



ITINERARY 1

LANCASHIRE'S WILDLIFE-RICH LIMESTONE COAST



This two-day itinerary starts amid the rugged limestone coastline of Silverdale and explores the woodland and nature reserves of the Area of Outstanding Natural Beauty whilst winding its way south over the gnarly outcrop of Warton Crag to Carnforth Station

ec escapes

DAY 1

7 miles

Arrive by train at Silverdale Station

Morning



Walk 200m to RSPB Leighton Moss. Explore Leighton Moss reserve. You'll get half-price entry if you arrive on foot, by bike or by public transport! Look out for bearded tits and marsh harriers and in spring, listen out for the unmistakable call of the bittern booming across the wetlands.



Lunch at Leighton Moss Café.

Afternoon



Explore the woodlands and limestone coastline of Silverdale. Look out for rare wild flowers among the limestone grasslands and spot butterflies flitting through the glades. Visit the many wells which once supplied water to the villages before watching the sun set over Morecambe from the Giant's Seat at Jack Scout National Trust reserve.

Evening



In the summer months stride out in search of bats and moths. In winter head back to Leighton Moss late afternoon for the chance to spot a spectacular murmuration as tens of thousands of starlings swoop and wheel over the reedbeds before suddenly descending en masse to roost among the reeds.

DAY 2

6 miles

Depart Accommodation on foot

Morning



Coffee and Cake at Wolf and Us



Walk over the crag to Warton. Look out for colourful wildflowers, such as early purple orchids, harebells and cowslips. See if you can spot peregrines soaring over the craggy outcrops and slow worms and lizards basking in the sun on warm summer days. You might even see some rare butterflies, including the northern brown argus.

Lunch



Old School Brewery – optional tour of this quirky microbrewery.

Afternoon

Continue on the footpath from Warton to Carnforth Station.

Depart Carnforth by train

Explore more...

The Heritage Centre and Refreshment Room at **Carnforth station** and take a step back in time. www.carnforthstation.co.uk

Trowbarrow Local Nature Reserve and Gait Barrows National Nature Reserve.

To explore further:

arnsidesilverdaleaonb.org.uk/gait-barrows
arnsidesilverdaleaonb.org.uk/trowbarrow

Award winning **Leighton Hall** is the lived-in house of the famous furniture-making Gillow dynasty. Unravel the fascinating past of this ancient Lancashire family, and wander through the spectacular grounds and pretty gardens. www.leightonhall.co.uk





DISCOVER

1

Natures Gems Wildlife Tours

www.naturesgemtours.co.uk
07970 669190

2

RSPB Leighton Moss

[www.rspb.org.uk/reserves-and-events/
reserves-a-z/leighton-moss](http://www.rspb.org.uk/reserves-and-events/reserves-a-z/leighton-moss)
01524 701601

3

Old School Brewery

www.oldschoolbrewery.co.uk
01524 740888

4

Leighton Hall

www.leightonhall.co.uk
01524 734474

5

Carnforth Station

carnforthstation.co.uk/
01524 735165

6

Trowbarrow Local Nature Reserve

arnsidesilverdaleaonb.org.uk/trowbarrow

7

Gait Barrows National Nature Reserve

arnsidesilverdaleaonb.org.uk/gait-barrows/



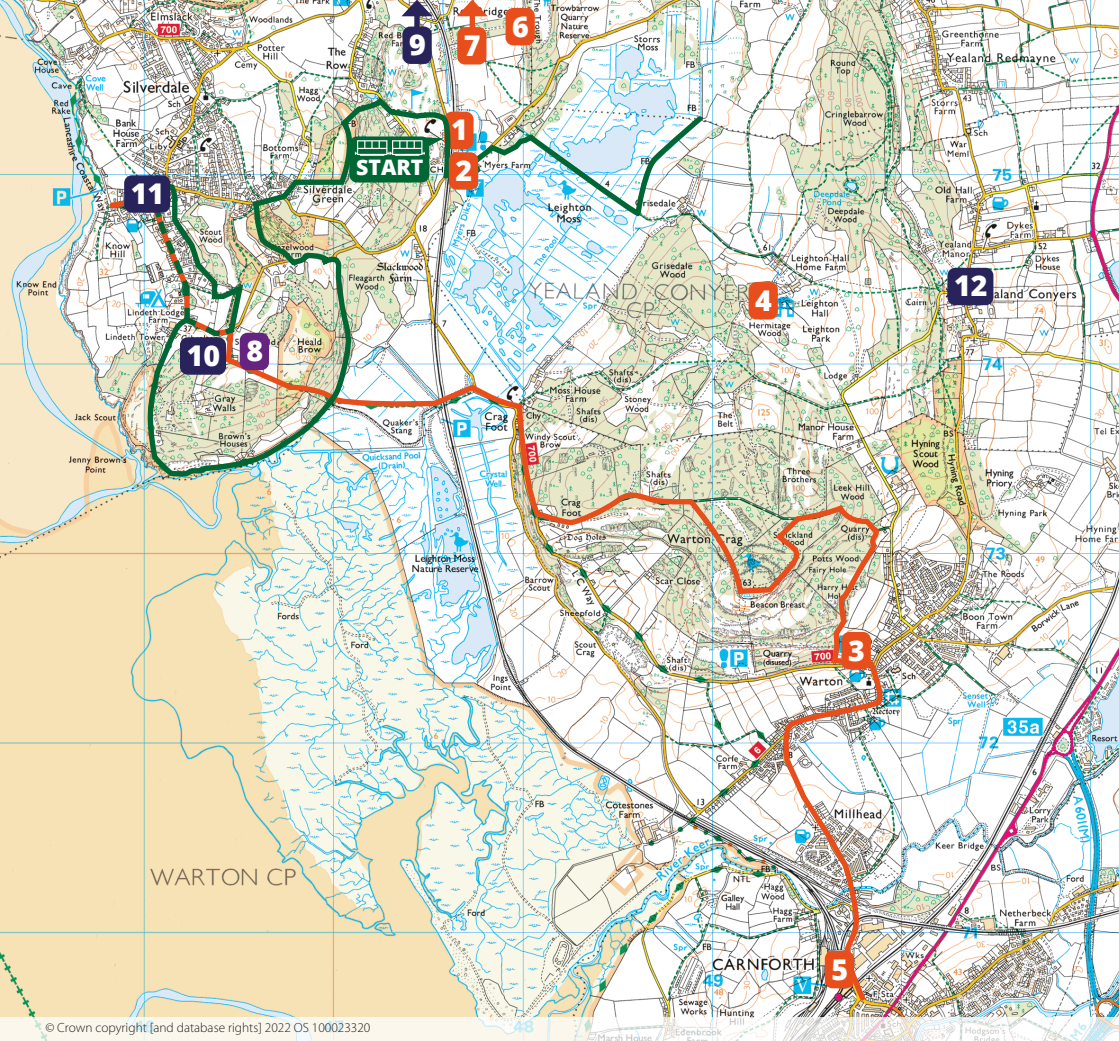
EAT

8

Wolf and Us Coffee Shop

Facebook / Wolf-Us-2298913283668025
01524 702024

NOTE: Routes do include roads without pavements and that some footpaths might not be suitable after heavy rains (due to either flooding or slippery limestone)



STAY

9 Challan Hall B&B
www.challanhall.co.uk | 01524 701054

10 Gibraltar Farm Campsite
www.gibraltarfarm.co.uk | 01524 701736

11 The Silverdale Hotel
www.thesilverdalehotel.co.uk
 01524 701118

12 Yealand Old School
yealandoldschool.co.uk | 01524 732336



About Eco Escapes

Eco Escapes is all about travelling light and treading carefully in the Areas of Outstanding Natural Beauty of Lancashire.

It's about leaving the car at home and taking the time to explore new places by public transport, on foot or by bike. It's about discovering the county's wonderful natural environments and the wildlife that makes its home there.

Above all, Eco Escapes is about making connections: between town and country; between visitors and residents and between people and nature.

Download our series of 6 itineraries to plan your next Eco Escape.



ITINERARY SERIES

- 1** Walk Lancashire's Limestone Coast
- 2** Family-friendly adventure in Bowland
- 3** Lancashire's fabulous food producers
- 4** Historic Lancaster and the Lune Valley
- 5** Explore Northern Bowland by train
- 6** Discover the mysteries of Pendle Hill

TRAIN TIMES

www.northernrailway.co.uk

DON'T WANT TO WALK ALL THE WAY?

The 51 Bus provides a regular service between Silverdale, the Yealands, Warton and Carnforth. For timetables scan this QR code or visit stagecoachbus.com



LIMITED MOBILITY?

The Arnside and Silverdale AONB Partnership has funded a Trampler all-terrain access vehicle for use by people with restricted mobility. The Trampler is based at RSPB Leighton Moss and is free to use. For more details, visit www.arnsidesilverdaleaonb.org.uk/trampler-rspb-leighton-moss.

LINGER LONGER

There's plenty more to see and do in the area to extend your break a while. The entire Arnside and Silverdale AONB is criss-crossed with footpaths. Walk over the Knott to the bustling little promenade at Arnside and catch the train back to Silverdale, or visit historic Leighton Hall and the medieval manor house of Warton Rectory – both of which are within a couple of hours walk of Silverdale or Carnforth rail stations.

If you want a bespoke itinerary accompanied by a knowledgeable local guide, get in touch with Nature's Gems for details of their guided tours: www.naturesgemtours.co.uk



ecoescapes.org.uk