

Arnside & Silverdale AONB

There are 49 AONBs in Britain and Arnside & Silverdale is one of the smallest. It has nevertheless a rich mixture of contrasting countryside from salt marsh and mixed broadleaf woodlands to limestone cliffs and lush grasslands. The red beds of Leighton Moss provide one of the last strongholds of the bittern.
www.arnsidesilverdaleaonb.org.uk

Gait Barrows, Hutton Roof Crag and Farleton Knot

The extensive limestone pavements in this area are formed from rock laid down in a warm shallow sea some 350 million years ago. The rock has been folded and tilted by movements within the earth's crust and contains fossils of the ancient corals and shellfish from which it was originally made. During the last ice age some 10,000 years ago the rock was scoured by a thick ice sheet, which after melting left behind a layer of glacial debris. Water filtering through the debris progressively eroded the fissures or grikes in the pavement and eventually washed away most of the debris.

Lancaster Canal

A section of the Lancaster Canal towpath is used in the Warton & Silverdale ride. The eight locks at Tewitfield raised the Lancaster Canal 75ft in half a mile. These were the only locks on the 57 miles between Kendal and Preston. The canal was in use from 1819 to 1942.

Tourist Information Centres / Visitor Centres

For the most up-to-date information about accommodation and visitor attractions in the area, drop into or phone one of the following Tourist Information Centres:
 24 Main Street, Kirby Lonsdale
 T: 015 242 71437

Town Hall, Highgate, Kendal
 T: 01539 725758

29 Castle Hill, Lancaster
 T: 01524 32878

Marine Road Central, Morecambe
 T: 01524 582808

Leighton Moss Nature Reserve Visitor Centre nr. Silverdale railway station
 T: 01524 701601

Cycle shops

There are cycle shops in Kendal, Bolton-le-Sands, Morecambe and Lancaster.

Cycle hire

Budgie Bikes, Arnside Youth Hostel
 T: 01524 735465
www.budgetransport.co.uk

Public transport

The nearest train stations are at Arnside, Silverdale and Carnforth. The northernmost point of the Heversham ride is about 6 miles south of Oxenholme Station (Kendal), accessible via quiet lanes.

T: 08457 484950
www.nationalrail.co.uk

Other nearby cycling

Easy, traffic-free family cycling

1. The towpath of the Lancaster Canal south from Carnforth to Hest Bank and Lancaster has been improved to a high standard.
2. A railway path runs southwest down the Lune Valley from Caton (on the A683) through Lancaster to Glasson Dock with a spur from the Millennium Bridge to Morecambe.

Long distance routes

1. The 260-mile Lancashire Cycleway passes through Arnside & Silverdale AONB.
2. National Cycle Network Route 6 links Lancaster to Kendal. Visit www.sustrans.org.uk

Lancashire County Council have a website on cycling and produce an extensive range of literature on cycle routes.
 E: cycling@env.lancsc.gov.uk
 T: 01772 534609
www.lancashire.gov.uk/environment/cycling

Lancaster is one of six cycling demonstration towns nationally. There is an extensive network of cycle paths leading out from the city's Millennium Bridge to the surrounding countryside. The Cycling for All leaflet describes six rides from Lancaster, mainly on cycle paths.

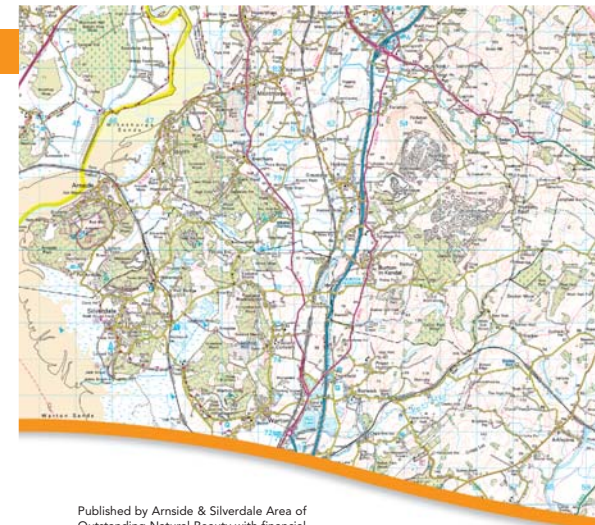
T: 01524 582392
www.celebratingcycling.org

Cumbria County Council's publication, Cycling Cumbria Map & Guide, offers an overview of all the cycling possibilities within the county. Available from Tourist Information Centres.
www.cumbria.gov.uk

www.lakedistrictoutdoors.co.uk features rides in the whole of Cumbria, not just the Lake District National Park.

Lancashire & Blackpool Tourist Board website features cycling routes, comprehensive accommodation, attractions, food and drink and special offers.

E: info@visitalancashire.com
 T: 01257 226600
www.visitalancashire.com



Published by Arnside & Silverdale Area of Outstanding Natural Beauty with financial assistance from Lancashire & Blackpool Tourist Board, Cumbria Tourism, Friends of the Lake District, South Lakeland District Council, Cumbria County Council and Lancashire County Council.

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All the routes can be found on Ordnance Survey Landranger map 97 Kendal & Morecambe or on Ordnance Survey Explorer map OL7 The English Lakes - South-eastern area.

Key to route descriptions

- R - right
- L - left
- SA - straight ahead
- X-roads - crossroads



Arnside to Kirkby Lonsdale

26 miles (41km) Moderate/Challenge

Start & parking: In Arnside, along the waterfront

Train station: Arnside

Refreshments: Lots of choice in Arnside, cafe at Oasis Wildlife Centre on the A6, Old Station Inn near Burton-in-Kendal, lots of choice in Kirkby Lonsdale, cafe at Beetham Nurseries, Wheatsheaf pub in Beetham.

Leave behind views of the Kent Estuary and the Lakeland fells as you turn inland into the broadleaf woodland of the area. The busy exit from Arnside is soon replaced by quiet lanes and a broad stone-based byway going by the wonderful name of Dollywood Lane. Emerge on the A6 with a chance to visit the Oasis Wildlife Centre. This really is the north-south transport corridor as you cross the A6, the West Coast mainline, the Lancaster Canal, the M6 and the A6070 in the space of two miles. Climb steeply beyond Burton up onto the limestone crags of Hutton Roof before dropping down to the delights of Kirkby Lonsdale with fine views towards Ingelborough. The return route takes a more northerly course including fine views north towards the Howgills from a gated lane with grass growing up the middle. There is a last climb beyond Beetham to Storth leading back to Arnside.

13 Ignore turns to right and left through Storth. At the T-junction with Carr Bank Road turn L. At the T-junction at the end of Carr Bank Road turn R (no sign). Cross the railway line to return to the start in Arnside.

12 At the T-junction with the A6 by Beetham Nurseries cross the road (WITH CARE) onto the pavement opposite and turn L. Push your bike along the pavement parallel with the A6 for 200yds then at the end of the pavement continue towards the memorial cross and the Wheatsheaf pub in Beetham (ie do not go towards Heron Mill). Just before the pub turn R signposted Storth, Arnside. After ½ mile turn first L (same sign).

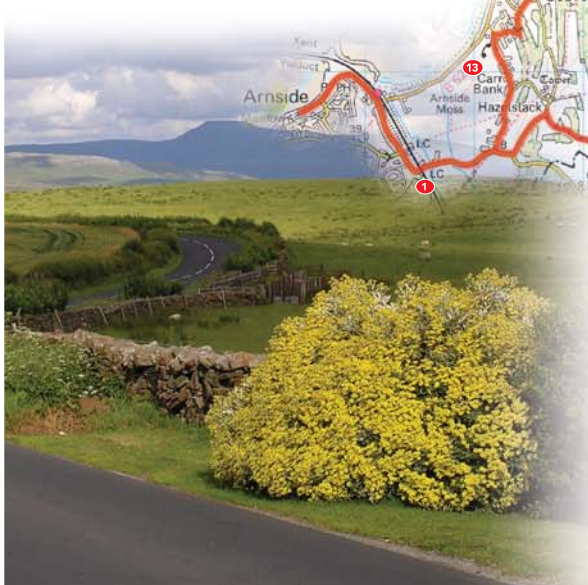
11 At the T-junction with the B6384 turn R to cross the railway bridge signposted Milnthorpe then after ¼ mile turn first L signposted Beetham.

10 After 2¼ miles on this gated lane, at the T-junction at the bottom of a gentle descent, with a hedge ahead, turn L (no sign) towards the buildings in Farleton. At the X-roads (with the A6070) go SA signposted Milnthorpe. Cross the canal and the M6.

9 At the T-junction at the top of the third climb turn R signposted Lupton. Ignore the first left turn immediately after Hutton Roof church. After ½ mile of gentle descent take the next L signposted Newbiggin.

8 Climb then descend. At the T-junction turn L uphill signposted Unsuitable for heavy vehicles. Second climb and descent.

7 After visiting Kirkby Lonsdale (churchyard, Ruskin's View, riverside walk, Devil's Bridge, cafes and pubs) return via Biggins Road to its end and WITH GREAT CARE recross the A65 on to the lane opposite signposted Hutton Roof, Burton. After 400yds take the first lane to the R (by a wooden bus shelter) signposted Biggins.



1 Exit Arnside keeping the estuary to your left, following signs for Silverdale. This first section is the busiest of the whole ride. About ½ mile after crossing the railway line, ignore the first left on Carr Bank Road. Shortly, on a sharp right-hand bend take the next L* on Storth Road signposted Storth. Easy to miss: after 400yds turn sharp R onto a wide stone track signposted Public Byway, Dollywood Lane.

* WINTER ALTERNATIVE: To avoid a short section of muddy track, do not turn left on Storth Road but continue straight ahead. After ½ mile, at the T-junction turn left signposted 'Yealand' then shortly turn left again, sharply back on yourself, signposted 'Beetham'. Climb, then at the T-junction at the end of Leighton Beck Road turn right. Go to Instruction 3.

2 Follow this broad, stone-based track for ¼ mile. It will be muddy in winter and after prolonged rain. At the T-junction with tarmac turn L uphill. At the T-junction at the end of Leighton Beck Road turn sharp R signposted Yealand, Carnforth.

3 At the T-junction at the bottom of a gentle descent by a Give Way sign turn L signposted Hale. At the T-junction with the A6 turn R signposted Lancaster (push your bike along the pavement if you prefer) then shortly turn first L signposted Burton, Holme.

SHORT CUT: Shortly after turning left off the A6, take the first lane to the L (no sign). At the T-junction in Holme bear L (no sign) past Marwin House B&B. At the next T-junction by the Smithy Inn turn R then L onto North Road. After ½ mile, at the end of the houses in Holme turn L onto Old Lane. At the T-junction at the end of Old Lane turn L and rejoin at Instruction 11.

Five circular rides of 11 to 26 miles between Arnside and Kirkby Lonsdale

Cycle & See

Arnside & Silverdale
 Area of Outstanding Natural Beauty

great cycling in Cumbria & Lancashire

Warton to Arkholme

14 miles (22.5km) Moderate/Challenge

Start & parking: Car park for Warton Crag Nature Reserve up Crag Road at the back of George Washington pub in Warton Main Street.

Nearest train station: Carnforth - exit the station and turn sharp left onto Warton Road. Follow for 1 1/2 miles as far as the George Washington pub in Warton to join the route.

Refreshments: George Washington pub, Malt Shovel pub, Warton. Bay Horse pub, Arkholme. New Inn, Yealand Conyers.

Head east from Warton and keep an eye out for the gothic turrets of Borwick Hall as you pass through the village. Climb up past Capenway Hall and Lord's Lot Wood for some of the best views of the ride east towards Ingleborough. The unavoidable two miles on the B6254 is downhill, dropping 200ft (60m) to the Bay Horse pub in Arkholme. Climb back out of the Lune Valley on a series of delightful wooded lanes to the highpoint of the ride by the limestone outcrops of Hutton Roof, swoop down to cross the motorway, canal and railway and head for home through the Yealands.



1 Exit the Warton Crag Nature Reserve car park in Warton and turn L downhill. At the T-junction with the main street turn L to go through the village. After 300yds turn R onto Borwick Lane signposted Borwick (this is a busier road).

2 At the T-junction with the A6 turn L (push your bike along the pavement), follow bike signs for Borwick using the waymarked cyclepaths to cross the A6 before the roundabout and turn R towards Borwick.

3 Go SA at the X-roads (your priority) then at the T-junction in Borwick turn R signposted Ducker Farm Park.

4 Cross the railway, the River Keer, go past Capenway Hall and Lord's Lot Wood for some of the best views of the ride east towards Ingleborough. The unavoidable two miles on the B6254 is downhill, dropping 200ft (60m) to the Bay Horse pub in Arkholme. Climb back out of the Lune Valley on a series of delightful wooded lanes to the highpoint of the ride by the limestone outcrops of Hutton Roof, swoop down to cross the motorway, canal and railway and head for home through the Yealands.

5 Descend with good views towards Ingleborough. After almost 2 miles, turn L by the Bay Horse pub in Arkholme signposted Ducker.

6 Cross the railway line and take the next lane to the L signposted Ducker, Burton West. After 1 mile turn 1st R signposted Hutton Roof, Burton West, Keerside.

7 Descend steeply, climb steeply. At the T-junction at the top turn L to continue uphill (no sign) to the highest point of the ride (157m/515ft).

8 Long descent. At the T-junction (with the A6070) at the end of Dalton Lane turn L signposted Carnforth then first R signposted Yealand.

9 Cross the M6, the canal and railway line. At the X-roads with the A6 go SA (WITH CARE) signposted Yealand Redmayne, Silverdale.

10 At the T-junction at the end of Eight Acre Lane turn L signposted Yealand Conyers, Warton, NCN 6. After 1 mile go past the New Inn and climb steeply. Continue for a further 2 miles into Warton and turn R by the George Washington pub to return to the car park at the start.

SHORT CUT: Cross the railway and turn L onto Keer Holme Lane signposted 'Ducker, Lancashire Cycleway'. After 1 mile, on a sharp right-hand bend, bear L signposted Keer Holme, Ducker, then after a further 1 1/2 miles take the next L signposted 'Hutton Roof, Burton West' and rejoin at Instruction 7.

Warton, Silverdale & the Lancaster Canal by Tewitfield locks

13 miles (20km) Moderate

Start & parking: Car park for Warton Crag Nature Reserve up Crag Road at the back of George Washington pub in Warton Main Street.

Nearest train station: Silverdale is less than 1/2 mile from the route - exit the station, turn left towards Silverdale and first right on a road called The Row.

Refreshments: George Washington pub, Malt Shovel pub, Warton. Tearooms just off the route at Leighton Moss Visitor Centre and Waterslack Farm. Oasis Wildlife Centre tearoom (on the A6). Old Station Inn, just off the route west of Burton. Longlands Hotel, Tewitfield.

The hill at the start of the ride may come as a shock and you may prefer to walk - there are great views across Morecambe Bay and soon you come to the great walls of Warton Crag Quarry, now disused. You may wish to divert off the route to Leighton Moss Visitor Centre or wait until Waterslack Farm Cafe, set up a dead-end road, hidden like a secret kingdom. Wooded lanes lead on to a crossing of the A6 by the Oasis Wildlife Centre and before long you join the broad grass and stone towpath alongside the series of disused locks along the Lancaster Canal. Shortly after leaving the canal the ride heads west back to Warton.

Cycling permit: You will need a (free) British Waterways cycling permit to ride on the canal towpath. These can be downloaded from www.waterways.com/cycling/permit or obtained by phone on 01942 405700 or by dropping into Lancaster Tourist Information Centre.



1 Exit the Warton Crag Nature Reserve car park and turn R uphill. Short steep climb, great views to the left towards the bay then after 1/2 mile go past amazing Warton Crag Quarry.

2 After 2 miles, at the T-junction at the end of Crag Road at the bottom of a long hill bear R signposted Silverdale, Arnside. This is a busier road.

3 At the T-junction by a triangle of grass and a Give Way sign turn R signposted Station, Arnside then shortly turn first L* onto a road called The Row.

4 At the T-junction at the end of The Row (with a car park opposite) turn R. Shortly, at the next T-junction turn L signposted Lancashire Cycleway, Arnside. Waterslack Farm Cafe (well worth a visit) is shortly on your left.

5 After 1 1/2 miles ignore a left turn to Arnside. Busier section of road. After a further 1/2 mile take the next L turning sharply back on yourself signposted Beetham, 6ft 6ins width limit.

6 At the T-junction at the end of Leighton Beck Road turn sharp R signposted Yealand, Carnforth.

7 Descend to a T-junction by a Give Way sign and turn L signposted Hale. Follow the road round to the right. At the T-junction with the A6 turn R (WITH CARE) signposted Lancaster (push your bike along the pavement if you prefer) then shortly turn first L signposted Burton, Holme.

8 After 1/2 mile turn first R just before passing under the railway bridge (no sign). At the T-junction at the top of the climb turn R (no sign) then after 100yds turn L signposted Lancashire Cycleway (the sign is in the hedgerow to the left). Shortly turn L again following the Lancashire Cycleway signs.

9 After 1/2 mile cross the M6 and immediately turn R onto a road signposted No entry except authorised vehicles. Shortly bear L through a wooden gate onto a wide tarmac/stone path parallel to the canal. Keep the canal to your left.

10 Follow the canal down past the locks. Shortly after running parallel with the M6 on a tarmac path below the A6070 road bridge you will pass the turning for Longlands Hotel (refreshments). Continue on the towpath past the marina (there may be moored barges), pass under the next bridge (no. 138) then turn immediately R uphill sharply back on yourself. At the road turn L.

11 At the X-roads by a Give Way sign turn R signposted Warton (A6) and soon cross the M6. At the roundabout with the A6 turn L onto the pavement then use the traffic island to cross the A6 to the opposite pavement and turn L, pushing your bike alongside the A6 towards Lancaster for 150yds. Turn R onto Borwick Lane.

12 At the end of Borwick Lane at the T-junction with Main Street in Warton turn L signposted Carnforth, Silverdale then immediately before the George Washington pub turn R onto Crag Road to return to the start.

*OR, to visit Leighton Moss Nature Reserve (tearoom) continue straight ahead and take the first road to the right.

Heversham to Farleton & Beetham

11 miles (17km) Easy/Moderate

Start & parking: Heversham. No specific car park but there is on-road parking for several cars north of the church towards Levens, on the left-hand (west) side by Heversham Gardens and the children's play area.

Alternative Start & parking: Beetham - park on the road towards the Heron Theatre, close to the Wheatshaf pub.

Nearest train station: Arnside (follow the start of the Arnside to Kirkby Lonsdale ride and join this ride at Beetham). Alternatively head south from Oxenholme via Natland, Sedgwick and Hincaster.

Refreshments: Blue Bell, Heversham. Farletonview Fisheries tearoom. Cafe at Beetham Nurseries, Wheatshaf pub, Beetham.

The easiest route of the five described barely rises above 50m (165ft), and finishes with a delightful flat section suitable for younger children. Having said this, the start from the ornate church at Heversham presents you with a steady climb to Woodhouse before undulating through to Farleton. The ride twice crosses the Lancaster Canal, now sadly severed at several points although there are long term plans to restore its full length from Kendal to Preston. After passing the impressive facade of the Wheatshaf pub in Beetham, a short climb sets you up for the best part of the whole ride - a glide down the tree-lined route through Dallam Deer Park then out onto the lush flat countryside of the Kent Estuary to return to Heversham.

1 From the church in Heversham follow Woodhouse Lane signposted Woodhouse, Crooklands. Ignore turnings to right and left for almost 2 miles.

2 At the X-roads with the B6385 go SA towards the distinctive outline of Farleton Fell. Go past Farletonview Fisheries, cross the M6 then at the T-junction with the A6070 turn R (TAKE CARE) then shortly first L (no sign).

3 Cross the canal, at an unsigned fork in the road bear R then shortly at a T-junction turn R over a stone bridge over Lupton Beck and go through Farleton, ignoring turnings to right and left. At the X-roads with the A6070 go SA signposted Milnthorpe.

4 After 1 1/2 miles at the T-junction with the B6384 turn R signposted Milnthorpe to cross the railway then first L immediately after crossing the River Bela signposted Beetham.

5 At the T-junction with the A6 by Beetham Nurseries cross (WITH CARE) to the pavement opposite and turn L. Push your bike for 200yds to the end of the pavement and continue towards the memorial cross and the Wheatshaf pub in Beetham (ie do not go towards Heron Mill) then just before the pub turn R signposted Storth, Arnside.

6 Ignore a left turn to Storth. Continue uphill and take the next road to the R* signposted National Cycle Network Route 6, Kendal, Milnthorpe. Go down through parkland.

7 At the T-junction (with the B5282) turn R signposted Kendal, Milnthorpe then shortly turn L signposted Cumbria Cycleway immediately after crossing a bridge over the River Bela.

8 Lovely flat 2-mile section then gentle climb to the Blue Bell pub. At the X-roads with the A6 go SA (WITH CARE) towards the church in Heversham to finish.

*For a short there-and-back detour for some fantastic views across the Kent Estuary towards the Lakeland fells, continue straight ahead for 1/2 mile to the top of this hill.



Holme to Hutton Roof

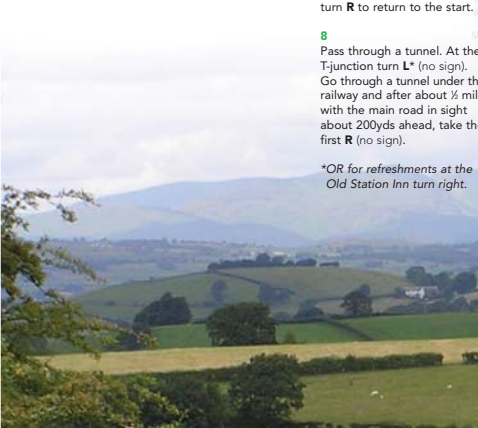
11 miles (17km) Challenge

Start & parking: Holme, either in the small car park by the Spar shop or along North Road.

Nearest train station: Arnside - follow the start of the Arnside to Kirkby Lonsdale ride to the crossing of the A6 by the Oasis Wildlife Centre and take the first left towards Holme.

Refreshments: Smythys Inn, Holme. Old Station Inn, west of Clawthorpe.

This short steep ride is rewarded with some very fine views in all directions from the highpoints at Hutton Roof church and the summit between Newbiggin Crags and Hutton Roof Crags: north towards the Howgills, east towards Ingleborough and the Yorkshire Dales, southwest across Morecambe Bay and northwest towards the Lakeland Fells. But you have to work to earn your rewards! An easy flat section north of Holme to Farleton leads on to a tiny, gated road with grass growing up the middle and verges full of wildflowers in the spring and summer. This network of forgotten lanes climbs then undulates for four miles to reach the highest point of any of the rides described, a mighty 630ft (192m) south of the limestone crags of Farleton Fell. A fast descent and a chance of refreshment at the Old Station Inn lead to a total contrast - a flat lane across lush pasture to return to Holme.



1 With your back to the Smythys Inn in Holme turn L then L again onto North Road. After 1/2 mile, at the end of the houses in Holme turn L onto Old Lane.

2 At the T-junction at the end of Old Lane turn R towards the gorse-covered slopes of Farleton Fell.

3 At the X-roads with the A6070 go SA signposted Farleton. Easy to miss: ignore two left turns and take the next road to the R climbing gently between high hedges (no sign).

4 Follow this gated road for just over 2 miles. At the X-roads at the top of a long climb turn R signposted Hutton Roof to continue uphill.

5 After 1/2 mile and immediately before Hutton Roof church turn R* uphill signposted Clawthorpe, Burton.

6 Climb to the highpoint (192m/630ft) with fine views to the Howgills, Barbon Fells and the fells above Longsleddale. At the T-junction (with the drive to Whin Yeats ahead) turn L to continue uphill signposted Burton, Carnforth (the sign is behind you).

7 Long descent. At the T-junction with the A6070 turn R (no sign) then shortly first L signposted Old Station Inn, Narrow Tunnel Ahead.

8 Pass through a tunnel. At the T-junction turn L* (no sign). Go through a tunnel under the railway and after about 1/2 mile, with the main road in sight about 200yds ahead, take the first R (no sign).

9 At the T-junction in Holme bear L (no sign) past Marwin House B&B. At the next T-junction by the Smythys Inn and Spar shop turn R to return to the start.

*OR for refreshments at the Old Station Inn turn right.

