



MORECAMBE BAY



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:

Available to pub and café customers as listed below: Hest Bank shore.



REFRESHMENTS:

Plentiful. Pub and cafes in Hest Bank, café in Bolton-le-Sands, Brief Encounter Refreshment Rooms at Carnforth Station.

Walk 2

LANCASTER TO CARNFORTH

The city, coast and countryside of the Lancaster district 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.



Foreshore at Red Bank © Ian Taylor



Carnforth Station



Lune Aqueduct

LANCASTER
CITY COUNCIL

Promoting City, Coast & Countryside

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ExploreMorecambeBayUK



MorecambeBayUK

KEY: L: left • R: right • SA: straight ahead or straight across • FP: footpath • BW: bridleway

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: Shawn Williamson's 'Cycling Bear' relief sculpture near Greyhound Bridge. 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 1km 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'. It now houses a heritage centre and pleasant tearoom – a charming recreation of the tea room in the film.

