just outside the station or a short bus ride away is the Rheged Discovery Centre.

## The Hadrian's Wall Country Line

This line connects Carlisle with Newcastle-upon-Tyne via the Tyne Valley and runs close to the remains of Hadrian's Wall. There are many interesting destinations along this route including Brampton, Haltwhistle, Hexham, Corbridge and the city of Newcastle.

## The Settle & Carlisle Railway

There are few railways with a better known name than the S&C which runs from Leeds via Settle to Carlisle. The northern part of the journey is through Cumbria's beautiful Eden Valley. Places to visit include Appleby-in-Westmorland, famous for the Appleby Horse Fair, which lies between the Lake District and the North Pennines. Further south lies the historic market towns of Settle and Skipton.





### The Castle, Carlisle

1

[english-heritage.org.uk/daysout/properties/carlisle-castle](http://english-heritage.org.uk/daysout/properties/carlisle-castle)



### Tullie House Museum & Art Gallery, Carlisle

2

[tulliehouse.co.uk](http://tulliehouse.co.uk)



### Lake District Coast Aquarium, Maryport

3

[coastaquarium.co.uk](http://coastaquarium.co.uk)



### Maryport Maritime Museum

4

[maryportmaritimemuseum.btck.co.uk](http://maryportmaritimemuseum.btck.co.uk)



### Senhouse Roman Museum, Maryport

5

[senhousemuseum.co.uk](http://senhousemuseum.co.uk)



### Helena Thompson Museum

6

[helenathompson.org.uk](http://helenathompson.org.uk)



### The Beacon, Whitehaven

7

[thebeacon-whitehaven.co.uk](http://thebeacon-whitehaven.co.uk)



### The Rum Story, Whitehaven

8

[rumstory.co.uk](http://rumstory.co.uk)



### St Bees Head Nature Reserve

9

[rspb.org.uk/reserves/guide/s/stbeeshead](http://rspb.org.uk/reserves/guide/s/stbeeshead)



### Muncaster Castle and Hawk & Owl Centre

10

[muncaster.co.uk](http://muncaster.co.uk)  
[muncaster.co.uk/hawk-owl-centre](http://muncaster.co.uk/hawk-owl-centre)



### The Ravenglass & Eskdale Railway

11

[ravenglass-railway.co.uk](http://ravenglass-railway.co.uk)



### Hodbarrow Nature Reserve, Millom

12

[rspb.org.uk/reserves/guide/h/hodbarrow/](http://rspb.org.uk/reserves/guide/h/hodbarrow/)



### Millom Discovery Centre

13

[millomdiscoverycentre.co.uk](http://millomdiscoverycentre.co.uk)



### Duddon Mosses Nature Reserve, Foxfield

14

[naturalengland.org.uk](http://naturalengland.org.uk)



### Barrow Dock Museum

15

[dockmuseum.org.uk](http://dockmuseum.org.uk)



### Furness Abbey, Barrow-in-Furness

16

[furnessabbey.org.uk](http://furnessabbey.org.uk)



### South Lakes Safari Zoo, Dalton-in-Furness

17

[southlakessafarizoo.com](http://southlakessafarizoo.com)



### Holker Hall & Gardens, Cark

18

[holker.co.uk](http://holker.co.uk)



### The Promenade and Gardens, Grange-over-Sands

19

[grangeoversands.net](http://grangeoversands.net)



### Brewery Arts Centre, Kendal

24

[breweryarts.co.uk](http://breweryarts.co.uk)



### Mill Yard, Staveley

25

[staveleymillyard.com](http://staveleymillyard.com)



### Windermere Lake Cruises

26

[windermere-lakecruises.co.uk](http://windermere-lakecruises.co.uk)



The Cumbrian Coast Line

The Furness Line

The Lakes Line

West Coast Main Line

Bentham Line

Heritage Railways

Major Bus Routes

**traveline**  
public transport info  
0871 200 22 33



### The Promenade and AONB at Arnside

20

[arnside-online.co.uk](http://arnside-online.co.uk)



### Leighton Moss RSPB Nature Reserve

21

[rspb.org.uk/reserves/guide/l/leightonmoss](http://rspb.org.uk/reserves/guide/l/leightonmoss)



### Carnforth Station Heritage Centre

22

[carnforthstation.co.uk](http://carnforthstation.co.uk)



### Lancaster Castle

23

[lancastercastle.com](http://lancastercastle.com)



### The World of Beatrix Potter, Bowness-on-Windermere

27

[hop-skip-jump.com](http://hop-skip-jump.com)



### Brockhole - The Lake District Visitor Centre

28

[brockhole.co.uk](http://brockhole.co.uk)



### The Rheged Centre, Penrith

29

[rheged.com](http://rheged.com)



### Penrith Castle

30

[english-heritage.org.uk](http://english-heritage.org.uk)