5. At the end of 'The Drive' Ulverston, St Mary's Catholic School is to the right.
6. Ulverston Station approach is second left.
7. For best value bookings in advance, see
   traveline.info or northernrail.org

Getting around & timetable information

Heading to the area by train means you get to enjoy some of the most scenic rail lines in the country. Once here you can easily explore many of this beautiful landscape.

NextBus Traveller – text service
Check the next bus from any bus stop by sending the bus stop code in a text. All bus stops, metro station platforms and even ferry landings have their own code. Go to ‘new message’ on your phone, type the code for the stop that you wish to depart from and send to 84268. The service will send back a message with the scheduled times for the next five buses due to leave the stop.

Traveline
Need some help? Contact Traveline whilst on the move for up to date public transport information. Telephone 0871 200 22 33 visit
traveline.info or cumbria.gov.uk/publictransport

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Produced by the Community Rail Partnership
Walk 4

Ulverston – Conishead – Canal – Ulverston

Map on walk4life.info
www.walk4life.info/walks/ulverston-conishead
Station: Ulverston Station on Springfield Road.
Terrain: Mainly minor roads with some woodland and coastal paths.
Refreshments: Café at Conishead Priory, Bay Horse Hotel and cafés and pubs in Ulverston.
Map: 05 Explorer OL7 1:25000

1. Exit the station and turn right onto Springfield Road. Continue past Victoria School and, 60m after the Rake Lane crossing, turn left into Conishead Priory Lane and left again into Conishead Priory, by turning left past the

3.7 miles
On reaching the point where Hampsfell Road meets the track

7. Enter the grounds of Conishead Priory by turning left past the

8. Pass through a stile out onto open pasture along a grass track. Before

9. After 500m arrive at the show area, with the

4.8 miles
The easy walk follows a pleasant route with meadows to the left.

10. Take the boxpath back to Ulverston. After arriving at Canishead Head there’s a 1km walk through town to the railway station, passing the Laund and Hardy Museum and their statue outside Coronation Hall.

Walk 5

Cark – Walton Hall Cartmel – Holker

Map on walk4life.info
www.walk4life.info/walks/cark-walton-hall-cartmel
Station: Cartmel Station. Terrain: Mainly hilly with level red sandstone.
Refreshments: Holker Hall Country Café, Engine Inn and Rose & Crown at Cartmel, plus Cartmel Garden Centre Café. Other shops, cafés and an pub in nearby Holker.

3.7 miles
On reaching the point where B5277 meets the track

6. Return to Cartmel Station 100m along the road.

Walk 6

Kents Bank – Hampsfell – Grange

Map on walk4life.info
www.walk4life.info/walks/kents-bank-hampsfell-grange
Station: Kents Bank Station. Terrain: Mainly hilly with woodland and upland ground.
Refreshments: Café and pub in Ulverston over-Sands.
Map: 05 Explorer OL7 1:25000

1. Exit Kents Bank Station and walk up the road straight ahead past the terrace of houses. After 100m take the lane to the right, with houses on one side and a field to the left. Leave the lane, taking a footpath through the small wood to the left.

2. The path leads onto the main Grange-over-Sands road towards a small lodge building. Turn right along the road and follow it past Rainscale Road, where the lane to the left, takes a turn left up, the lane to Middle Fell and Cartmel. After 200m up the stile is the entrance to Weasand Farm (see map for public footpath)

3. Carry on through the park, entering woodland and eventually leaving the park, now with houses to the right. The path emerges onto Grange Fell Road. Cross the road and walk up Holker Grange Road towards Charney Well. Towards the end of the road there is a steep uphill footpath to the left between the last house and the woodland. This follows a wall round to the left and then a stile opens onto the field of Holker Bank Farm.

4. Walk down across the field towards the sheds and over the stile into Spring Bank Road leading up to the farmhouse buildings. Turn right and head north along Spring Bank Road.

5. Pass through High Farm and at the top of Eggerslack Wood there is a fairly steep climb and a scramble over a wall. The path rises diagonally across the limestone grassland and declivitous thickets and over the stepped field wall and a limestone outcrop.

6. It is plain sailing to the top of Hampsfell. Start the descent on a path heading more easterly than the one followed on the way up. On reaching a wall to the left, climb over the steps and walk down through the bracken and scrub to the top edge of Eggerslack Wood. Enter the gate and follow the well-indurated path descending southwest to the woodland.

7. Pass some old concrete water storage tanks and carry on down to the left, ignoring the track to the right. The track crosses a cattle grid and meets a wall. Follow it to the left and continue on Windermere Road which leads down to the station.

Walk 7

Grange-over-Sands Woodlands Railwalk

Map on walk4life.info
www.walk4life.info/walks/grange-over-sands-railwalk
Station: Grange-over-Sands Station. Terrain: Mainly hilly and wet and grassy paths in part.
Refreshments: Drinks available at station and café and pub in station.

3.7 miles
On reaching the point where B5277 meets the track

4.8 miles
Pass through High Farm and at the top of Eggerslack Wood there is a fairly steep climb and a scramble over a wall. The path rises diagonally across the limestone grassland and declivitous thickets and over the stepped field wall and a limestone outcrop.

Walk 8

Silverdale Walk

Map on walk4life.info
www.walk4life.info/walks/silverdale
Station: Silverdale Railway Station. Terrain: Moderate.
Refreshments: Café at Leighton Moss and tea room at Leighton Hall.

3.7 miles
On reaching the point where B5277 meets the track

4.8 miles
Pass through a stile onto open pasture along a grass track. Before

5. Take the track at the top of the hedge, ignoring the track to the left. The path is a path heading more easterly than the one followed on the way up. On reaching a wall to the left, climb over the steps and walk down through the bracken and scrub to the top edge of Eggerslack Wood. Enter the gate and follow the well-indurated path descending southwest to the woodland.

6. Pass some old concrete water storage tanks and carry on down to the left, ignoring the track to the right. The track crosses a cattle grid and meets a wall. Follow it to the left and continue on Windermere Road which leads down to the station.

Walk 9

Walton Hall Farm – Hampsfell – Cartmel

Map on walk4life.info
www.walk4life.info/walks/walton-hall-farm-hampsfell-cark
Station: Cartmel Station. Terrain: Mainly hilly with level red sandstone.
Refreshments: Holker Hall Country Café, Engine Inn and Rose & Crown at Cartmel, plus Cartmel Garden Centre Café. Other shops, cafés and an pub in nearby Holker.

3.7 miles
On reaching the point where Hampsfell Road meets the track

4.8 miles
The easy walk follows a pleasant route with meadows to the left.

7. Enter the grounds of Conishead Priory by turning left past the

8. Pass through a stile out onto open pasture along a grass track. Before

9. After 500m arrive at the show area, with the Bay Home Hotel for refreshment. On a fine day the stall will bring drinks and bar food out to the benches at Canal Fort. Drive an
"ambitiously wide canal to take weaving boats, the canal is now home to wildlife.

10. Take the boxpath back to Ulverston. After arriving at Canishead Head there’s a 1km walk through town to the railway station, passing the Laund and Hardy Museum and their statue outside Coronation Hall.

11. After 500m arrive at the show area, with the

12. Pass through a stile out onto open pasture along a grass track. Before

13. After 500m arrive at the show area, with the

14. Pass through a stile out onto open pasture along a grass track. Before

15. After 500m arrive at the show area, with the

16. Pass through a stile out onto open pasture along a grass track. Before

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37. After 500m arrive at the show area, with the

38. Pass through a stile out onto open pasture along a grass track. Before