



A Barrow-in-Furness
SeaChange Culture
Programme Event



WE WILL BE THERE TO WELCOME YOU WHATEVER THE WEATHER!

Sensible clothing and footwear must be worn.

Walks are led by experienced leaders. Participants are asked to pay particular care to hazards identified by leaders, e.g. traffic, shifting sands etc.

Walks are promoted by Barrow Borough Council as part of Barrow & Furness Peninsula Walking Festival, but walkers participate at their own risk. Children under 16 must be accompanied by a responsible adult.

If you wish to leave the walk, please tell the leader.



For more information please contact:
Barrow Tourist Information Centre
Telephone: **01229 876505**
email: touristinfo@barrowbc.gov.uk
www.barrowtourism.co.uk

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"Walk and be happy, walk and be healthy"
- Charles Dickens

DECLARED
8 BEST
WALKING FESTIVALS
IN THE BRITISH ISLES
2009
BY TIMES
ONLINE

Islands of Barrow &
Furness Peninsula

**WALKING
FESTIVAL**

the lake district
Cumbria



1st July - 1st August

A 5 week festival of walks against the stunning backdrop of the Furness Peninsula and featuring the islands of Barrow. Follow ancient trails, greenways and coastal paths exploring the natural and built history of this south western corner of the Lake District.

www.barrowtourism.co.uk

**FEET FIRST IN FURNESS
HEALTH
WALKS**

Dalton: 11.00 Tudor Square
Monday Mornings

ASDA: 11.00 Main Foyer
Tuesday Mornings

CheVita: 12.30pm Schneider Square
Tuesday Lunchtime

Walney: 11.00 Mill Lane Children's Centre
Wednesday Mornings

Barrow Park: 10.30 Greengate Children's Centre
Thursday Mornings

CheVita: 12.30pm Schneider Square
Thursday Lunchtime - Walks for Workers



Thursday 1st July North Walney Sunset Walk

6.45pm from West Shore Car Park, led by Richard Scott of Feet First in Furness a walk all around the north end of Walney Island exploring North Walney Nature Reserve and including some rough walking across dunes. (approx 2.5 hours)

Friday 2nd July It's a Walk in The Park

Meet at 2pm at the Pavilion Barrow Park for a stroll around the Park with the Council's Horticultural Amenities Officer.

Friday 2nd July A Walk from Furness Abbey

6pm. Meet at Furness Abbey Amphitheatre car park. A walk from Furness Abbey along the Greenway to Roose Station and returning via Abbotts Wood and led by John Murphy.

Saturday 3rd July Love Barrow Walk

2pm. Meet at the Town Hall Courtyard for a heritage walk around St. George's Square exploring the town's heritage with John Murphy.

Saturday 3rd July Sandscale Haws Nature Reserve Wildlife Walk

Meet at the National Trust Car Park on Hawthwaite Lane at 11am. A stroll with Pete Burton and Neil Forbes of the National Trust around one of Europe's premier nature reserves. See some of the many rare plant and animal species to be found around the Barrow Borough.

Wednesday 7th July Foxfield Get on Track Walk

Led by Richard Scott & Sue Thurley of the Outthere project. Banish the blues with a walk up the old railway line from Foxfield to Broughton and beyond. Catch the 10.11am train from Barrow station or meet at Foxfield station around 10.30am. Walk will last about 2.5 hours. Mostly on level surface of old railway, but some sections of possibly soggy grass tracks. Easy walking. Return from Foxfield mid afternoon.

Thursday 8th July North Walney Sunset Walk

6.45pm from West Shore Car Park, led by Richard Scott of Feet First in Furness, and Bill Shaw of the Herpetological Conservation Trust. A walk all around the north end of Walney Island exploring North Walney Nature Reserve and keeping an eye out for any natterjack activity. The route will include some rough walking across dunes. (approx 2.5 hours)

Friday 9th July Biggar Village Walk

Meet at Sandy Gap, Walney at 4pm. Stroll along west side of island to look at the remains of the submerged forest, salt mining industry and explore Biggar Village. Circular Walk. (approx 4 miles)

Saturday 10th July Walney Walk

Meet John Murphy at the Dock Museum at 2pm stroll over Jubilee Bridge and onto Walney Island. Biggar Bank along Greenways Route to Earnse Bay and return via North Scale and Widows Crossing. (approx 5 miles circular first three miles suitable for wheelchairs)

Sunday 11th July Local Heritage of Furness Walk

Meet John Murphy at Furness Abbey amphitheatre at 1pm for a walk which features almost every aspect of the local heritage of Furness. Stroll up the hill towards Newton and meander up Dickie Pinks' Lane to Dalton past Dalton Castle and return to Furness Abbey via The Haggis. (approx 5 miles circular)

Thursday 15th July North Walney Sunset Walk

6.45pm from West Shore Car Park, led by Richard Scott of Feet First in Furness, and Bill Shaw of the Herpetological Conservation Trust. A walk all around the north end of Walney Island exploring North Walney Nature Reserve and keeping an eye out for any natterjack activity. The route will include some rough walking across dunes. (approx 2.5 hours)

Friday 16th July It's a Walk in The Park

Meet at 2pm at the Pavilion Barrow Park for a stroll around the Park with the Council's Horticultural Amenities Officer.

Friday 16th July Dalton Walk

Meet at Tudor Square in Dalton at 6pm to explore the heritage of the local mining, railways and haematite mines and following ancient footpaths.

Saturday 17th July Haematite Heritage Walk

Meet at Lindal Candle factory (Wax Lyrical) at 1pm for a stroll to look at haematite heritage. Up to the hamlet of Carkettle and return via Marton. (About 3 miles circular)

Saturday 17th July Barrow to Foxfield Long Walk

With Richard Scott of Feet First in Furness to start at Barrow Station 10am. A good long walk exploring the Duddon Estuary return from Foxfield Station by train.

Sunday 18th July Piel Walk

Meet at The Dock Museum at 10am then travel in car convoy down to Snab Point for departure at 10.30am. Refreshments available on island.

Thursday 22nd July North Walney Sunset Walk

6.45pm from West Shore Car Park, led by Richard Scott of Feet First in Furness a walk all around the north end of Walney Island exploring North Walney Nature Reserve and including some rough walking across dunes. (approx 2.5 hours)

Saturday 24th July Cistercian Walk

Ulverston to Furness Abbey. Depart at 10.30am from The Rose Garden, Victoria Road bus terminus, Ulverston. Good afternoon's walk with stiles, plenty of stops and visits to Swarthmoor Hall, Urswick Church, Dalton Castle and finally Furness Abbey. Buses and trains to Ulverston go from Barrow and the return journey can be completed by buses from Abbey Road or trains from Roose Station (via Greenway).

Sunday 25th July Morecambe Bay Stroll

Meet at the tarn at Leece Village at 1pm for a stroll down Sarah Beck to Peasholme and a chance to explore the northern fringes of Morecambe Bay return through ancient woodland and footpaths. (4 miles circular)

Thursday 29th July Sandscale Haws Nature Reserve

Children's beachcombing walk led by Pete Burton and Neil Forbes of the National Trust. Meet at the National Trust Car Park on Hawthwaite Lane at 2pm. A leisurely stroll along the tideline to see some of the curious things washed up by the sea. Please note that all children must be accompanied by an adult. The walk will last for up to 2 hours but you are welcome to stay for as long or as little time as you like.

Thursday 29th July North Walney Sunset Walk

6.45pm from West Shore Car Park, led by Richard Scott of Feet First in Furness a walk all around the north end of Walney Island exploring North Walney Nature Reserve and including some rough walking across dunes. (approx 2.5 hours)

Friday 30th July It's a Walk in The Park

Meet at 2pm at the Pavilion Barrow Park for a stroll around the Park with the Council's Horticultural Amenities Officer.

Friday 30th July Piel Evening Walk

Meet at The Dock Museum at 5pm then travel in car convoy down to Snab Point for departure at 5.30pm. Refreshments available on island.

Saturday 31st July Bat Walk

Meet at Barrow Park Pavilion at 8.30pm for a chance to learn a bit more about these often misunderstood nocturnal mammals. Bring a torch and wear warm clothes and sensible shoes (if you have one, bring your bat detector). The route taken will be suitable for wheelchair access, the pace will be gentle. The finish time will be weather dependent; bats stay in when it's wet and windy. If the weather is fine we expect to finish at 10pm. Westmorland and Furness Bat Group volunteers will lead the walk.

Sunday 1st August The "Extended" Westfield Trail

A 'miles without stiles' route. Meet at the Rampside end of the route (close to the Concle pub) at 1.30pm for a walk at a gentle pace. The walk will be led by a Cumbria County Council Countryside Ranger and Countryside Access volunteers. We will aim to take short stops to enjoy the scenery fauna and flora that we find along our route. The trail offers contrasting views; across the salt-marsh and mudflats to Piel and Walney Islands: or to the industrial landscape of Barrow docks. The entire route is on a hard moderately smooth surface and suitable for wheelchairs and electric wheelchairs. The smooth surface has now been extended to the far end of Cavendish dock. For anyone in a wheelchair, we will need to return from the dock the way we came. Otherwise, it is possible to continue on foot into the centre of Barrow. Both options will be available on the day. Rampside to Cavendish dock and return is 8km (estimate this will take about 4 hours) Rampside to Barrow (Morrisons) one way is 6km. Parking is available at the Cumbria Wildlife Trust Foulney Island car park, which is just off the causeway to Roa Island.

