

# The Fairtrade Way

## Part 2 - Lancaster - Arnside – 16.5 miles

(Ordnance Survey maps OL41 and OL7)

Start at the 'Captured Africans' slave trade memorial at 476620. Go up the steps and onto the raised footpath. Follow the path north-east (upstream) using the subway to get under the main road. This brings you out onto the path alongside the River Lune (478621) heading upstream. This is apt of the Lune Valley Ramble. Pass the impressive Skerton Weir until you reach the even more impressive Lune Aqueduct at 484649. Rise onto the path up the side of the aqueduct and onto the towpath of the Lancaster Canal. Follow this towpath 3 miles.

At 469663 leave the canal at Hest Bank and head NW down Station Road towards the coast. Cross the railway at 468665 and turn north onto the Lancashire Coastal Path. Follow this north-west. At 476678 the path rises to a small trig point. Continue down towards the caravan site and follow the path to Red Bank Farm. Follow the road and cross the saltmarsh to the Old Mill at 480687. Keep going north, passing Bolton Holme Farm. The final stage of this path can be boggy, especially after a high tide. [IMPORTANT – at the highest tides of the year this path may be difficult to follow – please call (01524) 582601 before setting out on your journey to make sure the route is passable. Also check online tide tables for detail.] LINK!!!

On reaching the road at 486710 continue east until passing under the railway at 496711 and then under a second bridge at 497712.

Turn left and continue north along the road up to Warton passing the George Washington pub. (The OS map shows a footpath across the fields to Warton. However, this is flooded for many months in winter so we have avoided it until it is maintained properly)

You now enter Silverdale AONB. Turn left at 500725 go up the hill along Coach Road. After  $\frac{3}{4}$  mile take a sharp right and pass the entrance to Leighton Hall. About 250m further on is a path on the left (500741) taking you north into the woods. Follow this until you reach the chairs at 499744 that look over Leighton Hall and admire the stunning view.

Descend downhill (west) towards Leighton Hall and head for the cattle grid on the lane that passes the Hall. Keeping the hall on your left and the tennis courts on the right cross the cattle grid and continue down the road heading roughly west.

The road becomes a track and bears right before it enters the RSPB reserve of Leighton Moss at 487749. Pass through the reeds along the public causeway to the road at 480752 and turn left. After 100 metres a path opens up into the reserve (No Dogs) and this leads to the reserve centre at 476750. (Dog owners can continue along the road)

Leave the reserve centre via the main entrance and turn left along the road to the T-junction at 476750. Turn left (Away from the rail station) and then after 50 m cross the road to The Row at 475749. Walk this minor road to the next junction (471759) and immediately cross the road into Eaves Wood Car Park. Go ahead for 200m until the path becomes a T-junction at 469762. Turn right (north-west).

Follow the path straight ahead until you come to the railway line at 476764. The path comes to the railway line – cross this and onto the minor road. Turn left (North).

Pass the new RSPB nature reserve at Silverdale Moss until you come to the railway again at 470769. Cross the railway and you enter into Cumbria.

Turn right and after 100 metres keep left (west) away from the railway and through the wood (468771). After 0.5 miles this emerges at the base of Arnside Tower. Walk up to the tower and then right down into the Farm at 459769. Follow the track to the road end at 457771 and then cross to the footpath going up Arnside Knott. After  $\frac{1}{3}$  mile at 453770, take the first major track to the right and then follow this to the next T-junction. Turn right and you are soon on the summit with its spectacular views. Drop down the hill north-west into Arnside. Turn left down High Knott Road and then take your next right and make your way downhill on to the coast and end the walk at Arnside Pier at 456788.