

# Arnside 01 February 2015



Today we have two rather empty coaches for our trip to this Cumbrian village on the Kent Estuary. The Blackburn and Burnley coaches will meet at Lancaster Services and then travel together to Arnside via Carnforth. High tide is at 10:52 so the coastal paths will be accessible.

## Promotion: Posters, Flyers and Leaflets

We'll have A4 posters for Hayfield, A4 posters for 2015, 1/3 A4 flyers for leaflet displays and the usual A4 three-fold detailed leaflets available on this trip. Please take what you need to distribute, display and thus make people join in!

The poster for the next trip is the most expensive to produce (simply because the surplus has to be binned) thus I would appreciate any feedback on how useful this particular poster still is when we have a poster to cover the year.

## Today's Walks

**A Walk**      **[The] Alan Bennett**      **Off first at Carnforth**      **12 miles Moderate**

Starting from Carnforth station with its famous clock we have a little on the road before we pick up the Lancashire Coastal Way to the foot of Warton Crag. A quick 150m climb and we're on top of the crag taking in the views. We drop off the crag to, surprisingly, Crag Foot and then head to Jenny Brown's Point and Jack Scout. North to Silverdale; on to an historic building in the woods that also happens to offer light refreshments for a price. Eventually (!) continuing north we get to Hollins Farm to start the climb to the trig point on Arnside Knott before dropping down into Arnside itself.

Expect, weather permitting, great views and a couple of climbs; just under 12 miles with 420m of ascent.

**B Walk**      **Michael Counter**      **Off Second on A6**      **9 miles Moderate**

We alight from the coach at the lay-by on A6 by Lowside Moss, then field paths to Yealand Redmayne, we climb up woodland tracks through Deepdale Wood, (Views down onto Leighton Hall), then dropping down through Craig Wood on the side of Warton Craig. The route now follows the coastal path to the base and then the climb up Heald Brow. The limestone escarpment within Scout Wood is passed leading into Silverdale. We pass Woodlands before climbing once again up through Eaves Wood to arrive at the Pepperpot. The route then descends to Arnside Tower and then it's up to Arnside Knott, followed by the final descent into Arnside.

**C Walk**      **Paul Brown**      **Off fourth at Arnside**      **8 miles Moderate**

We start in Arnside walking along the promenade, then climb steadily for about a mile to reach the trig. point on Arnside Knott for good views of the Kent estuary and mountains beyond. We then descend to Tower Farm and Arnside Tower, follow a woodland path southwards to Potter Hill, then field paths into Silverdale village. We then walk northwards close to the coast to Red Rake and Far Arnside, to join an undulating woodland path, emerging at the coast at New Barns. We then follow a pleasant lane and quiet roads towards Arnside, to join the promenade again on the way back to the coaches.

A varied walk through the Arnside and Silverdale Area of Outstanding Natural Beauty.

**D Walk**      **[Don't Panic] Robert Eccles**      **Off Third at Sandside**      **6 miles Moderate**

Starting from Sandside; we're through the woods to Storth and then on to Beetham Fell. At Whin Scar we pick up the Limestone Link to the Fairy Steps (there is a by-pass for those that don't fancy this narrow channel through the limestone) followed by Hazelslack and Arnside Moss. Turning south we follow the railway line until we turn for Arnside Tower. This is followed by a steady climb onto Arnside Nott; nicely dodging the top we drop down through Copriding Wood to pick up the estuary path to Arnside.

Two climbs on this walk; one is easy, even unnoticed, and the second is steady. There is plenty of time to tackle both and some great views to be had. 9.5km with 220m of ascent over the whole walk.

## Pick-Up Times and The Return Journey

Today we have just one pick-up point:

05:30 PM      Arnside      Estuary Front near the Clock or further east towards the Railway Station      Walks: All

Blackburn coach will return via the M6 and drop off at Darwen first. Any additional stops on the return journey are at the discretion of our drivers and couriers but need to take into account everyone's desire to get home quickly.

## Our Next Trips

Hayfield (08 March), Grasmere / Langdales (12 April) and Richmond (10 May). Ticket cost is the usual £13:00 / £6:50. After today, or to book beyond May, then contact Robert by email at [bookings@coach-rambles.org.uk](mailto:bookings@coach-rambles.org.uk), telephone on 07795 250502 / 01282 798145 or on-line at [www.coach-rambles.org.uk/book](http://www.coach-rambles.org.uk/book).