



Walk, Cycle, Run

EXPLORE
OUR GREAT
CITY, COAST &
COUNTRYSIDE



Come and explore - by foot or on wheels - the city of Lancaster: its quirky streets and narrow ginnels; landscaped squares and historic quay. Follow the canal as it meanders through the city and out towards a picturesque expanse of countryside. Discover the River Lune as it charts its course through valleys and forests towards the dramatic sweep of Morecambe Bay.

Walk 1 Historic Lancaster and the Lune Estuary

Walk 2 Crook of Lune circular walk

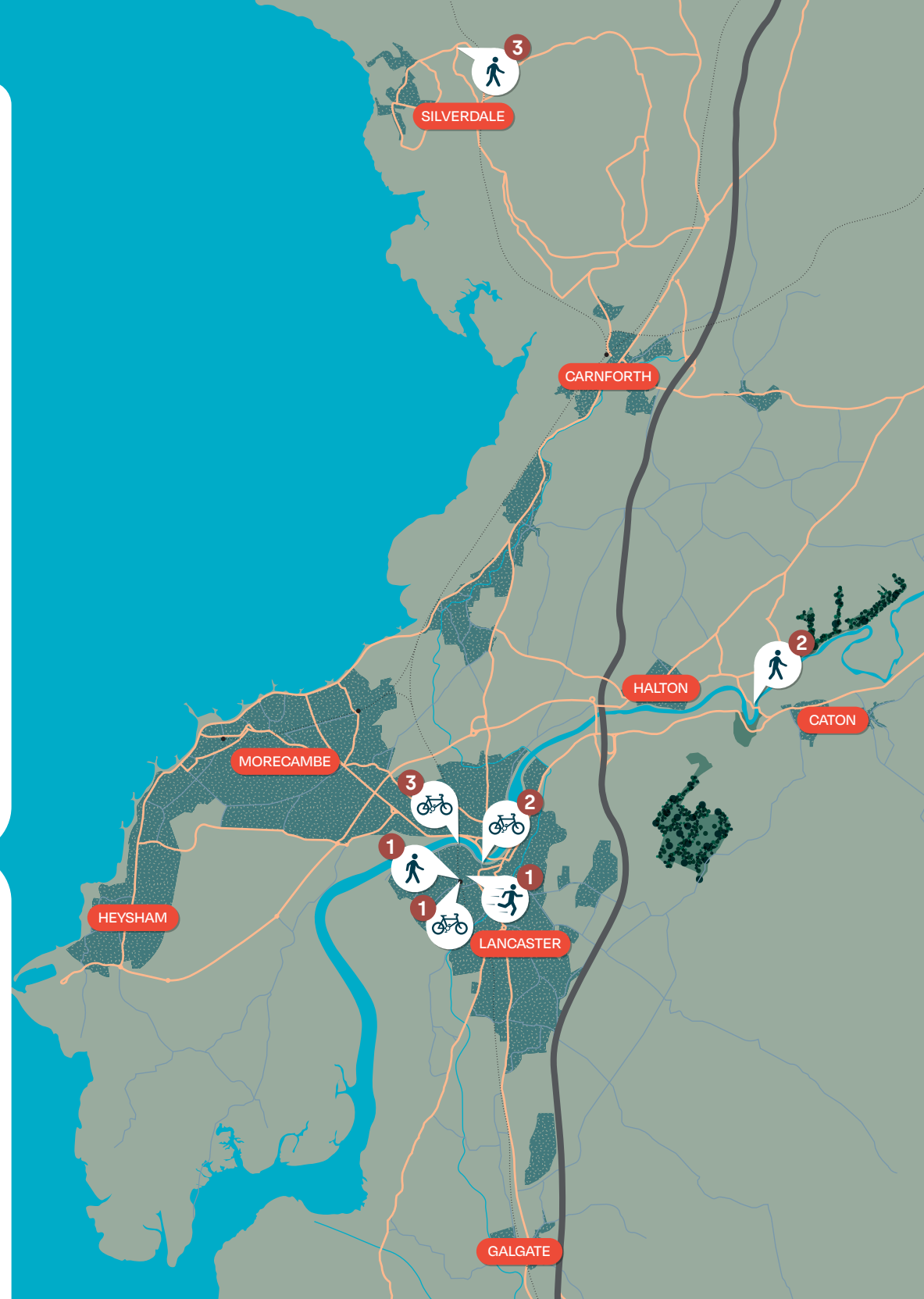
Walk 3 Silverdale and The Pepperpot

Ride 1 Lancaster to Morecambe bike ride

Ride 2 From the Centre of the City into the Heart of the Valley

Ride 3 Glasson Dock and Cockersand Abbey ride

Run 1 Lancaster City 10k running route





This relaxed walking route takes in the highlights of Lancaster's historic city centre before heading out along the canal to the River Lune estuary and meandering back into town across the freshwater and salt marshes.

At a glance

How far? 8.5km / 5.3 miles

How long? 2 hours

How hard? Relaxed: Occasionally uneven paths with a few stiles.

Dog-friendly? Keep dogs under close control and ideally on a lead.

Start/finish: Lancaster Railway Station

Toilets: St Nicholas' Arcade, Marketgate or the Bus Station – plus various city centre pubs and cafés.

Refreshments: A wide choice of cafés and pubs in the city centre – we'd recommend Atkinson's in China Street or the Sun Hotel on Church Street.

Points Of Interest:

The city section of this route visits many of Lancaster's highlights, so do leave extra time to visit some or all of the following: Old Town Hall, now City Museum in Dalton Square, St Peter's Cathedral, the mediaeval Priory Church next to the castle and – of course – the imposing edifice of the castle itself.



TURN OVER FOR STEP
BY STEP ROUTE MAP

1. Start: From main station entrance head left then left again across railway bridge then right onto city loop heading past football ground to the Millennium Bridge. After 250m head right under bridge then immediately left and continue along multi-user path below the church and through woodland.

2. 1.0km: Turn right and climb steeply up steps to Priory Church then descend past the Judges' Lodgings to Bridge St and left down Church St. At junction, turn right into pedestrianised zone then left through Ffrances Passage and diagonally right across Dalton Sq to the town hall and through the adjacent gardens then left over the canal bridge and sharp right down cobbles onto the towpath.

3. 1.9km: Continue along the towpath for 400m then head left across stone bridge and continue Southwest along far towpath for another 700m, taking driveway on right at gatehouse.



4. 3.7km: Continue past houses then descend into the village of Aldcliffe and right down the lane at junction and follow lane between the pastures to the coast path. Turn right then through gate up onto the embankment (not along lane) and continue North - admiring the views of the Lakeland fells across Morecambe Bay.

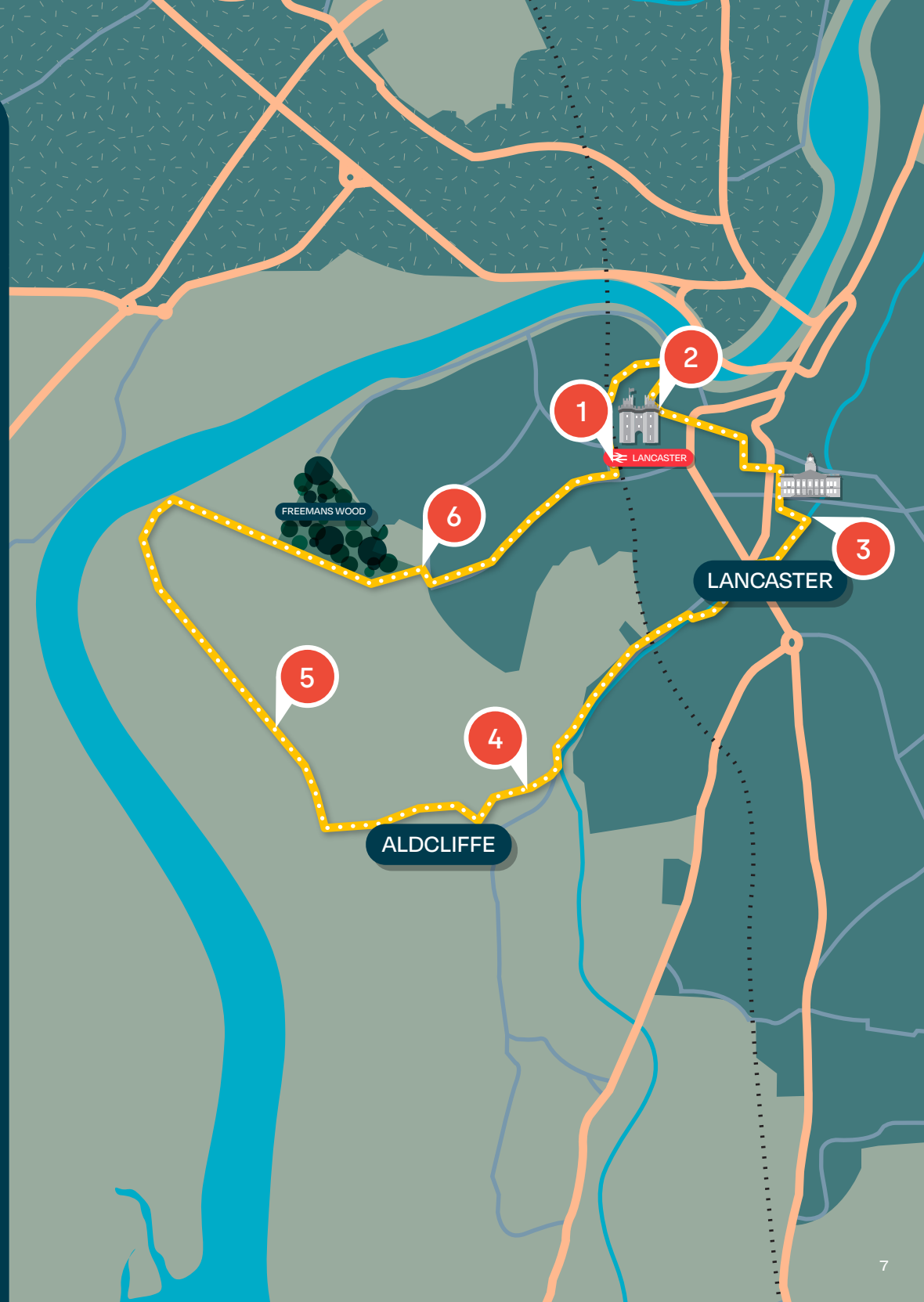
5. 4.3km: Continue North along Lancashire Coastal Way beside salt marsh for a mile, then after the stile, head right through kissing gate and onto track heading through Freeman's Wood. Continue past the lagoons and straight over intersection to the suburban edge of the city.

6. 7.2km: At playing field, head right onto Willow Lane, then left up Westbourne Road, passing Westbourne House and continuing downhill into the city centre then left after the railway bridge to arrive back at the station.



SCAN TO

TO FOLLOW THIS
ROUTE ON YOUR
SMARTPHONE





CROOK
OF LUNE
CIRCULAR
WALK

A riverside wander along the Lune from Caton to Aughton, before climbing to admire the stunning views across the valley and returning across verdant pastureland

At a glance

How far? 12km / 7.5 miles (9.5km / 5.9 miles)

How long? 3 hours 30 mins (2hrs 45mins)

How hard? Moderate: Occasionally uneven paths with several stiles.

Dog-friendly? Keep dogs under close control and ideally on a lead.

Start/finish: Caton Picnic Site Car Park. SD 521647

Toilets: At Start point

Refreshments: Caton Village

Points Of Interest:

The 'Crook' of Lune is a large meander in the river between the villages of Halton and Caton – spanned by two viaducts which once carried railway lines but are now pedestrian footways. J M W Turner painted the wonderful view up the valley towards Ingleborough from the East Viaduct, while William Wordsworth noted the vistas in his 'Guide to the Lakes'. Aughton Woods on the northern bank of the river is one of the finest examples of ancient oak woodland anywhere in Lancashire.



TURN OVER FOR STEP
BY STEP ROUTE MAP

1. Start: Leave car park on footpath to right of toilets and descend sharp right down steps and through kissing gate to join riverside path heading northeast. Follow the river upstream for half a mile to kissing gate beside weir. Continue through gate into woods.

2. 1.0km: The next section of path is quite uneven and eroded in places. Stick to the riverside and take care. Emerge through kissing gate into meadows and continue half left, crossing a footbridge and rejoining the river after 300m.

3. 1.4km: Continue upstream past pipeline bridge and over another footbridge into Aughton Woods – one of the finest examples of ancient oak woodland in the county. Again, this section through the woods can be slippery and uneven – especially after heavy rain. Take care on the wooden walkways.

4. 2.5km: At the edge of the woods where the river meanders sharply round to the right in a tight hairpin, follow the riverbank through the fields as it doubles back over the footbridge then continue through the riverside meadows for just over a mile to the barn.

5. 4.5km: From here, follow the path over stile beside gate and onto grassy path heading half right across meadows towards a ladder stile beside low hut, then follow riverbank back towards woods.

Alternative Route While there is no established right of way here, it is possible to continue straight across this meander to cut the walk distance by 1.5 miles. Simply continue straight ahead, skirting the edge of the woods, then follow the hedge line to rejoin the riverside path after around half a mile.

6. 5.2km: Continue upstream for quarter of a mile to join footpath beside track to Aughton Barns. Continue on track past barns to farmhouse and, ignoring footpath off to right, continue half left on track between house and barn to join country lane.

7. 6.2km: Climb steeply for 400m, continuing straight over crossroads and past the houses to take footpath over metal stile on left. Cross two stiles and head half right over the field to stile in top corner of field above the woods.

8. 7.1km: Cross stile and head half right towards farm buildings, crossing two stiles and continuing diagonally past transmitter to corner of paddock and following hedgeline along right hand side of field and over another stile, continuing along the hedgeline towards the next farmhouse.

9. 8.1km: In corner of field, cross stile and head past sheds and through metal gate onto track between barns. Head left then right over squeeze stile and over cobbles into lane.

10. 8.2km: Turn left then right over stile and follow wall along right hand edge of field and through gate, continuing along right boundary of wall. Views open out to the south across the valley to the Bowland fells and west to Lancaster and the sea beyond.

11. 8.6km: Cross the ladder stile at the next field boundary and quickly through a gate and across the corner of the field to follow the hedgeline to another large farm. Skirt the boundary of the farm then right through gate and down track through yard and half left through two metal gates back into fields.

12. 9.0 km: Follow rough track through another gate and continue to kissing gate on edge of woods. Continue through kissing gate, staying above the line of trees to follow hedgeline then, above the hamlet of Halton Park, go through squeeze stile and continue along other side of hedgeline. Follow marker posts around edge of farm then through gate beside garage and right onto track.

13. 9.7km: Continue past houses and through wood to lane. Turn left and follow lane over cattle grid and into parkland for half a mile. Just before the next cattle grid, turn left onto bridleway beside road and follow this back to car park.



SCAN TO

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SILVERDALE AND THE PEPPERPOT



A rewarding ramble through the coastal limestone woodlands around Silverdale, visiting the lofty perch of the 'Pepperpot' and continuing to Jenny Brown's Point

At a glance

How far? 9.2km / 5.7 miles

How long? 3 hours

How hard? Moderate: Occasionally uneven paths with some stiles.

Dog-friendly? Keep dogs under close control and ideally on a lead.

Start/finish: Eaves Wood National Trust Car Park SD 471759

Toilets: Bank House Lane, Silverdale

Refreshments: Silverdale Hotel and Wolf House Gallery

Points Of Interest:

This enchanting walk explores the unusual coastal limestone woodlands in the Arnside and Silverdale Area of Outstanding Natural Beauty, climbing to the viewpoint beside the Pepperpot before following the coastline of Morecambe Bay to Jenny Brown's Point. The RSPB's extensive Leighton Moss Reserve is a must-visit for birders and wildlife lovers.



TURN OVER FOR STEP
BY STEP ROUTE MAP

1. Start: Leave car park on footpath through kissing gate at northern end and continue northwest through Eaves Wood for 250m then left at junction signposted 'The Pepperpot'. Climb through the woods on wide path, keeping left at fork where the path heads up to Pepperpot, then straight on past foundation blocks and alongside wall on left. After another 300m, take path on left to the Pepperpot.

2. 1.0km: Fork left at next marker post and continue uphill on stony path, forking left at prominent beech tree. Continue climbing then follow path round to the left to reach the Pepperpot atop the limestone crag, offering expansive views south over Morecambe to Heysham.

3. 1.4km: Retrace your steps back downhill to the main path along the edge of the woods and continue right to meet the Lane. Zig zag left then right and continue along track, taking footpath heading slightly left after 50m to join another track. Join Lane briefly then taking footpath on right signposted 'To the Cove'.

4. 2.5km: Follow path to lane and continue along lane for 100m, then head left down Cove Lane. At cove, continue left along coast path and through gate onto National Trust land at Bank House Farm.

5. 4.5km: Continue across limestone grassland into village and at road, head down steps and right then left along Lindeth Road signposted Jenny Brown's point. Continue climbing steadily past the houses up the lane. For a coffee break, head left at top of hill opposite Gibraltar Farm for a pit stop at Wolf House Gallery.

6. 5.2km: Return to lane and continue left along lane past farm then Lindeth Tower descending towards Jenny Brown's Point. Follow road round to left to reach the cottages.

7. 6.2km: Head onto foreshore and follow coast round front of cottages to chimney and follow path along edge of salt marsh to gate. Go left, signposted Heald Brow and Hollins Lane, climbing steeply through scrub then through another gate and onwards

following marker posts up onto the heath. Continue over squeeze stile in drystone wall and continue alongside wall over the grass meadows and through two gates and onto the footpath running between hedge and wall.

8. 7.1km: Follow path to road and turn briefly right then left onto footpath through woods. Keep right, following the higher path running parallel to road then into woods. Continue through kissing gate at edge of clearing and head half right to marker post and join path signposted Silverdale Green.

9. 8.1km: Continue through kissing gate back into woods for 400m then turn sharp right through squeeze stile at cottage and along narrow footpath to join wider track left. At road, turn right then after 100m take left fork along bottoms Lane for 100m before taking footpath on right signposted Burton Well.

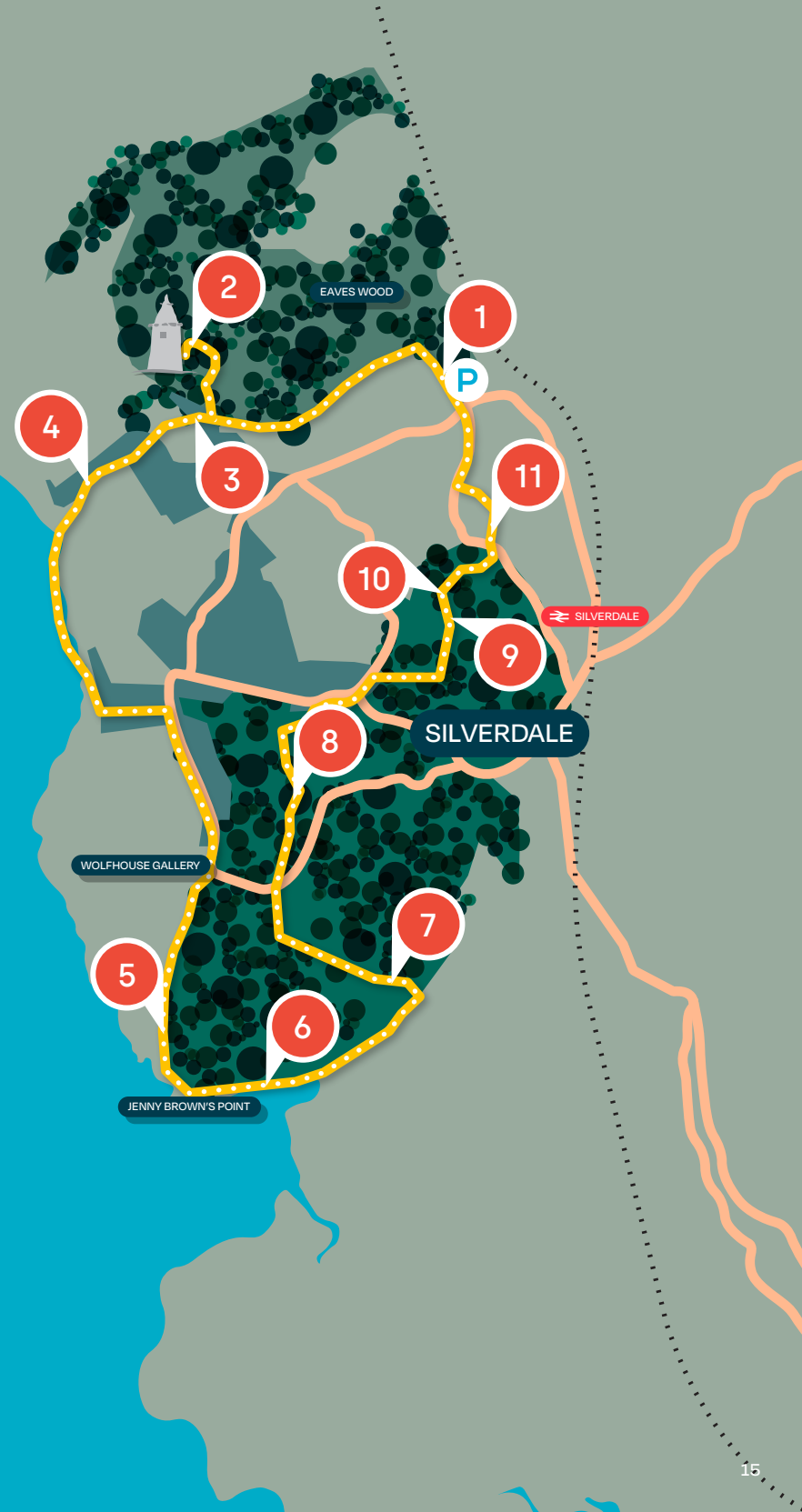
10. 8.2km: Follow track round to left beneath the limestone cliffs past the well and into the clearing of Lamberts Meadow. Keep left along the edge of the meadow for 100m then right across footbridge and over meadow. Go through gate and up steps into the woods. Continue past shed to road then briefly left to join footpath to left signposted Dogslock Well.

11. 8.6km: Continue along track to join footpath through limestone scrub past the well on left. Continue through woodland and over stile to left on narrow path between gardens to rejoin road and follow it right and across main road back to Eaves Wood car park.



SCAN TO

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LANCASTER
TO MORECAMBE
BIKE RIDE



This easy and largely traffic-free 20k ride explores Lancaster's historic city centre, the spectacular Millennium Bridge and the wide-open spaces of Morecambe's famous prom before meandering back into town along the leafy Lancaster Canal.

At a glance

How far? 19.5km / 12.1 miles

How long? 2 hours

How hard? Easy: Flat, traffic-free cycleways and a short stretch on road

Refreshments: Lancaster City Centre and Morecambe Promenade

Public toilets: Marketgate, Lancaster and Festival Market, Morecambe

Bike Shop: On Yer Bike Caton Rd, Lancaster LA1 3NY; Bays Bikes, Marine Road Central, Morecambe LA4 4BQ

Start/finish: Lancaster Railway Station

Points Of Interest:

The Lancaster section of this easy route visits many of the city's highlights, including the castle and mediaeval priory before heading out to Morecambe's breezy promenade, with its breath-taking views over Morecambe Bay to the Lake District fells. You'll also follow a section of the Lancaster Canal and cross the river via the famous Lune Aqueduct.



TURN OVER FOR STEP
BY STEP ROUTE MAP

1. Start: From Lancaster mainline station entrance head left then left again cross railway bridge then right onto city loop heading past football ground and after 250m head right under bridge then immediately left and continue along multi-user path past church and through woodland to the Millennium Bridge.

2. 1.0km: Cross the Millennium Bridge and follow cycleway along north bank of River Lune out through suburbs on Roeburn Way and Pilgrims Way, crossing the railway with care and continuing West into Morecambe beside the station.

3. 6.5km: At roundabout in retail park, take first left then right at next roundabout onto the Promenade. Continue north past the Midland Hotel and along the prom for the next 4km.

4. 11.5km: At northern end of promenade, rejoin the carriageway with care and climb hill to cross railway then take right along Rushley Drive and right again at Cul de Sac and down track to join canal.

5. 12km: Follow canal for 4km as it meanders back into the city. After the turning bay in the canal, cross the river via the spectacular Lune Aqueduct, offering stunning views upriver towards the Lonsdale fells to Ingleborough. After crossing the Aqueduct, continue along canal, crossing the main road and following the towpath round to the right and through golf course.

6. 16.5km: At Bridge 105, head half right on Cycleway 69 SP River Lune Millennium Park. Join the cycleway on broad pavement beside main road and opposite cycle shop cross into Millennium Park and follow the Lune downstream past the skatepark.

7. 18.5km: Fork right and take an underpass under the main road. Go round right and then back left to the riverside. Continue back to the Millennium Bridge and retrace your route around the base of the castle to the station.



SCAN TO

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FROM THE CENTRE
OF THE CITY
INTO THE HEART
OF THE VALLEY

A rewarding ride from the heart of the city into the rural Lune Valley. This 42km route follows the river into the rolling countryside of north Lancashire then climbs high above the river to offer inspiring views of the surrounding countryside and the fells of the Lake District and the Dales.

At a glance

How far? 42km / 26.5 miles

How long? 3 hours

How hard? Moderate: There are repeated stiff climbs out of the valley with almost 600m of ascent in total.

Refreshments: Lancaster City Centre and The Redwell Inn, on the ridge between Gressingham and Over Kellet.

Public toilets: Crook O'Lune Picnic Area

Bike Shop: On Yer Bike Caton Rd, Lancaster LA1 3NY

Start/finish: St George's Quayside

Points Of Interest:

This ride follows the River Lune upstream through the Millennium Park to Crook O'Lune and then heads up the valley through the pretty villages of Gressingham and Arkholme before dropping into the neighbouring Keer Valley and climbing to a lofty viewpoint above the coast before a long descent to cross the Lune via the C18 Aqueduct and return to the city centre.



TURN OVER FOR STEP
BY STEP ROUTE MAP

1. Start: From the quayside, ride past the Millennium Bridge heading upstream on the right bank on the traffic-free cycleway through the Millennium Park. After 3km, give way to crossing traffic after the car park at Halton.

2. 4.4km: At Crook O'Lune, cross the first bridge but then head left up though picnic spot and onto the road. Caution: road traffic. Climb for 250m then turn left through gates and over the cattle grid, signposted cycleway 69. Climb through parkland and past Halton Park to crest the ridge and go right to follow road along the crest, taking another right after 500m signposted Aughton.

3. 9.5km: Descend the hill, admiring the views up the valley to Ingleborough and the Yorkshire Three Peaks. Bypass the village of Aughton and continue on the flat towards Hornby and Gressingham. To the right, the silvery ribbon of the Lune meanders into the hills while ahead the Three Peaks almost merge with the velveteen hummocks of the Howgills.

4. 14.8km: After another mile or so, at the junction turn right, following route 69 to Gressingham, forking left in the village to join Cycleway 90, signposted Arkholme. After half a mile, at the junction, turn right to Arkholme on Route 90. At crossroads in Arkholme, turn left, following Route 90 to Docker for two miles.

5. 20.2km: Just before the railway bridge, fork left signposted Borwick and Docker Park. Climb past Docker Park, turning west back towards the coast. After two miles of descent, turn left at next junction, riding alongside the railway for half a mile then turning left again signposted Capernwray and Arkholme and continue straight on past church. Settle in for a pretty sustained 15-minute climb up and over the lip of the valley to turn right onto the road over the crest.

Caution: fast road. Continue for half a mile past the Redwell Inn then turn left signposted Lancaster.

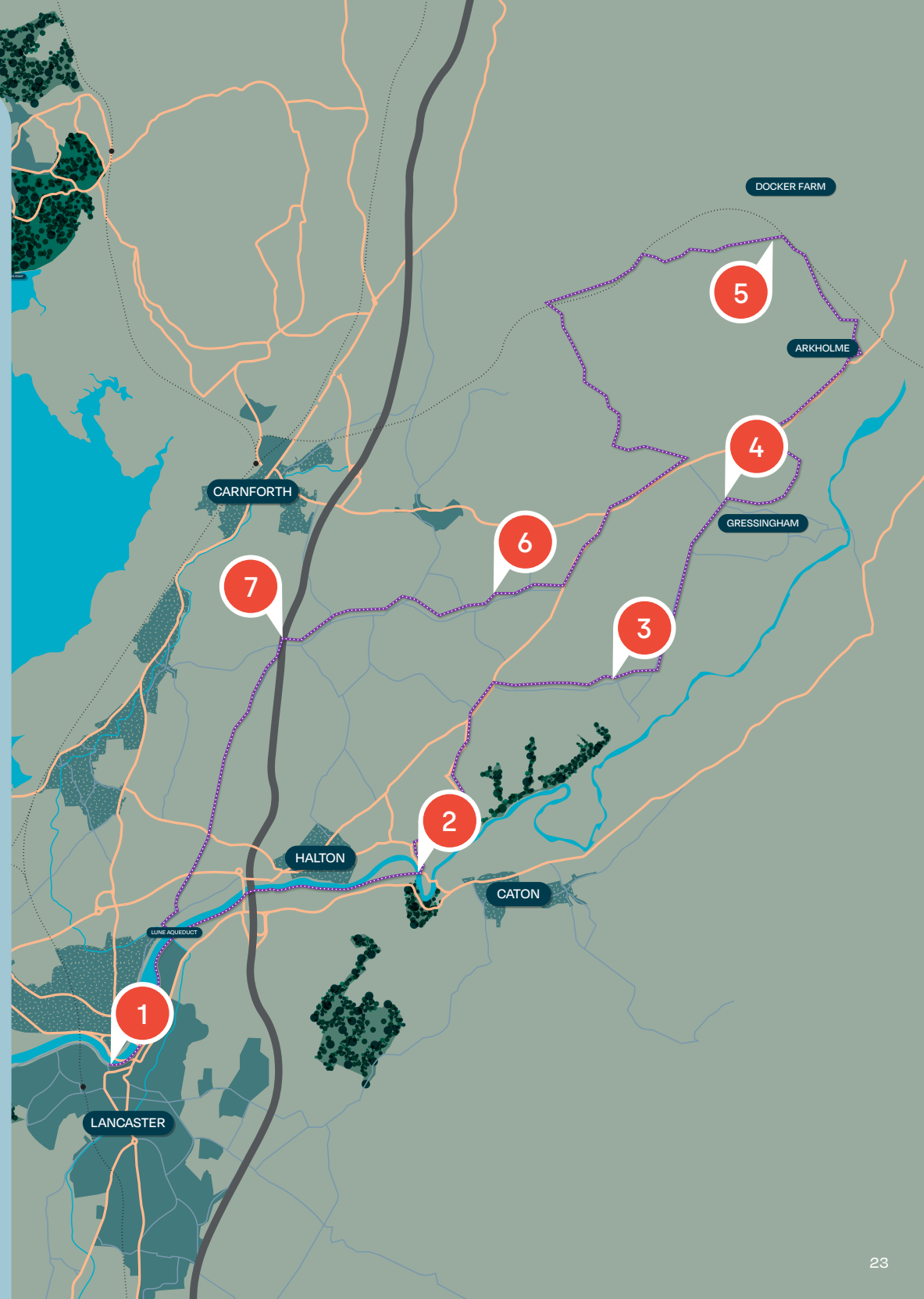
6. 29.8km: Continue for another half mile then take road on right signposted N. Kellet and O. Kellet. Continue through Swarthdale, past pond then left to Nether Kellet and cross the M6 motorway.

7. 37.5km: Immediately after the motorway bridge, turn left and climb steadily towards the transmitter tower. After a long descent, turn right onto suburban road then left after 250m to join canal towpath. Cross Lune viaduct, then, at far side, descend ramp to return to St George's Quay via the cycleway.



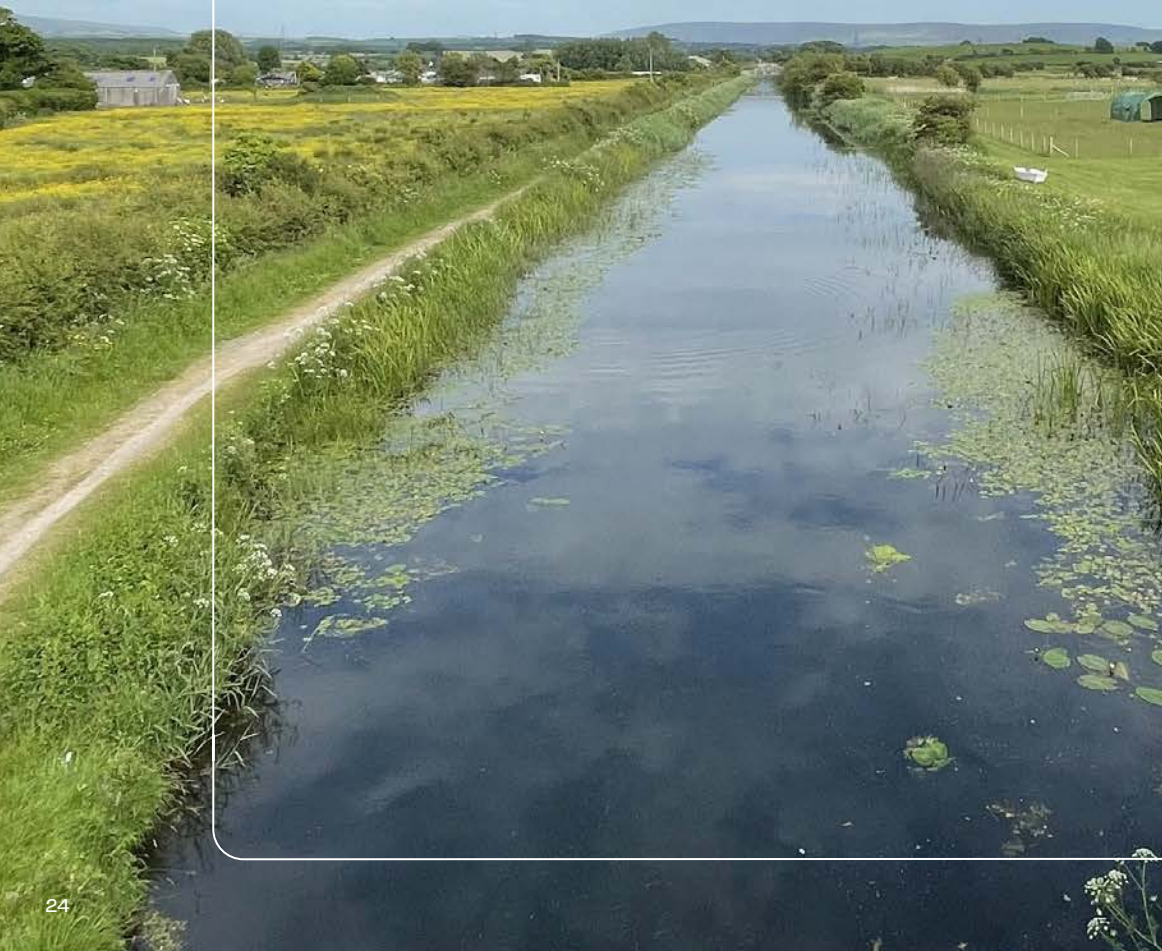
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GLASSON DOCK
AND COCKERSAND
ABBEY RIDE



This largely traffic-free 25k ride heads along the city's quayside then follows the old trackbed of the Glasson railway south along the estuary to Glasson Dock with an optional extension to the ruins of Cockersand Abbey.

At a glance

How far? 25km / 15.5 miles

How long? 2 hours

How hard? Easy: Flat, traffic-free cycleways and short stretches on quiet country lanes.

Refreshments: Lancaster City Centre and The Quayside At Glasson Dock, Tithebarn Hill, Glasson Dock, LA2 0BY

Public toilets: Glasson Dock car park

Start/finish: St George's Quayside

Points Of Interest:

This route heads out past the Georgian warehouses of St George's Quay and fetches up in the quirky little port of Glasson Dock, before continuing to the C12 ruin of Cockersand Abbey, overlooking the Victorian Plover Scar Lighthouse marking the mouth of the Lune to shipping.



TURN OVER FOR STEP
BY STEP ROUTE MAP

1. Start: Follow Quay Road under railway bridge and past residential estate into industrial estate. At cul-de-sac, take bridleway straight on through the woods, passing Freeman's Pools and continuing over the freshwater marshes.

2. 2.7km: At end of New Quay Road, where it meets the road inland, bear left then back right to follow the Millennium Track between tall hedges, signposted Conder Green and Glasson. Continue along track for 5km to the car park and picnic site at Conder Green.

3. 7.5km: Continue over the bridge on the cycleway to Glasson as the views open up to the north, where the Lakeland fells brood on the horizon. In Glasson, you'll find cafes and a pub and the Port of Lancaster Smokehouse is also worth a visit if you can carry some smoked products in panniers or rucksack.

From Glasson, the extension to Plover Scar and Cockersand is a rewarding walk/ride. The more scenic coastal route becomes a footpath and is unrideable for the last 500m to the abbey, but take the road route and you can get within just a couple of hundred metres of the Abbey.

Caution: After heavy rain or during spring tides, Janson Pool can flood across Marsh Lane making access to the coast tricky, so it's advisable to follow the road route in both directions. In good weather however, it's well worth pushing your bike along the footpath to get the ocean views on the return trip as described below.

4. 8.7km: Road Route: From the mini roundabout near Glasson Marina, head right over the canal bridge and follow the quiet country lanes south to Moss Lane and then turn right to head towards the coast.



Cockersand Abbey is next to a large barn right on the coast. Continue along the road as it zig-zags right and left across the farmland, heading towards the large farm buildings near the coastline. Where the road heads left near the big barns, dismount and head straight up the farm track and past the barns, where you'll find the abbey right beside the coast.

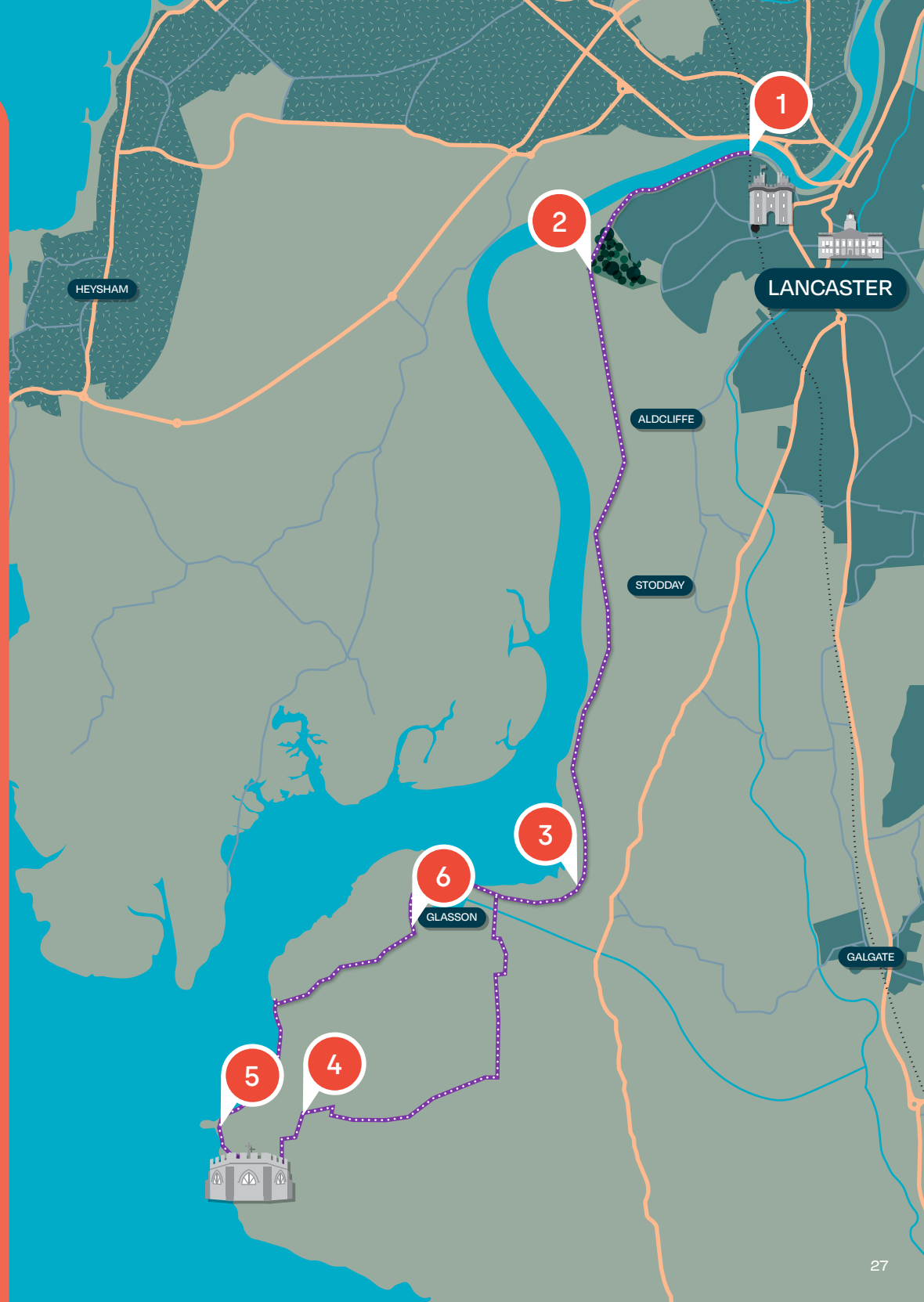
5. 12.3km: A few hundred yards northwest lies Plover Scar Lighthouse, marking the entrance to the Lune estuary for shipping. Retrace your route to return to Glasson or push your bike north along the coastal path to Abbey Lighthouse cottage, where you can remount.

6. 12.9km: From the cottage, continue north for another 600m to Crook Farm, then turn right along Marsh Lane track, past the caravan park and to the road. At road, turn left to return to Glasson, then follow the Millennium Track along the estuary back to Lancaster.



SCAN TO

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LANCASTER
CITY 10K
RUNNING ROUTE



This scenic and largely traffic-free 10k route starts at the Castle and follows the River Lune out of the city centre, crossing the river twice before returning to the elevated start point via the canal towpath

At a glance

How far? 10km / 6.2 miles

Target time? 43 mins

How hard? Moderate: some elevation and a variety of surfaces.

Chance of a Personal Best? Good.

Scenic interest: A historic castle, iconic modern architecture, waterfront views and mainly traffic-free.

Start/finish: Lancaster Castle LA1 1YJ.

Grid ref: SD 471759

Toilets: St Nicholas' Arcade, Marketgate or the Bus Station

Refuelling: A wide choice of Cafes and Pubs in the city centre – we'd recommend Atkinson's in China Street or the Sun Inn on Church Street

Points Of Interest:

Starting from the imposing main gate of the castle, this scenic route descends to the river and crosses the Millennium bridge before following the north bank of the river up to the Lune Aqueduct and returning to the castle along the canal towpath.



TURN OVER FOR STEP
BY STEP ROUTE MAP

1. Start: From the castle gates, follow path running round perimeter left of the gate and continue clockwise round perimeter and through gates to Priory. Continue past bell tower at front of priory and descend steps onto path descending towards the river. Continue down steps and straight over onto cobbles, then down more steps onto quayside. Cross road and then right onto Millennium Bridge.

2. 1.0km: Cross to far side and head right under the underpass then onto footpath beside Siding Road and past school. Caution: carefully cross the road (three lanes of traffic) into park and follow loop around the football pitch and playground and Ryelands House, then exit via driveway to cross busy A6 beside gatehouse. Caution: two-way traffic.

3. 1.4km: Slow down here, navigation is tricky. At far side of A6, follow path uphill past St Luke's Church, then across road and half left past Greg House flats and through the narrow gap down to riverbank.

4. 2.5km: Take right fork and follow riverside path upstream through woods. Rejoin Halton Road after woodland and continue upstream on the pavement for the next kilometre, turning right into Wilton Close and immediately right again into cul-de-sac then, beyond the last house on left, turn left onto riverside path.

5. 4.5km: Continue down the steps and over footbridge to the aqueduct. At aqueduct, climb steps and turn right up onto parapet. Continue straight ahead with canal on left over the aqueduct.

6. 5.2km: Now follow canal towpath for approx 3km through the city centre under several bridges and past the cathedral out to Aldcliffe, west of the city centre.

7. 6.2km: After the cathedral and apartments complex, follow signs for City Loop across busy road interchange and rejoin towpath on far side (on the left hand bank). Continue past the Waterwitch pub and at the next bridge, cross and double back to rejoin right hand bank signposted City Loop/Aldcliffe Road.

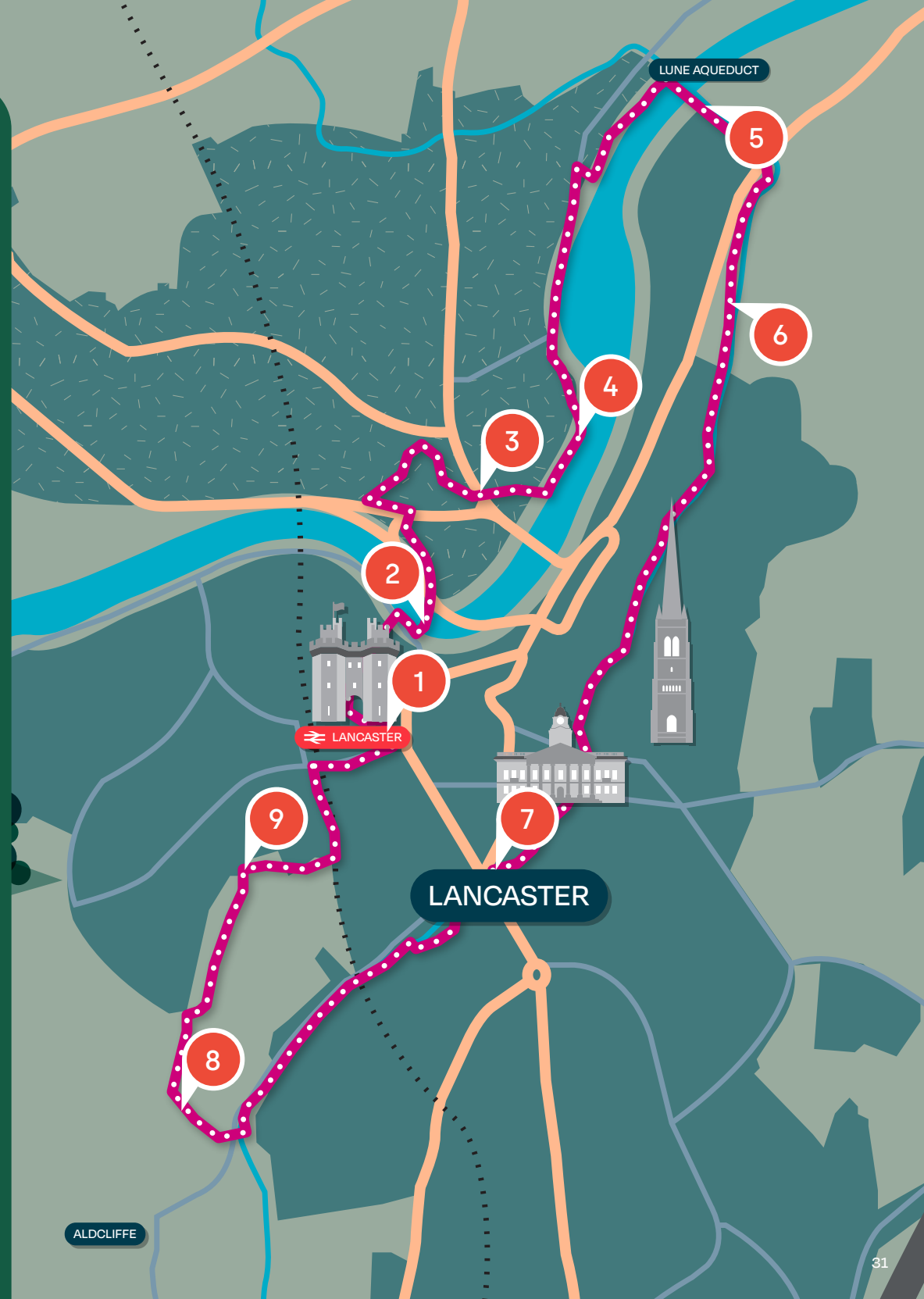
8. 7.1km: After another 600m, where canal meanders left, take second footpath along gravel path on right just BEFORE the gatehouse. Follow this track round to the right for 700m, through meadows and skirt right along edge of housing estate, keeping right at forks and straight on past entrance to nature reserve.

9. 8.1km: At road, turn right past cottage onto tarmac path past allotments and playground to railway. Turn left and follow signs to Westbourne Road on footpath running alongside railway. After entrance to car park, turn right over the railway bridge then cross road and head towards city centre, turning left up Castle Park back to your starting point.



SCAN TO

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For more information about exploring
Lancaster and Morecambe Bay, browse:

www.visitlancaster.org.uk
www.exploremorecambebay.org.uk

Talk to our friendly Visitor Information Teams on:

T. 01524 582394
E. lancastervic@lancaster.gov.uk

T. 01524 582808
E. morecambevic@lancaster.gov.uk

Or call in to one of our Visitor Information
Centres, open Monday – Saturday 10am – 4pm:

Lancaster Visitor Information Centre
The Storey, Meeting House Lane,
Lancaster, LA1 1TH

Morecambe Visitor Information Centre
Old Station Buildings, Marine Road,
Morecambe, LA4 4DB

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Designed by: The Design Attic



Lancaster



MORECAMBE BAY