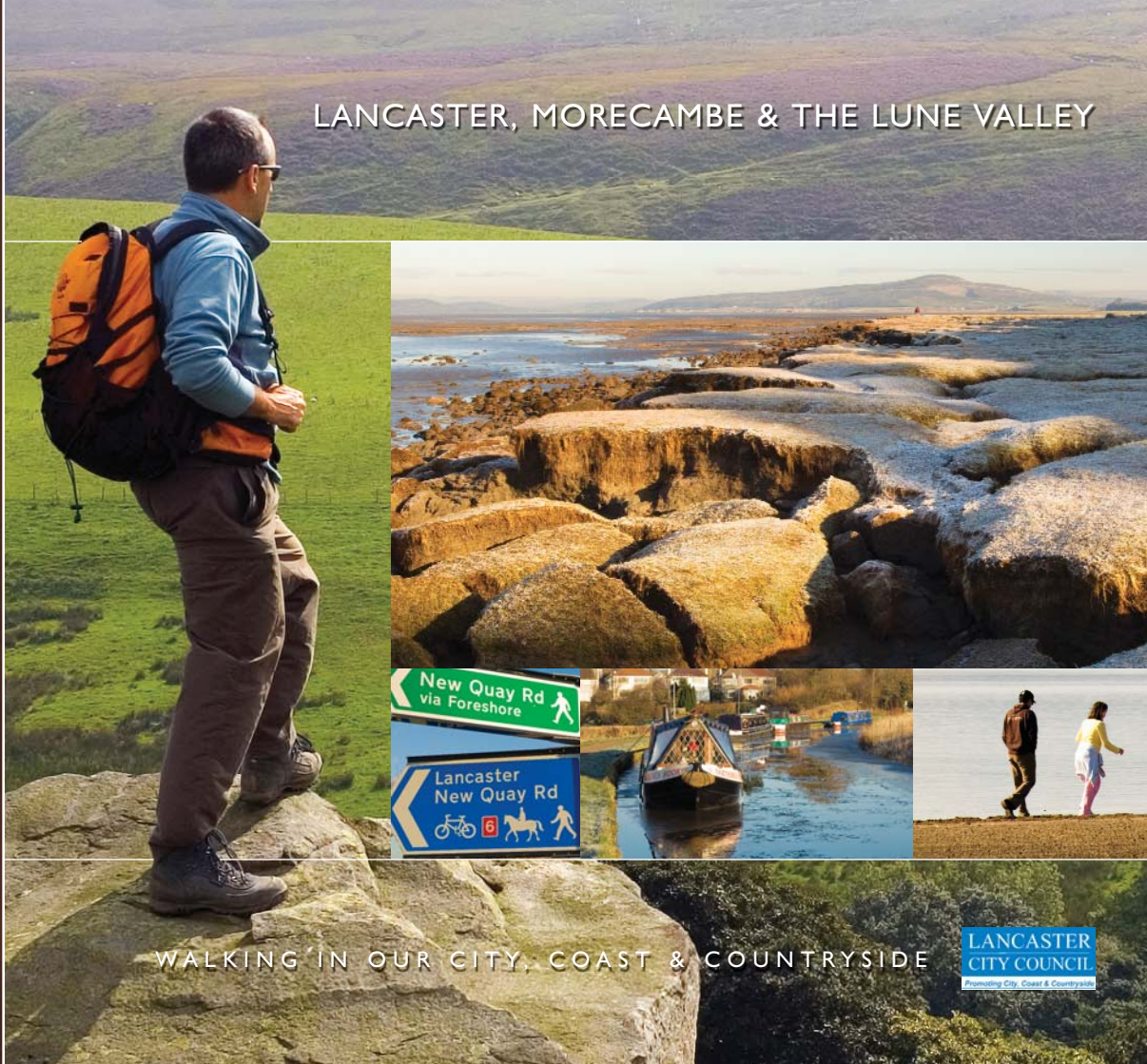


WALKING FOR ALL

LANCASTER, MORECAMBE & THE LUNE VALLEY



WALKING IN OUR CITY, COAST & COUNTRYSIDE

**LANCASTER
CITY COUNCIL**
Promoting City, Coast & Countryside

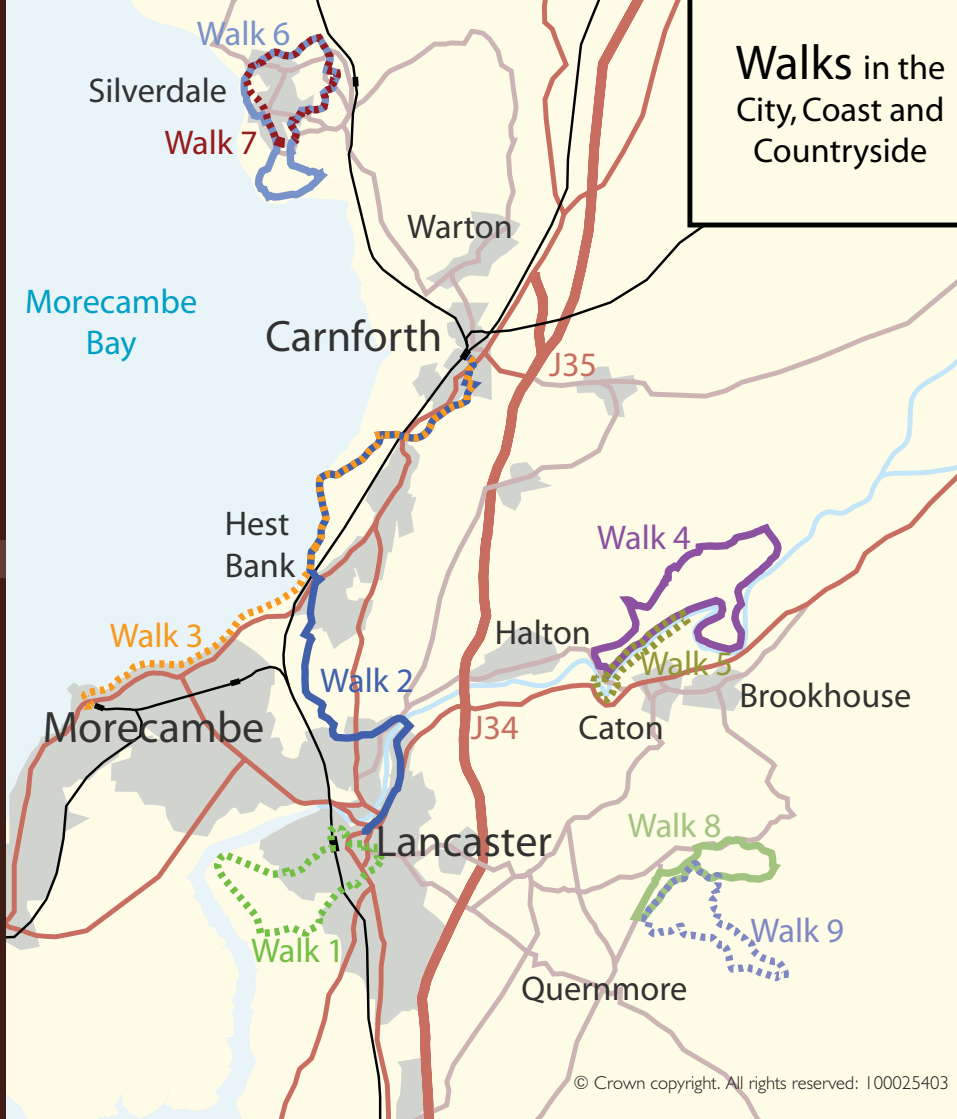
Walks in the City, Coast and Countryside

INTRODUCTION

Lancaster district is full of variety; the tagline 'City, Coast and Countryside' only hints at the range of scenery on offer. The best way to enjoy this remarkable diversity is also the most natural: on foot. The walks in this guide, none longer than 14 km, explore everything from Lancaster's rich urban heritage to the wide open spaces of Morecambe Bay and the Bowland Fells. In between are breezy shorelines, handsome woodlands, gentle pastures and much more.

Underlining Lancaster's intimate links with the surrounding countryside, two of the walks start in the heart of the city. The others take in the broad sweep of the Lune Valley and exploit Lancaster's stake in not one but two Areas of Outstanding Natural Beauty.

The district also benefits from a good public transport network, making it easy to reach the starts of most of the walks. Two of the walks are place-to-place journeys, a special pleasure made possible by good connections. The back cover lists further sources of useful information.



Sculpture, Morecambe Promenade



LIST OF WALKS

	Route	Landscapes	Distance	Difficulty	Page No
1.	Lancaster & the Lune	City walk, canal towpath	7.3 km / 4.5 miles	Mostly flat, some moderate ascents	4
2.	Lancaster to Carnforth	River bank, pastoral towpath, coastal	14 km / 8.7 miles	Mostly flat, moderate ascents	6
3.	Morecambe to Carnforth	Coastal	11.7 km / 7.3 miles	Flat	7
4.	Highfields & the Lune Valley	Woodland, pastoral, riverbank	11.5 km / 7.1 miles	Mostly easy, one significant climb and descent	8
5.	Around Crook O' Lune	Woodland, pastoral, riverbank	5 km / 3.1 miles	Mostly easy, some steep steps	9
6.	Crags, Woods and Shores; Around Silverdale	Woodland, pastoral, coastal, village	9 km / 5.6 miles	Gently undulating; one short steeper climb	10
7.	A Shorter Silverdale Round	Woodland, pastoral, coastal, village	6.2 km / 3.85 miles	Gently undulating; very short steeper sections	11
8.	Birk Bank & Baines Crag	Woodland, pastoral, moorland, crags, stream valley	7.5 km / 4.7 miles	Some steep sections, but much level walking	12
9.	Clough Pike Ascent	Rocky moorland	8 km / 5 miles	Long steady ascent and steeper descent	12

Abbreviations used in walk descriptions are as follows:

L: left,
 R: right,
 SA: straight ahead or straight across,
 FP: footpath (when seen on signs),
 BW: bridleway (when seen on signs),
 Short-cuts and other options are indicated in italics.

Ashton Memorial

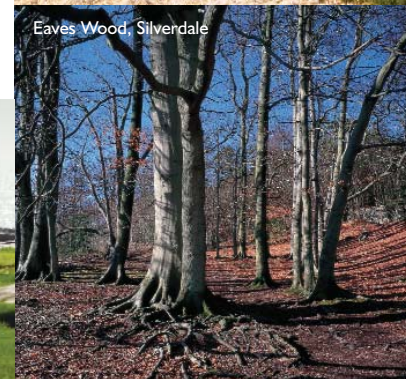


Hest Bank



3

Eaves Wood, Silverdale



Silverdale



LANCASTER

WALK I - LANCASTER AND THE LUNE

It's part of Lancaster's charm that it remains a compact city, enjoying close contact with surrounding countryside. This easy walk takes full advantage, moving from the bustle of the city centre to the leisurely pace of the canal and on to the wide open spaces of the Lune Estuary, where binoculars and a bird book would be ideal companions.

Distance approx. 7.3 km / 4.5 miles

Gradient: mostly flat, some moderate ascents

Underfoot: street, towpath, lanes, good tracks and paths; nowhere rough, rarely muddy

Public Toilets: in city centre

Refreshments: plentiful at start and finish of walk, nothing in middle section



Lancaster Castle



St George's Quay, Lancaster

1 START outside Lancaster Tourist Information Centre

Descend Castle Hill (with the Castle gate directly at your back) then bear L down to traffic lights. Go SA into pedestrianised Market St and down to crossroads at Horseshoe Corner. Turn R up Penny St then L through Frances Passage. Continue SA to Dalton Sq. Go through the gardens then turn L in front of the Town Hall, up Nelson St. Enter Nelson St. car park and at far end find steps which lead up to the canal towpath.

Look out for: Old Town Hall, now City Museum. Victoria Monument and Town Hall. St Peter's Cathedral.

2 CANAL TOWPATH 0.8 km / 0.5 miles

Go R along this, swapping sides at the first bridge. Continue past White Cross and Water Witch pubs, then change sides again. Follow the towpath, with Aldcliffe Rd alongside. Where the road swings away, leave the canal and follow the road uphill. TAKE CARE: the road is narrow and lacks decent verges. At the top continue SA down Railway Crossing Lane.

Look out for: Former Storey's mills at White Cross revitalised for offices, light industry and education.

3 ALDCLIFFE 3 km / 1.9 miles

Follow the lane to its end, meeting the Lune Estuary Cycle Path. Go SA to a stile and turn R (Lancashire Coastal Way sign) along the embankment. Follow this for

about 1.5km to Marsh Point, opposite the pub on the far bank.

Look out for: Around Marsh Point, extensive works by the Environment Agency to provide flood protection and create new wetland habitats. The pub across the river is the Golden Ball at Snatchems, still occasionally cut off by high tides.

4 MARSH POINT 4.5 km / 2.8 miles

Turn R on a footpath flanked by trees. Cross the Cycle Path and continue SA. When the path forks, near to the houses, take the R branch out to Willow Lane. Go R to a mini-roundabout then turn L up Westbourne Rd. Follow this to the railway station.

5 LANCASTER RAILWAY STATION 6.5 km / 4 miles

Just before the bridge turn L on Station Rd, past the station then SA on a cycle path. Meet a road, go R, under the railway, and turn immediately L on continuation cycle path. At an opening on the R, climb steeply through trees and past an amphitheatre to the Priory Church. SA along the side of the church to a flight of steps. Descend then go R, below the castle walls, to return to the starting point.

Look out for: The mediaeval Priory Church and the forbidding bulk of the Castle centred around its Norman keep. Great view over the city from the Priory steps.

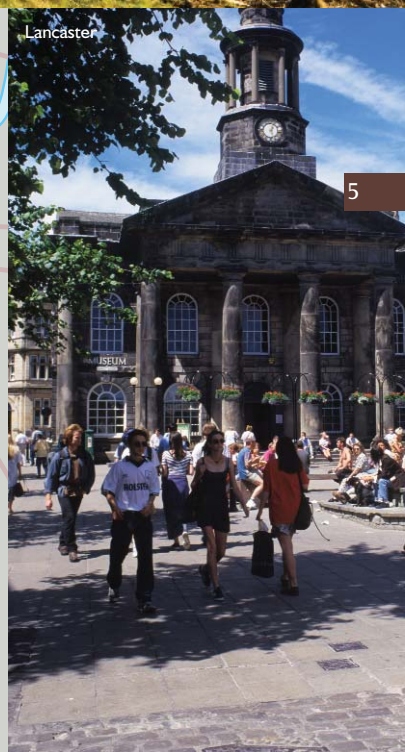
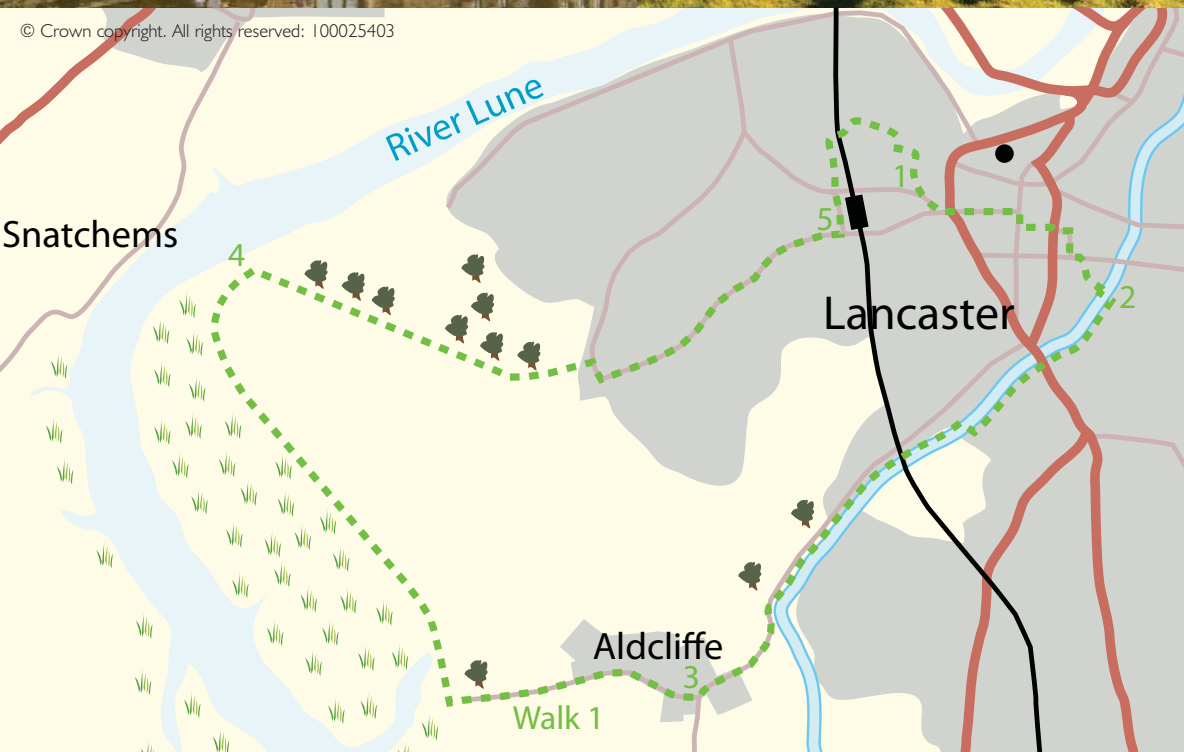


Lancaster Canal



Aldcliffe, Lancaster

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Lancaster

CARNFORTH



River Lune



Lancaster Canal



Carnforth Station

WALK 2 - LANCASTER TO CARNFORTH

Lancaster's celebrated 'City, Coast and Countryside' all feature on this walk; there's a great feat of 18th century engineering, gentle pastoral interludes, and the vast panoramas of Morecambe Bay. Being a one-way walk it feels more like a real journey, and there's no lack of choice for the return leg, including trains, buses and, more unusually, the Waterbus service on the Lancaster Canal. Hest Bank gives a perfect opportunity for a halfway break, or even to split the walk into two separate stages. And make sure you don't miss the bear on a unicycle!

Distance approx. 14 km / 8.7 miles

Gradient: mostly flat, two moderate ascents

Underfoot: mostly surfaced tracks; some lanes and pavement; short rougher sections along shore. Unusually high tides occasionally make the shore impassable.

Public Toilets: at Hest Bank shore

Refreshments: plentiful at both ends of the walk; pub and cafés in Hest Bank; café in Bolton-le-Sands

1 **START from Lancaster bus station.** Exit at Cable Street, cross at lights, turn R then L into Water St. At end go R on riverside cycle path. Go through underpass and continue along cycle path under Skerton Bridge. Narrow footpaths on L offer alternatives to the tarmac track at various points. Pass Skerton Weir and continue to Lune Aqueduct.

Look out for: Wildlife along the river, from cormorants around the weir in winter to the chance of sighting a kingfisher. The Lune Aqueduct, dating from 1797, is a magnificent structure but proved so costly that a second aqueduct at Preston was never built. The Lancaster Canal remained detached from the rest of the network until the recent completion of the Millennium Ribble Link.

2 LUNE AQUEDUCT 2.5 km / 1.6 miles

Go R immediately before Aqueduct then up steps to the canal towpath. Go L, over Aqueduct. After about 1 km the canal emerges into open country. Continue for about 2 km to outskirts of Hest Bank. The canal runs through a slight cutting then past a toilet block (not public). Descend steps then almost SA down Station Road.

Waterbus stops on canal here. For the Hest Bank Hotel stay on towpath to the next bridge; cross and go 40m up the lane. Follow the lane 50m further, round to L, for buses back to Lancaster. Buses to Morecambe go from a stop by pedestrian crossing at bottom of Station Rd.

3 HEST BANK RAILWAY CROSSING 7.3 km / 4.5 miles

Cross main road at lights then cross railway by level-crossing or footbridge. Bear R along shore (café here); there's a tarmac lane initially then continue with a choice of muddy track, shingle or salt-marsh turf, or along the sands if the tide is low.

Continue past another parking area. The steep slopes on R become higher at Red Bank. A footpath climbs over this but normally it is easier to continue along the shore. At Red Bank Farm meet another tarmac lane. Follow this to a prominent white house, Wild Duck Hall. A direct route across the salt-marsh looks tempting but it's a maze of deep channels.

Look out for: Remains of the old Hest Bank Jetty just offshore, buried under the sands for decades but now exposed again. Scattered boulders lie under Red Bank, which is a drumlin, a mound of Ice Age debris, now being eroded by the sea.

4 WILD DUCK HALL 10.5 km / 6.5 miles

Go R up lane and under railway into Bolton-le-Sands. Ignore R and L turns and go up to cross the A6. Follow road just R of a row of shops, up to bridge over canal. Keep SA along quiet lane to Linden Lea, then SA down track which descends back to canal. At next bridge cross canal, go down R and rejoin towpath. Continue into Carnforth.

5 CANAL TURN PUB 13 km / 8.1 miles

The Waterbus stop is beside the pub. For buses back to Lancaster go through pub car park and bear R along main road (A6) for about 200m.

To return by train, or to visit Carnforth station, go through car park to A6.

Cross at supermarket traffic lights, go up 80m then bear left (Haws Hill). Follow this road and at its end the station is on L.

Look out for: Carnforth station, with its curved platforms and imposing station clock, was immortalised in the classic 1945 film 'Brief Encounter'. After long neglect it has now been revamped with a visitor centre and pleasant tearoom.

WALK 3 - MORECAMBE TO CARNFORTH

This walk can naturally be started from any point along Morecambe Promenade. The distance is given from Morecambe train station; the bus station adjoins it.

Distance approx. 11.7 km / 7.3 miles

Gradient (to Hest Bank): flat

Underfoot (to Hest Bank): mostly surfaced; short rough section along shore

Public Toilets: several along Prom, Hest Bank Shore

Refreshments: plentiful initially, pub and cafés in Hest Bank.

1 START

From behind bus stops follow Poem Path out to main road opposite Midland Hotel. Cross and go round R of hotel to join the Prom. Turn R and simply follow the Prom for 4 km to its end (numerous cafés and pubs).

Look out for: The Art Deco Midland Hotel, now being restored.

Numerous examples of public art (the TERN project) along the Prom, notably Graham Ibbeson's statue of Eric Morecambe and Shane Johnstone's exuberant Mother and Child at the far end of the Prom.

2 END OF PROMENADE 4 km / 2.5 miles

Where main road bears away inland, take lane on L leading to health and leisure club. Go through car park then continue along stony shoreline.

This may be impassable if the tide is very high. In this case, go up to the first footbridge; a footpath leads back to main road. Follow main road and rejoin shore at the next footbridge / level-crossing.

Normally just follow the shore; the rough section is quite short and soon leads to easier grassy going before the footbridge by the old station.

To continue to Carnforth follow Walk 2 from Point 3.



Hest Bank



CROOK

WALK 4 - HIGHFIELDS AND THE LUNE VALLEY

'The Highfields' - three farms bear the name - could not be more aptly named. Expansive views of the Lune Valley, Bowland Fells and Yorkshire hills enliven the early stages before the route descends into peaceful Aughton and returns along the valley. The great bend of the river is geography in action and the woods that line the banks are beautiful at any time of year, though never more so than in bluebell season.

Distance approx. 11.5 km / 7.1 miles

Gradient: mostly easy, one significant climb and descent

Underfoot: mostly fields, occasionally muddy; some lanes

Public Toilets: at Crook O'Lune

Refreshments: refreshments at Crook O'Lune, pubs and cafés in Caton

Getting to the start: Crook O'Lune is just off the A683 about 5 km E of Lancaster. There is a riverside cycle route all the way. Buses go to Caton from where the old railway track provides an easy link.

1 START Crook O'Lune car park

At end of car park are picnic tables and an 'artist's easel'. Go L through gate to wide path. This swings L then continues up alongside road. Go R on quieter lane. Follow this past Halton Park. 300m further on, go sharp R up track to Hawkshead Farm. Just before farm buildings go L, up steps and across field to

a prominent tree. Cross stile then go L along hedge. Where it swings away keep SA and go through a wood.

Leaving the wood, bear L up to Lower Highfield. Enter farmyard and bear R to gate with waymarks alongside. Follow field edge L to signpost then go R, up to gateway. Bear L to stile. Follow hedge then high stone wall to Middle Highfield.

Look out for: Fantastic views over the Lune Valley at many points.

2 MIDDLE HIGHFIELD 4 km / 2.5 miles

Skirt R of new buildings then L into yard. Pass two houses on R to find narrow cobbled path. Follow this then virtually SA, between two more houses, and past some outbuildings. Keep on along tall hedge. Aim right of Far Highfield, to a stile. Descend L of small shed. Cross footbridge and stile then slant down large field. Keep well L of two isolated trees to another stile then follow path to road. Drop down into Aughton village and SA at 'crossroads'.

3 AUGHTON 5.5 km / 3.4 miles

Descend steep sunken lane. Continue on track past large barn. Follow the river round a bend then look out for waymarks on low posts. These follow slightly higher ground to Over Lune Barn.

Rejoin river bank and follow it for 1 km until it swings sharply back left. Go up to stile and steps then follow narrow path through wood. At its end, a large iron bridge is just ahead.

Towards Ingleborough



Look out for: The great bend of the river is a classic example of a meander. You can see how the river's flow is faster on the outside of bends, giving it more power to erode the banks; over time bends tend to become more pronounced. The route to Over Lune Barn follows the former river bank.

The final stretch of the path through the wood is a great place for bluebells in season.

4 WATERWORKS BRIDGE 10 km / 6.2 miles

Go under the bridge and follow path slightly away from the river to footbridge. Continue SA and level to enter another wood and follow well worn path through this. Continue in the open along the river back to Crook O'Lune.

Look out for: The waterworks bridge is part of the Thirlmere Aqueduct, supplying Lake District water to Manchester, driven entirely by gravity. Sand martins nest in holes in the banks of the river along the final stretch.

River Lune

WALK 5 - AROUND CROOK O' LUNE

This walk is really a figure-8 and can easily be done in two halves. The loop around Crook O'Lune itself can also easily be tagged onto Walk 4. This dramatic bend of the river, cut down into solid rock, is more permanent than the shifting meanders seen on Walk 4.

Distance approx. 5 km / 3.1 miles

Gradient: mostly easy, some steep steps

Underfoot: fields and river bank, sometimes muddy

1 START as for Walk 4

From car park drop down to old railway line. Turn R through cutting then cross bridge. At its far end descend steps on R then double back under bridge. The path follows the river then ascends steps to R. At top bear L, with the road close by. The path soon descends again, with steep steps, back towards the river. Swing L, then out into the open. A side stream is usually crossed by paddling but can always be skirted up to the R. Continue to a gate and cross the road to another gate.

2 GATE BY ROAD 1 km / 0.6 miles

For a direct return to the car park, keep SA from this gate then L on the cycle track.

Bear L to the river, cross a footbridge, and go under the old railway bridge. Follow the river bank for 1 km to an arched footbridge over Artle Beck. Continue to the waterworks bridge. Find a stile past the small building, ascend steps and cross on catwalk. At far side drop down L. Return to Crook O'Lune as for Walk 4.





Jack Scout



Woods, Healds Brow

SILVERDALE

WALK 6 - CRAGS, WOODS AND SHORES: AROUND SILVERDALE

Lancaster district has a half share in the Arnside-Silverdale Area of Outstanding Natural Beauty (the rest is in Cumbria). This is an intricate patchwork of limestone ridges and crags, woodland, meadows, wetlands, salt marsh and more, with one of the richest ranges of flora in the country. The diversity is astonishing, and this walk takes in a fair sample of it.

Distance approx. 9 km / 5.6 miles

Gradient: gently undulating, one short steeper climb

Underfoot: mostly easy paths and lanes but some short sections over bare rock, slippery when wet

Public Toilets: none en-route

Refreshments: Silverdale Hotel just off walk route, tearoom at Kaye's Nursery, café at Wolf House passed nearby twice

Getting to the start: There is a small National Trust parking area at Eaves Wood, just outside Silverdale. You can also reach the walk by train: from Silverdale station turn R along the road then take a FP L across the golf course to another lane. Waypoint 6 is 100m to the R.

1 START

Follow broad path through wood to T junction. Go R then very quickly L. Climb steadily then level out near a ruin: just beyond this take L fork. Pass through a ring of beech trees, descend gently then slant down L and continue alongside high

stone wall. Emerge onto tarmac lane and take another track almost directly opposite, just R of white cottages. Keep SA on narrower path (Wallings Lane), a drive, another track and another narrow path to wider road. Bear R here then in 200m bear L down a cul-de-sac (Cove Road). At end go through gate to shore.

Look out for: the magnificent beech ring; other specimen trees in the former pleasure ground of Eaves Wood; high 'spite walls' built to block intrusive neighbours' views.

2 THE COVE 2 km / 1.25 miles

Recent erosion has removed hectares of salt marsh turf and left a very stony shore. If it looks too rough, or the tide is too high, take the short-cut described under Walk 7. Walk L, below cliffs, to The Shore and a parking area. Walk up road to just below Silverdale Hotel. Go R on FP alongside Beach Garage. Follow narrow path to rejoin road. Go R until road swings away L (Wolf House Gallery and cafe just round corner).

3 WOLF HOUSE 3.5 km / 2.2 miles

Bear R down lane signed 'Jenny Brown's Point'. Look for gate on R, with National Trust sign 'Jack Scout'. Just in from gate, drop down L to limekiln then walk directly away from it. Swing L above steep drop. Descend, with some exposed rocks, then turn slightly inland, through a dip and up to wooden gate. Go through trees to Jenny Brown's Point.

Look out for: The unmistakable Lindeth Tower, a favourite holiday home of the

great Victorian novelist Elizabeth Gaskell. The 'breakwater' extending from Jenny Brown's Point is all that remains of a failed land reclamation scheme.

4 JENNY BROWN'S POINT 4.8 km / 3 miles

Rejoin lane and go R, to end at Brown's Houses. Skirt below houses on bare rocks and stones. At old chimney the going gets much easier. Keep on just below rocks and rising ground to stile, go up slightly, then along (take care on slippery rocks) to signpost. Turn L up steep winding path to gate into Heald Brow. Continue through rocky woods to meadow. Cross step-and-gap stile then SA through fields to wooden gate among trees near large shed. Follow narrow track down R. Cross road to gap in wall. The path forks. The upper branch avoids descent and rocky climb back up, but the lower route is more interesting. Walk below crags to Woodwell.

Look out for: The old chimney is the sole remnant of a copper smelting mill active around 1800. The natural spring in the cliffs (Woodwell itself) and the square pool below, originally used for watering cattle, now haunted by dragonflies in summer.

5 WOODWELL 6.8 km / 4.2 miles

Path signed 'The Green via cliff path' leads to natural staircase; agile people may manage a hands free ascent. At top go SA to join broader path (the upper route rejoins here). Enter field, go up slightly, then through more woods. Stile on R and

narrow path lead to road. Go R, then L into The Green. Keep R at fork then L on wider road for 50m.

Go R on FP signed 'Burton Well Lambert's Meadow'. Track swings L and passes Burton Well. Enter Lambert's Meadow. Go R over footbridge then SA to gate. Climb up, with some steps. Just over top fork L and skirt a pool (Bank Well) into lane. Go R then L on FP signed 'Dogslack Well, The Row'.

Look out for: Burton Well, very similar to Woodwell; damp, flower rich Lambert's Meadow; pond life at Bank Well

6 BANK WELL 8.3 km / 5.2 miles

Follow track past Dogslack Well. Just before gate cross stile on L and follow narrower path over rise then alongside garden to lane. Turn R and at end go SA into Eaves Wood car park.

Look out for: The pump and shaft of recently restored Dogslack Well.

WALK 7 - A SHORTER SILVERDALE ROUND

A couple of short-cuts produce a walk with much of the appeal of the longer version, though missing out on the shore lines and the broadest views.

Distance approx. 6.2 km / 3.85 miles

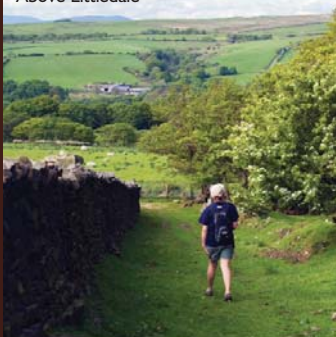
Gradient: gently undulating, very short steeper sections

Underfoot: distinctly rough at Woodwell, elsewhere pretty easy though can still be slippery

Follow Walk 4 to Point 2 then take path going L through a small gate (signed The Lots) above cliffs and across fields; the way is always clear. At end go R along road then bear L along Lindeth Lane. Walk 4 rejoins here. Just before Point 3, opposite Kaye's Nursery, turn L on FP signed 'Woodwell'. Rejoin Walk 4 at Woodwell. If the rock staircase is too steep, go R for 150m below crags then back L above.

Sunset, Jack Scout





Baines Crag



Clougha Pike



LITTLEDALE

WALK 8 - BIRK BANK AND BAINES CRAG

Lancaster's 'other' AONB is the Forest of Bowland; Lancaster's share of this is larger than the whole of Arnside-Silverdale and includes the highest fells. It's above all an area of sprawling heather moorland, punctuated by rocky outcrops and dissected by sheltered valleys. This walk provides a taste of these contrasts and gives some magnificent, far reaching views into the bargain.

Distance approx. 7.5 km / 4.7 miles

Gradient: some steep sections but much level walking

Underfoot: one very rough section and some wet patches but mostly easy

Public Toilets: none

Refreshments: none

Important: dogs are not permitted on the access land in the first half of the walk.

Getting to the start: sadly, public transport is not really an option. Energetic people could walk or cycle the 7 km from Lancaster. The shortest route is: Town Hall; East Road; bear R on Quernmore Rd then L, past Leisure Park. Continue 4 km to Quernmore village; L at crossroads by Post Office then next R on Rigg Lane.

1 START Birk Bank car park on Rigg Lane, Quernmore

Follow track above car park then fork L. Follow green, mostly level, track, crossing wet patch with stepping stones, to bridge.

2 OTTERGEAR BRIDGE 1.4 km / 0.9 miles

Cross, bear L then in 20m turn R on rising grassy track (NOT R track

immediately after bridge). Meet a gravel track and turn R, through dip then slanting up steep slope. It levels off then curves away to R.

3 PATH LEAVES TRACK 2 km / 1.25 miles

Bear left on narrow rocky path, very rough but generally level, eventually descending into little enclosed valley. Follow base of R hand slope and skirt areas of rushes to reach stile at end of valley. Follow good green track, rising slightly then down alongside line of trees. At T junction turn L to fine barn. Bear R wards across next field, aiming for further of 2 metal gates. Cross stile and bear L on clear stony track, soon climbing past small ruined barn and up to stile on skyline. Go L to walk above Little Crag; at end join road. Walk down and over cattlegrid. At end of wire fence, go R, past perched boulder then bear L along crest of Baines Crag.

Look out for: the little valley is a 'marginal meltwater channel' formed by torrents pouring off stagnant ice sheets at the end of the last Ice Age.

Baines Crag is a fine viewpoint, looking over the Lune Valley towards Morecambe Bay and the Lakeland hills. Its rocks occasionally attract climbers.

4 BAINES CRAG. 4.8 km / 3 miles

From end of crag path drops down steeper section then weaves through bracken and scattered trees to meet road. Cross, and follow green track, almost parallel to road, until they rejoin.

Continue down through gateway to FP sign and stile on L.

5 STILE 5.4 km / 3.35 miles

Drop down through brambles to another stile then bear R; don't cross the stream but follow it down past a house. Path becomes clearer as valley narrows. Cross stile in a wall then another in a wire fence to continue following stream. Another stile and gate lead into farmyard. Short track runs out to Rigg Lane. Turn L and follow lane back to start.

WALK 9 - CLOUGHA PIKE ASCENT

Clougha Pike is on Lancaster's doorstep and part of every Lancastrian's birthright. Its ascent is naturally tougher than the other walks in this guide, but the reward is a sense of space, a hint of the wild, and a magnificent view.

Distance approx. 8 km / 5 miles

Gradient: long steady ascent and steeper descent

Underfoot: the ascent is generally easy but the descent is extremely rough, with one tiny bit of real rock scrambling.

Important: dogs are not permitted on any part of this walk.

FOLLOW WALK 8 TO POINT 3

Continue up gravel track, making steady winding ascent. Pass tall cairns off to R, then gradient noticeably eases. Pass parking area in slight dip, then level stretch. Rise again past extensive old stone workings. Path dips, runs level then rises slightly to distinctive rock outcrop

about 2m high on L. Immediately opposite this narrow path goes R through heather.

Path soon bears further R and becomes easier to follow, then meets clearer path; turn R. Continue over minor ups and downs and cross wire fence. Soon the cairn comes into view.

Look out for: numerous grouse butts and usually numerous grouse too; perhaps other distinctive moorland birds like curlew and meadow pipit. Controlled burning of the heather encourages new shoots on which the grouse feed.

The term 'summit' proves slightly flattering but this point, so prominent from Lancaster, stands above a steep drop and gives superb views. The Clwydian Hills in Wales are regularly seen, the higher peaks of Snowdonia more rarely. The Isle of Man is also a familiar sight. There's a tremendous panorama of the Lakeland and Yorkshire peaks; closer lie Morecambe Bay, the Lune Valley and Lancaster itself.

4 CLOUGHA PIKE 5.6 km / 3.5 miles
Turn R at white survey column and follow wide path down over peat and rock, passing large cairn. Fence comes close on R then wall appears. Scramble down over rocks to L side of the wall and continue down path.

Eventually, alongside level section of wall, path bears away L, with more rocky sections then over open moor to gate in wall. Go through gate (usually wet) and continue SA.

At steeper ground path bears R, descending towards Windy Clough. Go L over stile and descend path in groove. Lower down this forks several times; simply keep L each time, staying close to

(but never crossing) the beck. Duckboards lead round edge of wide marshy area.

Turn R on broad track then keep L, over slight rise and back to car park.

Look out for: Little Windy Clough is just a nick in the skyline; Windy Clough itself is much more impressive. Both are marginal meltwater channels, like the little valley on Walk 8.



GENERAL INFORMATION

For further information about walking routes, maps and refreshment stops, please contact one of our two Tourist Information Centres:

Lancaster Tourist Information Centre, 29 Castle Hill, Lancaster, LA1 1YN
Tel. 01524 32878 Email. lancasteritic@lancaster.gov.uk
www.visitlancaster.co.uk

Morecambe Visitor Information Centre, Old Station Buildings, Marine Road Central, Morecambe LA4 4DB Tel. 01524 582808 Email. morecambevic@lancaster.gov.uk
www.visitmorecambe.co.uk

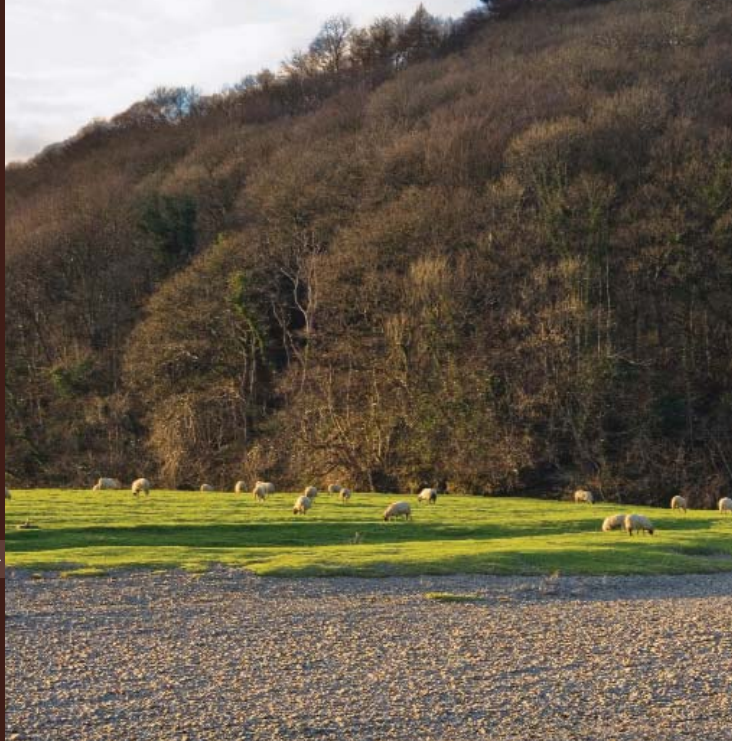
MAPS

Whilst it should be easy to follow the walks with the maps and descriptions in this guide, Ordnance Survey maps provide a wealth of extra detail and allow for further exploration. The following sheets cover this area:

Landranger series: (1: 50,000) 97 Kendal to Morecambe; 102 Preston and Blackpool

Explorer series (1: 25,000): OL7 English Lakes South-East; OL41 Forest of Bowland and Ribblesdale; 296 Lancaster, Morecambe and Fleetwood

There is a selection of guidebooks available online at www.citycoastcountryside.co.uk





TRANSPORT INFORMATION

Tide Tables can be checked through the Information Centres or online at <http://easytide.ukho.gov.uk>

Travel information is available from the Information Centres or alternatively call Traveline on 0870 608 2608

Bus: www.stagecoachbus.com/northwest or visit the travel shop at Lancaster Bus Station

Train: www.thetrainline.com or National Rail Enquiries Tel. 08457 48 49 50 or visit the booking offices at Lancaster/Morecambe/Carnforth Stations

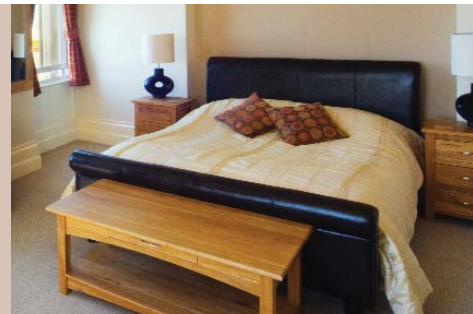
Waterbus: www.budgettransport.co.uk or Tel. 01524 389410

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