## Part 1 - Garstang - Lancaster - 15 miles

(Ordnance Survey map OL41 and Explorer 296)

The Fair Trade Way long-distance footpath starts at the Fig Tree in Garstang at 494454.Turn east across the car park towards the River Wyre. A tarmac footpath heads south (away from the playing fields) along the banks of the river. Follow this until it emerges by the bus stop on Bridge Street. Turn left (south) and head along the pavement. Cross the River Wyre at 493449 and continue past St. Mary's and St. Michael's R.C. Church and The Church Inn. After a further 100m, cross the B6430 to Byerworth Lane at 494446. Follow this minor road until it takes a sharp left and reaches a canal bridge at 493445. Follow the path on the right onto the canal bank and continue straight ahead (north). After 250m you reach the Wyre Aqueduct at 490448.

The next part of the route is very straightforward and follows the Lancaster Canal for about 7 miles.

At the junction with the Canal to Conder Green (Lodge Hill Junction) 481545 turn west towards the coast. After 2 miles you reach the A588. Turn right (north) and then turn left (west) before the Stork Inn. Keep the Stork Inn to your right and head west towards the coast on the minor road until you come to the Lune Estuary Coastal Path at 457560. This is a wide path. Follow it north for 3.5 miles until you reach the quayside road on the north side of Lancaster. This is the start of St. George's Quay. Keep to the side of the river. You will pass Lancaster Maritime Museum and Dodson Foster's house on your right. Go under the railway bridge, pass the Millennium Pedestrian Bridge, under the old railway bridge and the walk for today ends at the 'Captured Africans' slave trade memorial at 476620.