



Arnside/Silverdale – March 2020

Today we have one main coach and a feeder coach. The rendezvous point is Whalley – coach transfer only please! The comfort stop will be Lancaster Forton Services on the M6. Our destination is Arnside and Silverdale an Area of Outstanding Natural Beauty, on the border between Lancashire and Cumbria, adjoining Morecambe Bay. This extraordinary place is famous for its amazing wildlife, stunning scenery, and superb walks.

BOOK TODAY during the outward journey please. In future, if you are paying on coaches, ***please can you have the correct amount of £15 in paper money or pay by cheque.*** Our Couriers do not have a float for changing money! Today and future trips PLEASE BOOK EARLY and PAY IN ADVANCE to reserve your seat/s and to avoid feeder coaches or disappointment. ***Please do not put your name on the booking lists and reserve a seat for Ashbourne or Grasmere unless you are paying today.*** We need to reserve the next coaches within one week of the last coach ramble and confirm them one week prior to the trip! Telephone booking details are on the reverse side of this leaflet.

Walks Information - *Due to recent extreme weather one or more of the three walk routes could be changed dependant on local conditions on the day.*

B walk Michael Bates 11 miles Moderate

1st Off CARNFORTH - If you want to get some miles under your belt with only gentle ascents you may be interested in this attractive and varied, linear walk. On leaving the coach at Carnforth railway station we initially follow the river Keer (not much more than a stream) making our way to the outskirts of Warton. We walk along the south western side of Warton Crag towards Jenny Brown's Point. (a pleasant place for lunch). Following the coastline we make our way in the direction of Silverdale pausing briefly to look at a cave. We then turn inland to visit the ruins of Arnside Tower and then it is back to the coast once more at Far Arnside. From here it is a lovely woodland walk emerging at New Barns, the last mile being alongside the sea shore to Arnside. The walk, in part, follows the Lancashire Coastal Way mainly on good surfaces involving roads, tracks, fields and woodland with stunning views across Morecambe Bay Just one fairly short stony section.

C walk Hannah Rose 7.5 miles Moderate

2nd OFF SILVERDALE – Linear walk from Silverdale lane past Lindeth Tower and follow the Lancashire coastal way along cliffs of Jack Scout to Jenny Brown Point turn inland at Heald Brow (short steep climb) to Scout Wood. Pass Burton well, Lambeth meadow and Bank well and follow the lane to Eaves Wood where we will pass the beach circle. Past the caravan park and field path to Far Arnside through the woods to New Barn. We follow the coastal path back to Arnside if it's high tide we will take the lanes and woods (or swim!!) I hope we will see the woodland flowers and also the lovely view across the estuary.

D walk Paul Brown 5.5 miles Fairly Easy

3rd Off ARNSIDE - We leave the coach in Arnside, cross the railway by the station footbridge, then walk north eastwards for about 2 miles alongside the River Kent estuary, following the route of the former Arnside to Hincaster railway. On reaching Sandside we change direction to walk southwards, through Storth village, then on to Hazelslack (pele tower here). We continue to Carr Bank, and then join the former railway route again to walk back into Arnside. Terrain varies - the former railway track bed, country lanes, a short rocky section of foreshore which could be tide affected, some road walking. Likely to be muddy and wet in a few places.

Drop-off, Pick-up Times and the Return Journey

All independent/self-guided walkers and day visitors (not walking) will be dropped off ***in Arnside*** where the coach will be parked. ***All the guided led walks finish in Arnside. Assemble at 16:50 please for the return journey. DEPART ARNSIDE 17:00.*** After we rendezvous with the feeder coach the first drop-off is Darwen for Blackburn/Clitheroe passengers and Clayton-le-Moors first for the Nelson/Burnley main coach.

NOTE ROUTE CHANGE: From 1st April (Ashbourne) the pickup points in Great Harwood are Harwood Bar bus stops on Harwood New Lane not Nightingales Whalley Road and the Roebuck bus stops in Rishton. Clitheroe-Darwen route coaches will no longer pick up in Clayton-le-Moors. The Nelson/Clayton-le-Moors coach will continue to pick up in Clayton-le-Moors. Please check your tickets and coach.