

“ Enjoy the most beautiful sunsets in the world ”

EXPLORE NATURE'S AMPHITHEATRE



Main image: View from Silverdale

GET THE FEELING

Get up close and enjoy some amazing outdoor experiences on Morecambe Bay

CROSS BAY WALKS

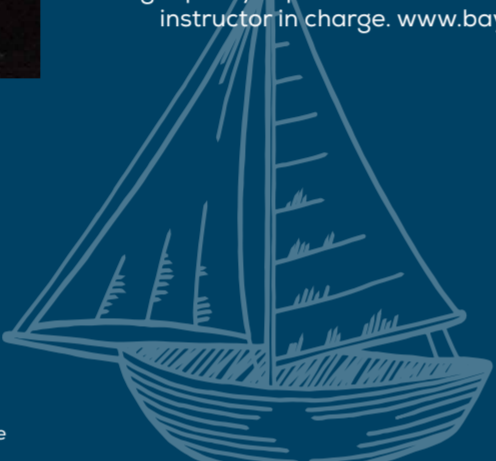
Perhaps one of the most memorable ways to experience the Bay is to take a guided walk across the Sands with the Queen's Guide (call 01524 582808 for dates). The guided walks take place from May to September each year (but don't attempt this without a guide - it is dangerous)

BAY CYCLE WAY

Discover the Bay's spectacular coastline on this award-winning National Cycle Network route. Move along at your own pace on quieter or traffic-free roads, greenways, promenades and towpaths. For details, links and maps visit www.baycycleway700.org.uk

SAILING ON THE BAY

Book a fun sail with Morecambe Bay Sea School for a wonderful adventure out in the Bay. Escape for a few hours to catch the wind in the sails and enjoy a high quality experience with an award-winning RYA instructor in charge. www.bayseaschool.com



“ A bay of big skies and big tides ”



Image: Jenny Brown's Point

FAVOURITE VIEWPOINTS

Here's a selection of our best views which are shown on the map overleaf. Enjoy!

- 1 West Shore Beach, Walney Island - views out to the Irish Sea.
- 2 Birkrigg Common, near Ulverston - fantastic views over the Bay from the site of a Bronze Age stone circle.
- 3 Humphrey Head, near Grange - one of the many places that claims to be where the last wolf in England was killed.
- 4 Hampsfell, near Cartmel - the short hike from Cartmel or Grange is well worth it for the panoramic views across the Bay and the Lakeland Fells.
- 5 Helsington Church, near Sizergh - with dramatic views over the Lyth Valley to Whitbarrow and across to Sandside and beyond.
- 6 Warton Crag - the highest point in Arnside & Silverdale Area of Outstanding Natural Beauty topped with the remains of an Iron Age fort and exhilarating views.
- 7 Jack Scout Giant's Seat, near Silverdale - the perfect place to look out to sea and watch a spectacular sunset.
- 8 The Promenade, Morecambe - loved by many for the stunning views of the Lakeland Fells on clear days.
- 9 St Patrick's Chapel, Heysham - an atmospheric place with a long history of spiritual significance and settlement, with great views from the headland.
- 10 Rossall Point Observatory - the new tower offers protection from the elements and views to the Irish Sea, Isle of Man and across the Bay's extensive sands to Walney.



WELCOME TO NATURE'S AMPHITHEATRE
VISITOR LEAFLET
MORECAMBE BAY

MAP INSIDE

WE'VE GOT SECRETS TO SHARE

Discover ancient sites and traditional ways. Here's a short selection below

BIRKRIGG COMMON STONE CIRCLE

Transport yourself back to the Bronze Age by discovering this stone circle which sits captivatingly on a hillside. This place overlooks the village of Bardsea and Ulverston and has fine views out towards Morecambe Bay.

PIEL ISLAND AND CASTLE

Board a ferry boat (seasonal) to explore this tiny island. Explore the dramatic ancient 14C stronghold of Piel Castle before retreating back to the island's Ship Inn pub to meet the King of Piel.

HEYSHAM HEAD

Walk up to Heysham Head to see the ruins of St Patrick's Chapel, which dates back to the 8C, and a group of Viking rock graves. Mystery surrounds the graves but they are believed to be early examples of Christian burials.

MORECAMBE'S ART DECO HERITAGE

Fancy a walk? Join one of Morecambe's Art Deco guided walks to discover the many surviving Art Deco buildings of this seaside town. Finish your walk at the iconic Midland Hotel that curves gracefully along the promenade.

Image: Birkrigg Stone Circle



“ Explore amazing places ”



Image: Leighton Hall

CATCH YOUR BREATH

Be captivated by the animation of the natural environment

SUN, SEA AND SUNSETS

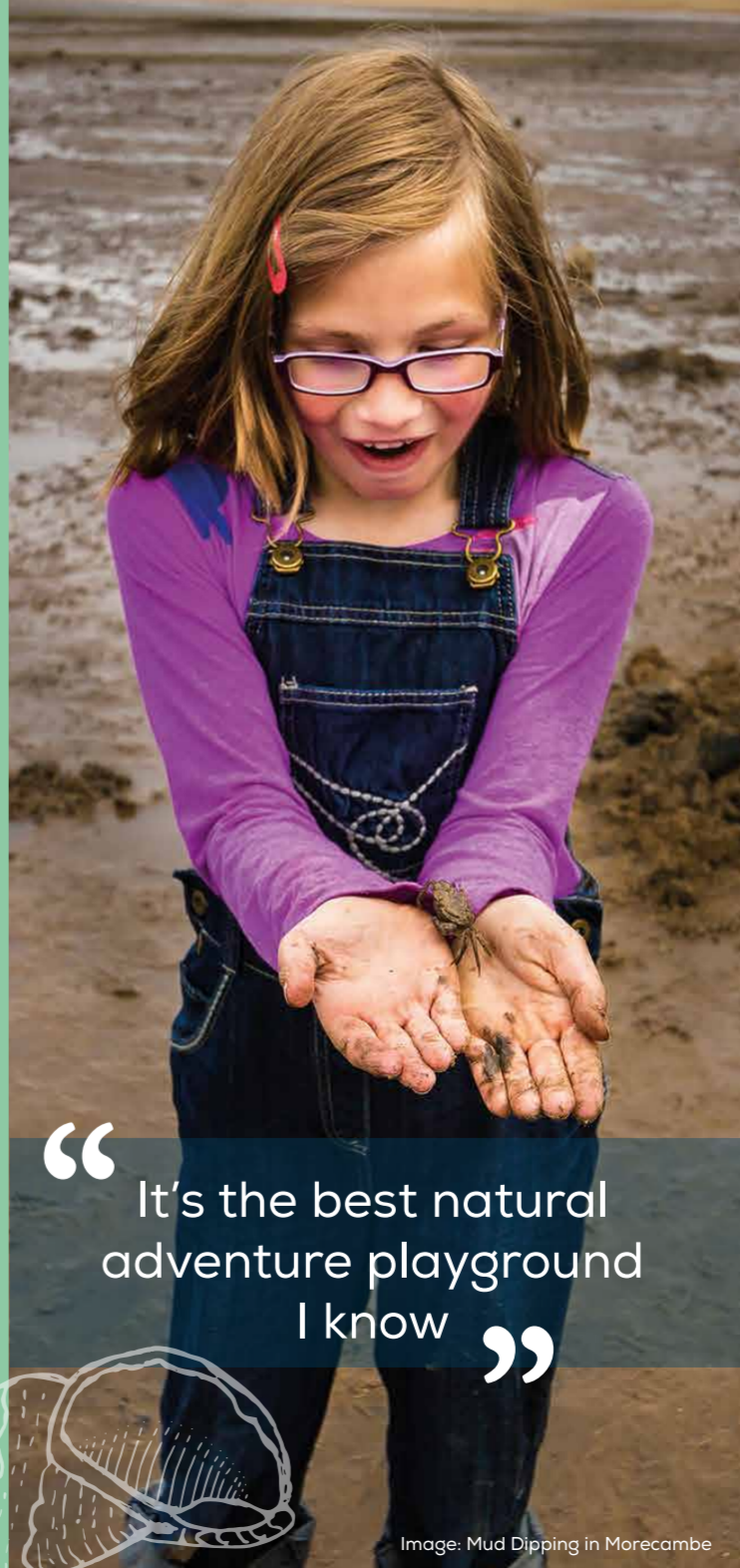
See striking sunsets at Morecambe and you'll know why they're famous, or smell the sea air and enjoy a great fish supper one evening at Arnside. The views and experiences along this coastal stretch of Morecambe Bay will captivate you - Come rain or shine!

EXPAND YOUR HORIZONS

Been inspired by the natural and cultural environments of the Bay? If so then why not try bird watching, painting or photography. RSPB Leighton Moss is a great place to start for those who are new to birdwatching and wildlife spotting, and also offers a great range of family activities as well.

WONDERFUL WILDLIFE

The islands, mudflats and sands, woods, rivers, wetlands and grasslands are home to a rich variety of wildlife. The Bay offers opportunities for a range of amazing wildlife experiences, like watching the oystercatchers and other waders march up the shore at Morecambe or Heysham, in front of the advancing tides or looking out for seals lazing around the south tip of Walney.



“ It's the best natural adventure playground I know ”

Image: Mud Dipping in Morecambe



WELCOME TO NATURE'S AMPHITHEATRE

Meet the King of Piel Island, or the Queen's Guide to the Sands. Discover an astounding haven of wildlife and birds, or Victorian towns and Art Deco glamour.

Cross the Bay on foot, stroll along the prom or explore the coastline on wheels. Uncover ancient sites and seafaring traditions, or spellbinding views with sunsets that set the sea alight.

Hear wading birds calling, seals playing, and kite-sails flying, or just sit back and enjoy some tasty local shrimps.

Explore spectacular beauty in this breath-taking kaleidoscope of water, light, sea and sky.

FIND OUT MORE...

www.exploremorecambebay.org.uk
@MorecambeBayUK
[facebook.com/exploremorecambebayuk](https://www.facebook.com/exploremorecambebayuk)
#exploremorecambebay

CALL OR VISIT US...

Morecambe Visitor Information Centre
Old Station Buildings, Marine Road,
Morecambe, LA4 4DB Tel: 01524 582808



Photography by Jon Sparks, Dan Tierney, Tony West, RSPB and Diana Jarvis. Front cover: Stone Jetty, Morecambe.

Disclaimer: Produced by Lancaster City Council and Designed by Hotfoot Design. Copy from Sense of Place Toolkit developed by the Morecambe Bay Local Nature Partnership. All details are correct at the time of going to print. Please check before setting out on your journey.



FURNESS ABBEY
Explore what was once the second richest abbey in England...

Dating back to 1123 Furness Abbey was once the second wealthiest and most powerful Cistercian monastery in the country, founded by Stephen, later King of England. Now in the care of English Heritage, these impressive ruins are well-worth a visit.
Manor Road, Barrow-in-Furness, Cumbria, LA13 0PJ 01229 835256 / english-heritage.org.uk



WALNEY ISLAND
See grey seals haul themselves out onto the beach...

Watch the seals playing in the surf around Lighthouse Bay and on the beaches at the end of South Walney Nature Reserve. The shingle beaches here at South Walney Nature Reserve provide great views across to Piel Island and the Bay. **01229 471066 / cumbriawildlifetrust.org.uk/reserves/south-walney**



CONISHEAD PRIORY AND GARDENS
This historic place is now home to Manjushri Kadampa Meditation Centre...

Visitors to the Centre can enjoy the peaceful atmosphere of the romantic gothic house set in fine gardens and extensive woodlands that lead down to the shores of Morecambe Bay.
Ulverston, Cumbria, LA12 9QQ 01229 584029 / manjushri.org



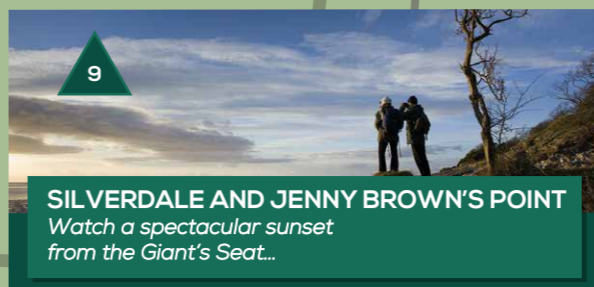
ULVERSTON
A vibrant market town with a rich cultural heritage...

Make Ulverston your base to explore the wider woodlands and wetlands, valleys and estuaries of Morecambe Bay. Ulverston is linked to the Bay by the shortest canal in Britain which leads to Canal Foot - a great place to stop and enjoy the views. Ulverston is also the home of the world famous Laurel & Hardy Museum housing an extensive collection of memorabilia of this comedy duo.
Cumbria, LA12 7LZ



GRANGE OVER SANDS
Picturesque seaside town on the coast of the Cartmel peninsula...

Stroll along the prom and watch wading birds that flock here in their thousands to feed on the shellfish and shrimps hidden in the estuarine sands. Whilst you are here, visit the historic house of Holker Hall, learn about Cartmel Priory, or relax in a cosy pub or tearoom in Grange or Cartmel.



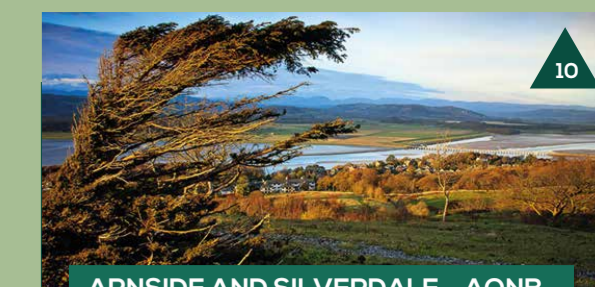
SILVERDALE AND JENNY BROWN'S POINT
Watch a spectacular sunset from the Giant's Seat...

Head to the shore for magnificent views across the bay towards Humphrey Head. Legend has it that the last wolf in England was slain at Humphrey Head. The Giant's Seat at Jenny Brown's Point was made by locals in the 19C as a grand nature viewpoint out across the Bay. Steamers and ferries used to travel around the Bay in Victorian and Edwardian years.



ARNSIDE
A fantastic promenade and pier provide great viewing...

Tuck into some fish and chips at the chip shop after a walk, sit on the prom and catch the sun going down on this pretty Victorian influenced town which looks out across the Kent Estuary to Grange. Arnside is also the start of the Cross Bay walks led by the Queen's Guide.



ARNSIDE AND SILVERDALE - AONB
Explore this awe-inspiring Area of Outstanding Natural Beauty...

Find stunning limestone pavements, ancient woodlands, intimate landscapes of meadows and rich wetlands, all topped off by an impressive coastline of hidden bays, cliffs and magnificent views across Morecambe Bay.
arnsidesilverdaleaonb.org.uk



KEY

- ▲ PLACES OF INTEREST
- ATTRACTIONS
- OUTDOOR ACTIVITIES
- ☼ VIEW POINTS



THE DOCK MUSEUM
BARROW DOCK MUSEUM

Learn about the history of shipbuilding and discover a wealth of objects showcasing the history of the Furness area from this converted 19C dry dock. From the museum, enjoy pleasant Channelside walks which link to the Cumbria Coastal Way.
North Road, Barrow in Furness, Cumbria, LA144 2PW 01229 876400 / dockmuseum.org.uk



HEYSHAM HEAD AND VILLAGE
Beautiful headland with a rich Viking history...

Discover an 8C chapel and rock hewn graves on the dramatic headlands overlooking the Bay. Managed by the National Trust, this is a truly wonderful urban green space to uncover. The village also has a fascinating history. (Separate smartphone app and village trail leaflet available)
nationaltrust.org.uk/heysham-coast



PIEL ISLAND AND CASTLE
Piel Island is full of history and a haven for wildlife...

Make the short ferry boat crossing (seasonal) to Piel Island to explore the 14C castle. This fortress was built by the Abbot of Furness to guard Barrow-in-Furness against pirates and Scottish raiders. Whilst here don't forget to meet the King of Piel at the Ship Inn.
Piel Island, Barrow in Furness, Cumbria, LA14 0ON 07516453784 (for Ferry) /english-heritage.org.uk



GLASSON DOCK
Thriving port and a great base for walks...

Enjoy walks via the canal or along the coast before exploring the village's small selection of pubs, places to eat and shops including the famous Port of Lancaster Smokehouse. Glasson also marks the southern end of the award-winning Bay Cycle Way (see Outdoor Activity No. 2).
01524 582394 / glassondock.co.uk



MORECAMBE
Stroll along Morecambe Promenade, sampling seaside treats...

Watch wonderful waders and admire the marine-inspired artwork around the town. Enjoy afternoon tea at the iconic Midland Hotel and afterwards take a walk towards the Clock Tower and see the Eric Morecambe statue standing in his famous pose, always a favourite for young and old.
01524 582808 / exploremorecambebay.org.uk



RSPB LEIGHTON MOSS NATURE RESERVE
Encounter a wealth of wonderful wildlife...

Explore this wonderful Nature Reserve and Visitor Centre which is a haven for all sorts of waders and wildfowl. From the hides spot deer and otters as well as the elusive Bittern before retiring back to the cosy café for some scrummy cake.
Myers Farm, Silverdale, Carnforth, LA5 0SW 01524 701601 / rspb.org.uk



LEIGHTON HALL
This historic home is a genuinely stunning location...

Explore the home of the famous furniture making Gillow dynasty. Enjoy the pretty gardens, watch beautiful birds of prey displays or visit the tearooms and children's play area. **Leighton Hall, Carnforth, LA5 9ST 01524 734474 / leightonhall.co.uk**



BAY CYCLE WAY - WALNEY TO GLASSON DOCK
Embark on a breathtaking journey on 2 wheels...

There's no better way to discover Morecambe Bay's spectacular coastline on this award-winning National Cycle Network route. Move along at your own pace on quieter or traffic free roads, greenways, promenades and towpaths. New for 2017 will be the addition of an electric bike network across the route. **01524 582808 /baycycleway700.org.uk**



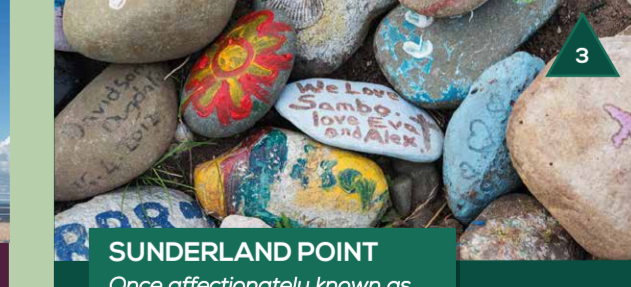
CARNFORTH
Get cosy in the Brief Encounter Refreshment Room...

Carnforth is tucked into a crook of the great expanse of Morecambe Bay. Carnforth Railway Station is the famous setting for David Lean's film 'Brief Encounter'. Today, the heritage centre delves into the history and heritage of Carnforth, its workers and its families. **Carnforth Station, Warton Road, Carnforth, LA5 9TR 01524 735165 / carnforthstation.co.uk**



LANCASTER
Uncover the city's ancient stories...

Visit Lancaster's castle and museums. Stroll along the meandering towpaths of the canal or along St George's Quay, home to the Maritime Museum. Marvel at the Georgian architecture that casts its shadow over the River Lune which heads out into Morecambe Bay. **01524 582394 / visitlancaster.org.uk**



SUNDERLAND POINT
Once affectionately known as 'Little Brighton on Lune'...

After Sunderland Point's decline as a port, people came to bathe in sea water in bath houses - Up Steps Cottage was a bath house advertised as having "hot and cold sea water showers" - all the mod-cons! Close by is the grave of Samba, a ship master's slave, providing a poignant reminder of the area's cotton and slave trade past. Sunderland Point can only be accessed at low tide.
01524 582808 /sunderlandpoint.org