



- █ The Furness Line
- █ The Lakes Line
- █ The Cumbrian Coast Line
- █ Other main lines

Advice

The maps shown in this leaflet are for illustrative purposes only – you should take the relevant Ordnance Survey with you – referring to it regularly. Be prepared with the correct boots, waterproofs, torch and compass. Take extra care in adverse weather conditions and also take a drink with you.



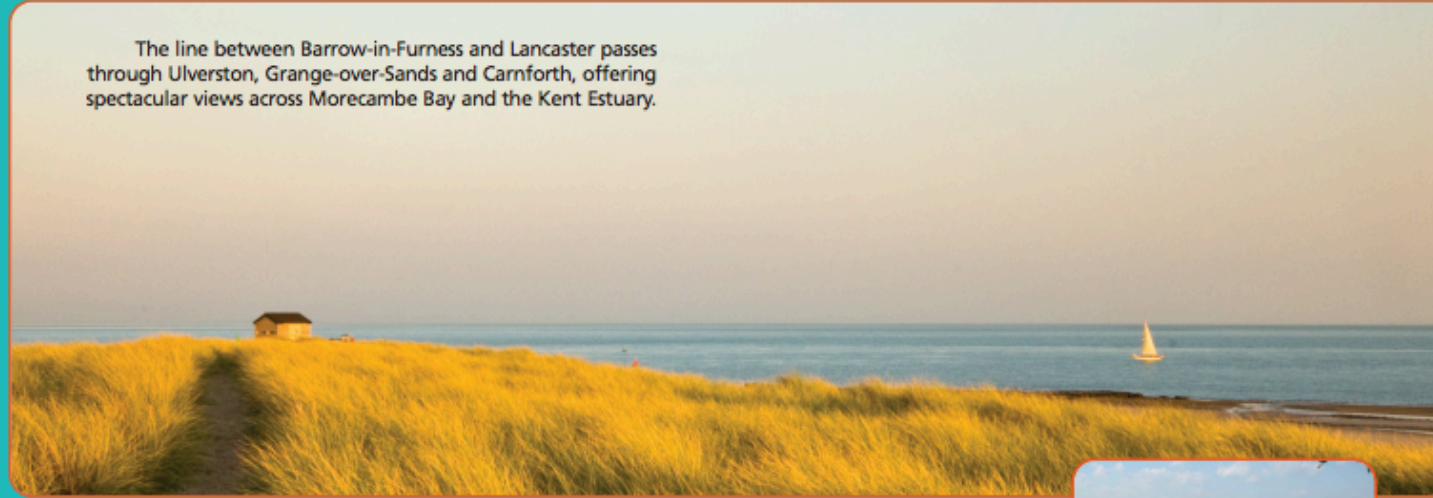
For best value bookings in advance, see nationalrail.co.uk, northernrail.org or tpexpress.co.uk

National Rail Enquiries **08457 48 49 50**



8
SHORT
WALKS

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



Getting around & timetable information

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.

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.

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 or cumbria.gov.uk/publictransport

A selection of short walks from the Furness Line.

AC:RP
New life for local lines

northern

MORECAMBE BAY

First TransPennine Express



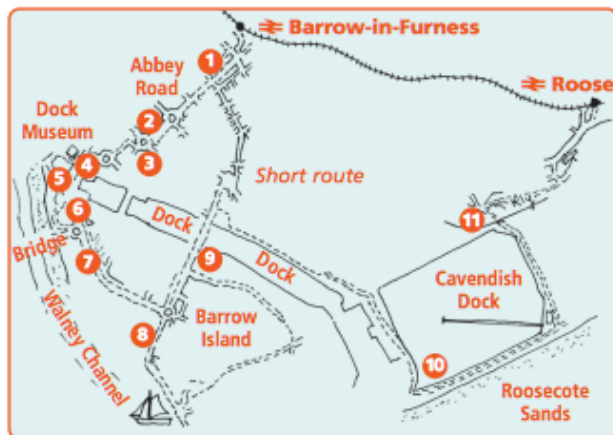
golakestravel

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

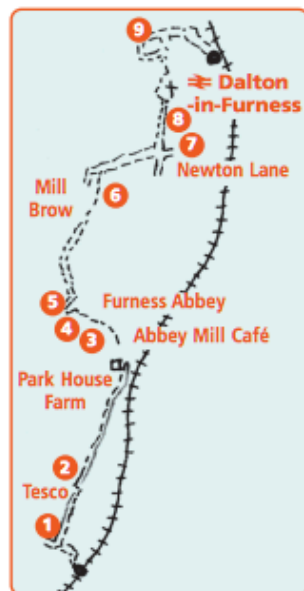
DRIVE LESS
SEE MORE
LET'S GO ON THE LAKE DISTRICT

Walk
1**6.4 miles**
3 hours**Barrow – Barrow Island – Dockland – Roose Station**Map on walk4life.info:
www.walk4life.info/walk/barrow-dockland-walk**Station:** Barrow-in-Furness Station.**Terrain:** Mainly hard pavement with a grassy bank in section 8.**Refreshments:** Café (in the station). Pub/café at the Dock Museum.**Map:** OS Explorer OL 6. 1:25000

1. Leave Barrow-in-Furness Station and walk south west down Abbey Road to Ramsden Square.
2. Take the last part of Abbey Road to Custom House roundabout.
3. Turn left at Iceland and walk round the Cornmill Crossing roundabout, across Walney Road to the Dock Museum.
4. Find time to have a look in the Dock Museum and detour to the gardens by Jubilee Bridge.
5. Walk south east along Bridge Road past the shipyard sheds to the Michaelson Road roundabout among the tenement buildings.
6. Turn right along Michaelson Road and then left onto the new Docks Road at the roundabout.
7. Turn left across the rough ground to reach the road at the back of the terraced houses.
8. Walk down the road marking the old railway, turning up the bank at the back of the Cavendish Park playing field and with the Jeff Fullard allotments on your right, find Buccleuch Dock Road.
9. Turn right along Michaelson Road back to town. Take Dalton Road at Schneider Square roundabout to do a shorter walk and return to Barrow-in-Furness Station. For the full six mile walk take the steps down to the supermarket car park and follow the Town Quay out to the docks.
10. Follow the Dock Road out to the nuclear ship terminal and turn left along the seawall of Cavendish Dock. Turn left at the United Utilities pumping station and head back towards town.
11. Go under the railway bridge and turn right round the former Sandgate pub along the rear of Long Way, to emerge on Roose Road. Turn right up Roose Road to finish at Roose Station.

**Walk**
2**4.3 miles**
2 hours**Roose – Furness Abbey – Dalton**Map on walk4life.info:
www.walk4life.info/walk/roose-dalton-furness**Station:** Roose Station, on Roose Road, Barrow-in-Furness.**Terrain:** Mainly level, off-road path with a hilly mid-section.**Refreshments:** Abbey Mill Café at Furness Abbey. Pubs on Newton Road plus many other pubs in Dalton.**Map:** OS Explorer OL 6. 1:25000

1. Exit Roose Station on the supermarket side, walk north along Flass Lane, turn right onto the Abbey Greenway before the bridge over the Red River.
2. Take the Greenway to the north, crossing the river by a footbridge and north to Park House Farm. Take the concrete footpath past the storage sheds and through the gate onto a track rising gently ahead.
3. Go through a gate at the top for the first view of Furness Abbey and the natural amphitheatre called The Vale of Nightshade. The ruined abbey dates from the 1100s and was once the second most important Cistercian abbey in England. The site used to have its own station.
4. Walk across the amphitheatre floor, to a small car park, with toilets, unless the walker wishes to visit Abbey Mill licensed café to the right.
5. Turn right onto the public footpath and just after the start of the hill, take the footpath steps to the left, entering the Woodland Trust's Abbots Wood. On reaching the driveway, turn left and walk 500m through the woods, to the site of Abbotswood House.
6. Follow the path slightly uphill, crossing a bridge over the old sunken road to reach a stile, north east edge of the wood. Cross the field heading for the Lodge House at the top of Mill Brow on the old main road. Exit a field gate to the right onto Long Lane.



7. Follow Long Lane to the Newton crossroads and turn left onto Newton Road towards Dalton, passing, or using the Newton pub.
8. After the pub take the entrance left into Dalton Cemetery and follow one of the paths down to the northern gate. Turn left onto Abbey Road and after walking about 50m, cross the main road with care and take the minor road towards the Brown Cow Inn. Goose Green has the old town pinfold which is worth a look.
9. Climb the hill to the left of Dalton parish church and emerge at the top in the square by Dalton Castle, a National Trust property. Walk down Market Street, turning right into Station Road, Dalton Station being 50m on the right.

Walk
3**6 miles**
3 hours**Dalton – Urswick – Ulverston**Map on walk4life.info:
www.walk4life.info/walk/dalton-ulverston-railwalk**Station:** Dalton-in-Furness Station.**Terrain:** Mainly grassy paths with some minor roads, taking in both Urswicks and Swarthmoor Hall.**Refreshments:** Possible to detour in Urswick to The Derby Arms or The General Burgoyne.**Map:** OS Explorer OL 6. 1:25000

1. Exit Dalton Station on the Barrow-in-Furness side and turn right away from the bridge, crossing Greystone Lane heading northwest along the road above and parallel to railway, meeting a footpath to Highfield Farm at the top of the estate.
2. Head east crossing the fields and minor road near Skells Lodge and continue 700m east, towards Bolton Heads and Hawkfield.
3. Join the minor road to Little Urswick, with the house named 'Gynring' on the junction corner. Walk along the green in Little Urswick, past the former pub. Join the road and carry on until just past Low Furness School.
4. Before reaching the church take the footpath over the fields towards Urswick Tarn. Follow the footpath round the south side and then join the road in the village.
5. After a short distance find the first narrow lane up the hill between the houses, cross the fields to Trinkeld, with the woods to the left.
6. Cross the road between High Carley and Bardsea, then after 200m take the footpath straight on as the road sweeps to the right.
7. Pass through the renovated houses at Trinkeld, emerging on 'Main Road'. Follow the verge footpath on the south side of the road to turn left onto Urswick Road.
8. Take the next left after 300m towards Swarthmoor Hall. Turn right just past the Hall entrance on the footpath to the end of 'The Drive' Ulverston. St Mary's Catholic School is to the right before arriving at Springfield Road.
9. Ulverston Station approach is second left.



Walk
4

6.5 miles
3 hours

Ulverston – Conishead – Canal – Ulverston

Map on walk4life.info:
www.walk4life.info/walk/ulverston-conishead

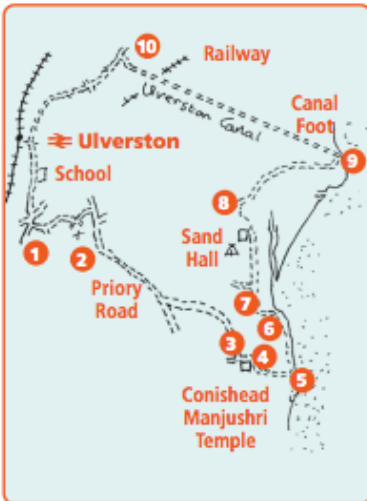
Station: Ulverston Station on Springfield Road.

Terrain: Mainly minor roads with some woodland and coastal paths.

Refreshments: Café at Conishead Priory, Bay Horse Hotel and cafés and pubs in Ulverston.

Map: OS Explorer OL7 1:25000

- Exit the station and turn right onto Springfield Road. Continue past Victoria School and, 60m after the Rake Lane crossroads, turn left into Central Drive and then left again into Rowan Drive.
- At the bottom of Rowan Drive turn left down Oakwood Drive and then right along Priory Road at the bottom. Then out past the sports centre and along Priory Road with Bardsea Leisure Park on the right.
- Enter the grounds of Conishead Priory by turning left past the lodge house. Continue along the drive towards Great Head House. Approach the Priory down a lane towards the towers in the distance.
- Cross the car park at Conishead Priory and walk round to the left of the building. If lucky the terrace café will be open.
- Continue the walk by dropping down into the wood using a path leading from the terrace towards the shore. The path leads to the left through the magnificent woodland, crossing the bank of the old railway track and emerges on the shore.
- Following the path north with the seashore on your right until you reach a house just south of the old slagbank, separated by the outflow from Ulverston's Carter Pool Beck.
- Take the tarmac road inland at this point and follow it for 200m until it turns to the left. Carry on through the farm buildings and use the stile to access the grassy footpath along the line of the old railway.
- Pass through a gate into a field by Sandhall, with its small campsite. Diagonally across the field is a kissing gate, then out onto a minor road leading towards the GSK factory. Walk towards GSK and turn right on the road east, which looks as if it is going through the factory.



- After 500m arrive at the shore again, with the Bay Horse Hotel for refreshment. On a fine day the staff will bring drinks and bar food out to the benches at Canal Foot. Once an ambitiously wide canal to take seagoing boats, the canal is now home to wildlife.
- Take the towpath back to Ulverston. After arriving at Canal Head there's a 1km walk through town to the railway station, passing the Laurel and Hardy Museum and their statue outside Coronation Hall.

Walk
5

4.4 miles
2 hours

Cark – Walton Hall Cartmel – Holker

Map on walk4life.info:
www.walk4life.info/walk/cark-walton-hall

Station: Cark Station.

Terrain: Mainly hilly with level mid-section.

Refreshments: Holker Hall Courtyard Café, Engine Inn and Rose & Crown at Cark, plus Cark Garden Centre Café. Other shops, cafés and another pub in nearby Flookburgh.

Map: OS Explorer OL7 1:25000

- Exit the station on the **Paltform X side**, heading northwest into Cark village, passing the corner shop and the Engine Inn. Take the right fork up the hill on the road to Cartmel. After 400m take the brideway track to the left rising up to the woodland and Low Bank Side Farm.
- At the junction go right, into the mature conifer plantation, Lane Park. At the far end of the woodland continue keep north towards Cartmel Race Course. On entering the race course go left over to the wood where a gap leads to a footpath through Cark Shaws Wood and beyond it Park Wood.
- Join the minor lane heading to Walton Hall Farm and turn right along the edge of the wood, then descend the track to the left leading to the site of the old mill, now a modern house. The track then rises gently through another wood and, as it opens out onto grazing land, it becomes a section of the Cumbria Coastal Way, some 2km inland!
- Head south for about 15 minutes until you reach a metalled road which meets the B5278 at Holker Hall.
- Turn left and either enter the Holker Estate to visit the Hall and its Courtyard Café or carry on into Cark village, best entered by taking the steep road to the right before the Rose & Crown pub, then walking beside the River Eea to the bridge by the Engine Inn.
- Return to Cark station 100m along the road.



Walk
6

4.8 miles
2 hours

Kents Bank – Hampsfell – Grange

Map on walk4life.info:
www.walk4life.info/walk/Kents-Bank-Hampsfell-Grange

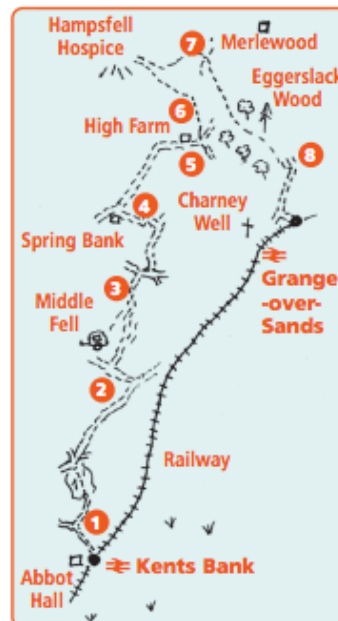
Station: Kents Bank Station.

Terrain: Mainly hilly with woodland and upland ground.

Refreshments: Cafés and pub in Grange-over-Sands.

Map: OS Explorer OL7 1:25000

- Exit Kents Bank Station and walk up the road straight ahead past the terrace of houses. After 100m take the lane to the right, with houses on one side and open field to the left. Leave the lane, taking a footpath through the small wood to the left.
- The path leads onto the main Grange-over-Sands road towards a small lodge cottages. Turn right along the road and follow it past Risedale Care Home on the left. Take a left turn, up the lane to Middle Fell and Cartmel. After 200m uphill is the entrance to Low Fell Gate Caravan Park, through which is a public footpath.
- Carry on through the park, entering woodland and eventually leaving the park, now with houses to the right. The path emerges onto Grange Fell Road. Cross the road and walk up Ashmount Road towards Charney Well. Towards the end of the road there is a steepish footpath up to the left between the last house and the woodland. This follows a wall round to the left and then a stile opens onto the fields of Spring Bank Farm.
- Walk down across the field towards the sheds and over the stile into Spring Bank Road leading up to the farmhouse buildings. Turn right and head north along Spring Bank Road.
- Pass through High Farm and at the top of Eggerslack Wood there is a fairly steep climb and a scramble over a wall. The path rises diagonally across the limestone grassland through blackthorn thickets and over the stepped field wall and a limestone outcrop.



- It is plain sailing to the top of Hampsfell.
- Start the descent on a path heading more eastward than the one followed on the way up. On reaching a wall to the left, climb over on the steps and walk down through the bracken and scrub to the top edge of Eggerslack Wood. Enter by a gate and follow the well-trodden path descending southwest through the wood.
- Pass some old concrete water storage tanks and carry on down to the left, ignoring the track rising to the right. The track crosses a house driveway and meets a wall. Follow it to the left and emerge on Windermere Road which leads down to the station.

Walk

7

3.7 miles
2 hours

Grange-over-Sands Woodlands Railwalk

Map on walk4life/info:

www.walk4life.info/walk/grange-woodlands-railwalk

Station: Grange-over-Sands Station.

Terrain: Mainly hilly and wet and grassy paths in part.

Refreshments: Drinks machine and stall in the station.

Cafés and pubs in Grange-over-Sands.

Map: OS Explorer OL7 1:25000

- Exit Grange-over-Sands Station and cross the road towards the Grange Hotel. Continue north towards Lindale on the B5277 up a gentle rise in the road with Blawith Point on the right.
- Just over the crest turn left up the drive into the Netherwood Hotel and then up a steeply rising drive up towards Blawith Farm. Passing through the farm buildings, either take the easy footpath along the bottom edge of Brown Robin Wood or keep right and enter the woodland behind the Netherwood Hotel on a well used path.
- The easy walk follows a pleasant route with meadows to the left. The woodland route climbs steeply up onto the limestone scarp named as Paradise Hill on the map.
- Follow the ridge along to the end of the finger of woodland, with steep drops to the left. Near the end of the wood a small path angles down to the northwest corner, emerging onto the easy footpath taken by the less adventurous walker.
- Pass through a stile out onto open pasture along a grass track. Before the locked field gate 100m ahead which opens onto Windermere Road, a small path drops down towards the B5271 through a small wood. Carefully descend the limestone rocks leading to the road.
- Walk up the road following the footpath with the wall on your left, passing the entrance to Merlewood and carrying on along the B5271 – taking care as there is no pavement along this section of road. As the road bears right to enter the village of Lindale you will see a footpath carrying straight on. Take this footpath (with houses on your right) then take the first path on the left, emerging onto a field across which is the right of way.
- Enter the next field via a gate and approach the houses at Hampsfield. Walking up the road from the houses, take a footpath turning sharp left along behind a wall.
- Exit onto a small enclosure of pasture, cross to the far corner and pass through a gate onto a farm track traversing the top side of Eggeslack wood. Keep following the path along the top of the wood.
- On reaching the point where Hampsfell Road meets the track to High Farm visible to the right, take the road down towards Grange-over-Sands, passing Hampsfell House Hotel.
- Less adventurous walkers can follow the road down into Grange-over-Sands. For a more interesting way into town take the footpath down through the woods to Yewbarrow Retirement Home and thus onto the road at the terrace of shops, including good cafés, close to the station.

Walk

8

4 miles
s hours

Silverdale Walk

Map on walk4life/info:

N/A

Station: Silverdale Railway Station.

Terrain: Moderate.

Refreshments: Café at Leighton Moss and tea room at Leighton Hall.

Map: OS Explorer OL7 1:25000

- Turn left out of the station and then left again over the railway bridge and past the RSPB's Leighton Moss Visitor Centre.
- Go past the Visitor Centre, walk along the road for another 0.25 mile then turn right and follow the bridle-path along the causeway across Leighton Moss for just over 0.5 mile.
- At the end of the causeway go through the gate into a field and follow the track past a farm for another 0.5 mile. Pass an old coach house and then enter the parkland in front of Leighton Hall.
- Walk away from the Hall and follow the drive for 50 yards bearing left across the grass and directly up the hill to the right of the fenced enclosure. At the top of the hill go through the kissing gate, cross the field with the stone mound and down the slope through the trees, following the path towards the road to the right. From the stile you could turn left into Yealand Conyers village or continue the walk.
- To continue the walk, turn right at the gap stile and follow the lane through wooded limestone pastures until it bends left after passing the entrance to Leighton Hall. Just after the bend, turn right onto a track and follow this into a field. Keep the field wall on your right and when the track bears left, turn to the right on a small path, over a stile and into the woods. At the end of the wood, walk to the large oak tree and then ahead down to a gate in the left corner of the pasture. Go through the gate and keep to the right side of the field for about 500 yards until another gate is reached. Go through this and follow the gated track all the way to the main road at Crag Foot until you see a limestone kiln.
- At Crag Foot, turn right and follow the road for about 200 yards then turn left off the pavement and walk along the track under the railway. Continue along the path across the field to the edge of a wood then turn right through the woods until you reach Hollins Lane where you turn left. Walk along the lane for 0.25 mile and, after Hazelwood Farm, turn right over a stile and walk through the fields to a path in the trees following signs to Silverdale Green. After passing Pointer Wood, turn right on the main road and then after approx 300 yards, turn left down Bottoms Lane and then, after 200 yards, turn right down a footpath signed to Burton Well. Keep heading east and at the junction with The Row, turn right and then left onto the footpath across the golf course to the station. There are numerous other paths and walks in this area.

Walk

7

Map



Walk

8

Map

