



ITINERARY 4

LANCASTER & LUNE VALLEY WALKS



This day-out itinerary explores the under-the-radar loveliness of the Lune Valley on the northern edge of the Forest of Bowland AONB. And you might well have this gorgeous area to yourselves, with most people driving straight past it in favour of more fashionable walking country. A short bus or train ride from Lancaster will drop you in characterful stone villages, and from there you're spoilt for choice when it comes to verdant riverside paths, lanes through ancient woodland and sweeping views of higher, wilder country in the distance.

ec escapes

DAY 1

Arrive by train at Lancaster station

Depending on your mood or fitness level, take a train to Wennington or a bus to Caton, Hornby or Wray. There are dozens of worthy walks around the Lune Valley, but here are three to whet your appetite:

Crook of Lune 6m / 2hrs 15m

This riverside wander reveals views of the valley that were once painted by JMW Turner, as well as ancient woodlands and a return over slightly higher ground that delivers even more vistas.

Lunch: There's a kiosk at the Crook of Lune car park (open Friday to Sunday) or lots of options in Caton village, about a 10-minute stroll away.

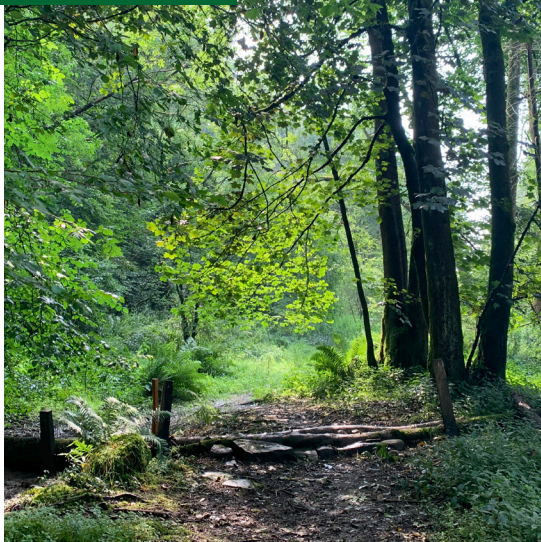
Sustainable connections: Take the 81 or 82 bus to Lune Bridge, just across the river from the starting point. The return bus to Lancaster also passes through Caton. However, if you still have the energy there's a traffic-free cycle route that follows the river for about 4 miles back to the city centre – and it's flat.

Wray and Roeburndale 7.25m / 3hrs 30m

This undulating circular walk explores the secluded Roeburndale valley, and you might wonder why you hardly see anyone else in such a beautiful place. Explore the beautiful Roeburndale woodlands and look out for rare butterflies and woodland birds like the redstart and pied flycatcher. The woodland floor is carpeted in dense drifts of bluebells in May and the autumn colours in September and October rival those of New England. The route takes in parts of the idyllic River Roeburn, climbs along tree-lined paths and reveals views of the Yorkshire Three Peaks.

Lunch: The Bridge House Farm Tearooms near the start of the walk, and the George and Dragon pub in Wray village centre.

Sustainable connections: Take the 81 or 82 bus to Wray and return the same way.



Wennington, Wray, Hornby 8m / 3hrs

This linear walk from Wennington station to Hornby passes through rolling country of pasture, river and woodland scenery, with occasional views opening up to reveal Morecambe Bay and the Lake District fells.

Lunch: Wray has the George and Dragon pub and the Bridge House Farm Tearooms. At the end of the walk in Hornby, the old village post office is now a popular cafe that's open till 4pm.

Sustainable connections: Take the train from Lancaster to Wennington, at the start of the walk, and return on the 81/82 bus service from Hornby.



DAY 2

Lancaster Heritage Walking Trail 3.1m / 2hrs

Explore the historic city on foot and dive into whichever museums you fancy. There's no shortage of pubs and cafés along the route, which begins and ends near the huge and austere Lancaster Castle – still used as a prison up to 2011.

Carnforth, Warton Crag, Silverdale

5.5m / 2hrs 30m

This linear walk along lanes, woodland paths and limestone outcrops takes in sweeping views over Morecambe Bay from the top of Warton Crag. Depending on the time of year, there's a good chance you'll see some rare butterflies and moths, and maybe even lizards and slow worms.

Lunch: Eat at the Old School Brewery in Warton (they also sell beer, the clue's in the name). Or save yourselves for some great cakes at the end of the walk at Wolf & Us in Silverdale.

Sustainable connections: Take a 10-minute train hop from Lancaster to Carnforth.

Return by train from Silverdale.

Explore more...

Cycle up to **Jubilee Tower**. The views from here are breath-taking, encompassing. Lancaster and the Lune estuary, the Lake District fells, the Great Orme on the North Welsh Coast and maybe a glimpse of Snaefell on the Isle of Man. From Jubilee Tower, for the energetically minded, Ward's Stone – the highest point in the Bowland Fells – is a short, but boggy walk east across the moors.

Find more walks and cycle rides in and around **Lancaster** at the Visit Lancaster website: visitlancaster.org.uk/things-to-do/walking

There is a series of fantastic, short walks produced by the community in **Tatham** (close to Wennington train station). Visit: www.tathamfells.me.uk



DISCOVER

1 Lancaster Station

2 Crook of Lune

3 Hornby

4 Wray

5 Wennington

6 Carnforth Station

7 Warton

8 Old School Brewery
www.oldschoolbrewery.co.uk
01524 740888



EAT

9 Bridge House Farm Tearooms, Wray
www.facebook.com/BridgeHouseFarmWray
015242 37775

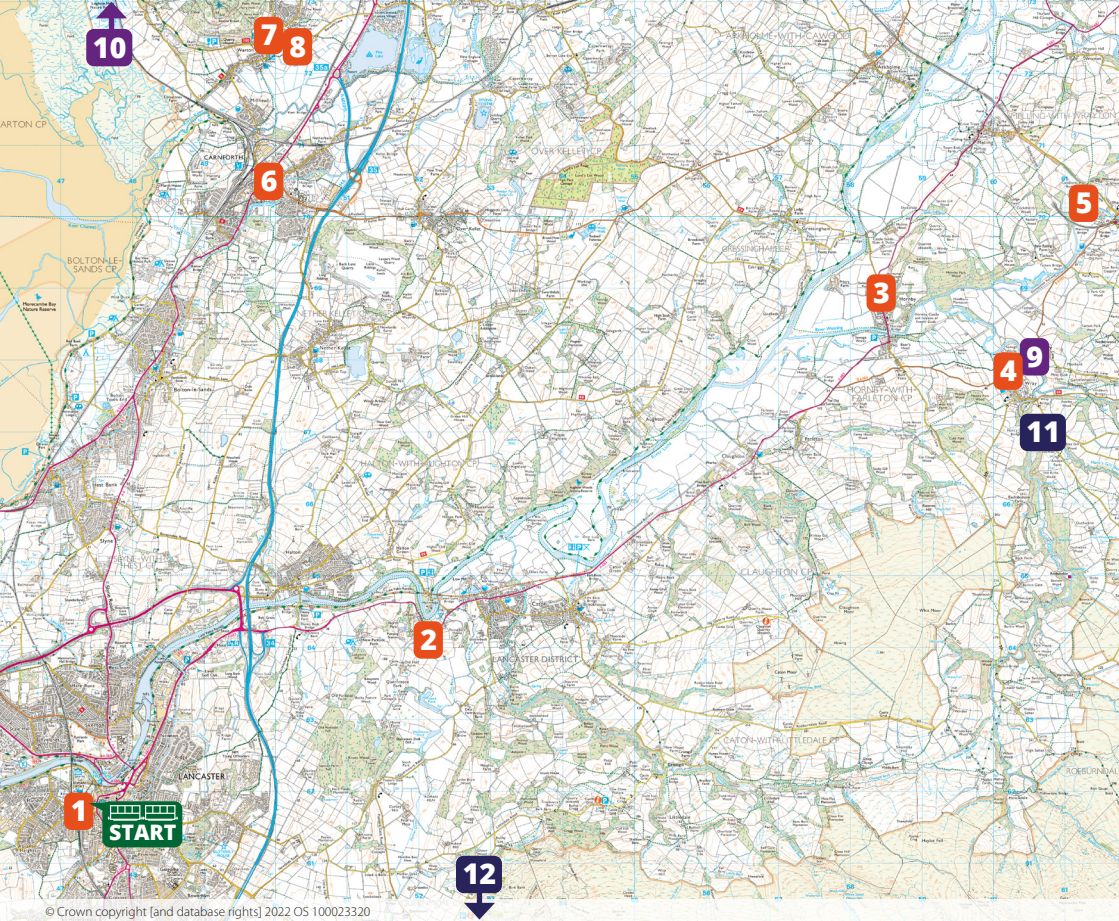
10 Wolf and Us Coffee Shop
Facebook / Wolf-Us-2298913283668025
01524 702024



STAY

11 Roeburnscar Holiday Cottages
www.roeburnscarholidaycottage.co.uk
015242 22214

12 The Gathering Fields bunk barn & camping
www.thegatheringfields.co.uk
07791 254101



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



LINGER LONGER

Extend your stay at the Gathering Fields Wellbeing Centre - the perfect rural venue for yoga retreats, forest bathing, sound meditation, flower essence therapy and nature-based activities.

Lancaster's sense of lived history makes it a satisfying place to explore for a day or two, and its manageable size makes this easy to do on foot. Over recent years the city has developed a thriving arts scene of galleries, craft shops and theatre shows, and there always seems to be some kind of festival going on.

The Lune Valley is also a hive of activity with a number of art studios, craft producers and trails. Visit: www.lunesdalearts.co.uk

