Walks by Area - Garstang and The Lancaster Canal Circular Walk $Garstang \label{eq:Garstang}$

- **Intro** A circular walk starting and finishing at Garstang main car park by the River Wyre (next to High Street)
- Terrain Easy walking conditions but can be muddy across the farm fields.
- Distanc e

Approximately 5.3km (3.3 miles). Allow 3 hours to complete the walk.

1. From the bottom right hand corner of the car park, turn right and follow the footpath alongside the River Wyre. Continue until you reach the second exit path on your right hand side and enter a wide grassed alleyway known as a 'weind' (These are ancient rights of way or alleyways to the High Street, a historical feature of Garstang dating back to medieval times). This path leads you between houses and through an archway onto the High Street.

2. Turn left and continue to walk down the street until you reach the road junction with the mini roundabout. Directly ahead of you is the Wyre Road Bridge. Cross over the bridge and take the entrance to the nursing home (a converted corn mill built in the 18th century, although its origins lie in the 13th century), which is located on your right hand side. Look out for traffic.

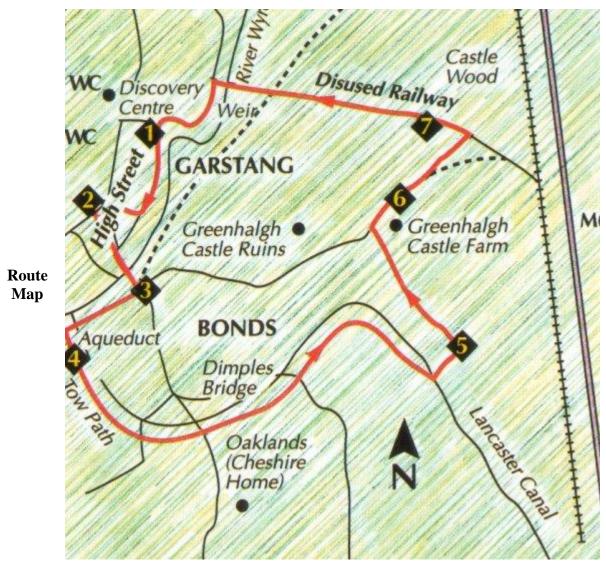
3. On the left of the building you will see an archway. Proceed through the archway and join the footpath which follows the river bank. Continue along until you reach the aqueduct. Go under the aqueduct and climb the wooden steps on the left hand side, onto the canal towpath.

4. Turn right and follow the towpath. At the fifth bridge (no. 56), leave the path, ascend the steps and climb the stile. Turn left and cross the bridge. Continue along the farm track until you reach a field gate.

Route 5. Once through the gate, climb the stile on your left hand side, cross the ditch via the wooden plank and head straight across the field towards the farm buildings and castle ruins. As you reach the field boundary fence, locate an opening and follow the hedge line to the farm. Enter the farmyard via the gate or stile and continue past the farmhouse, noting the castle ruins on the left hand side. Turn right immediately past the farmhouse and follow the farm track, continue past the barns and bear right until you reach a field gate.

6. Locate a stile at the left hand side of the gate, proceed over it and turn left. Follow the fence line until you reach another stile on your left hand side. Cross the adjacent field, heading for the opposite side which provides access to the disused railway cutting (the conservation area on the right is known as Wildgoose Wood). Climb the stile and turn left where an immediate descent may be difficult. Continue along the bank until an easy descent can be made to the bottom.

7. Continue in the same direction, along the cutting until you reach a fence and stile. Follow the footpath beyond and cross two more stiles as you approach Garstang. The path then joins a tarmac road which is part of the pumping station complex. Continue walking until you reach the first stone building on the bridge and locate an opening in the wall, giving access to the stone steps. Descend the steps and head right, following the riverside footpath back towards the car park.



Starting The walk commences from the river end of the small car park, containing the toilet block situated behind Garstang Discovery Centre on the High Street in Garstang.