

# Doorstep Walks

*in and around Barrow*



A series of short, graded, gentle walks within easy reach of bus stops around the Furness area.



# Walking for Health

Walking encourages you to enjoy your local natural spaces and benefits your health.

Exercise does not have to be exhausting, expensive or boring. A brisk walk gives your heart the workout it needs.

## Walking

is the closest thing to perfect exercise.

### Before you go:

If you are new to longer periods of walking, let someone know where you are going.

Try and wear suitable footwear and take extra care in adverse weather conditions (ice, wind etc) also take a drink with you on the walk.

### Why should we walk?

No matter what the weather, walking can be done almost anywhere, at any time.

It's also a great way to help the environment and save money by walking instead of using the car. So you can even fit it into your daily routine, it doesn't have to be an extra on your 'to do' list.

### Did you know...

Physical activity positively contributes to the prevention and management of over 20 chronic conditions including coronary heart disease, diabetes, cancer, mental health and obesity. It will help to improve sleep, give you more energy and tone up your muscles.

### Healthy Living

To get the maximum health benefits try and build up to doing 30 minutes of physical activity, that increases your breathing and heart rate and makes you feel warmer, at least five times a week.

All details were correct at the time of going to print but, we cannot guarantee that they will not change in the future.

# Abbey Greenway

# 1



## **Time**

1 - 2 hours

## **Distance**

4 miles

## **Surfaces**

Tarmac & hardtop

## **Start/Finish**

Furness Abbey

## **Parking**

Abbey carpark

## **Bus routes**

No 6 FGH

## **Walk type**

Moderate

## **Toilets**

Public toilets  
Abbey Mill café

Start at the amphitheatre car park, near Abbey Mill Café close to the ruins of the Cistercian Abbey of Furness, built in 1124 and sacked in the dissolution in 1537. Furness Abbey, it once one controlled large areas of Cumbria as well as the Furness Peninsula.

The Vale of Nightshade in which the Abbey is situated is a glacial river overflow channel carved into the red boulder clay drumlin.

The Abbey to Roose Greenway was constructed in 2008 to create a new cycle and walking route.

Depending on your level of fitness and whether you walk regularly it will take:

♥  
**2 hours**  
(2 miles per hour)

♥♥  
**1.5 hours**  
(3 miles per hour)

♥♥♥  
**Under 1 hour**  
(4 miles per hour)

### Route description

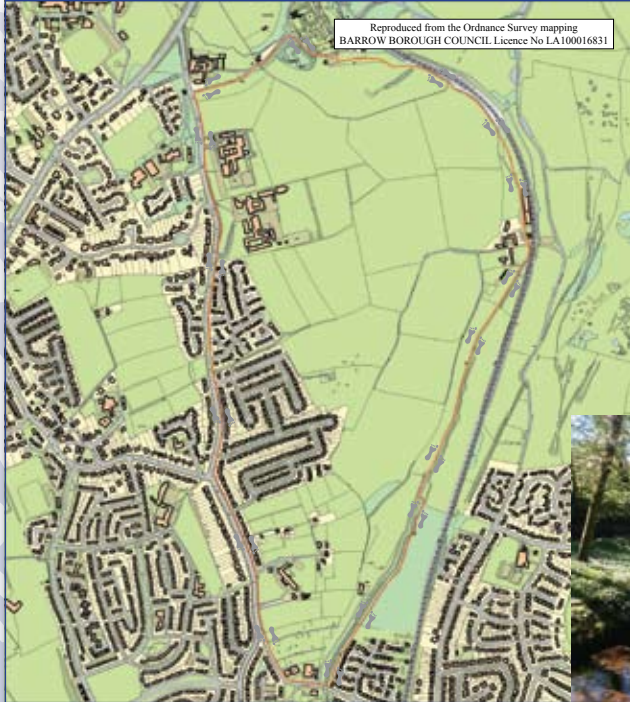
From the carpark at Abbey Mill café take the road towards the Abbey Visitor Centre, turning left up Manor Rd after 80m, at the top turn left onto the tree-lined avenue Rating Lane. Pass the college and school on the left and take the left fork at the small roundabout.

After 300m take the left fork into Flass Meadow then left into the greenway just over the river.

The granary runs all the way to Furness Abbey, passing through park house farm.

Cyclists may use the track but not horses. Dogs must be kept under close control, especially passing the farm buildings.

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BARROW BOROUGH COUNCIL Licence No LA100016831



# Barrow Public Park

# 2



**Time**  
30 - 50 mins

**Distance**  
2 miles

**Surfaces**  
Tarmac

**Start/Finish**  
Greengate Street  
Childrens Centre

**Parking**  
Street parking  
on Greengate St

**Bus routes**

**Walk type**  
Easy some gradients  
in the park

**Toilets**  
Public toilets  
at the park

Green Flag winning Barrow Park, designed in 1901 by World renowned Thomass Mawson and recently upgraded is a delightful haven of greenery near the centre of town.

There are sights of interest at all times of year including the hothouse which has regularly changed floral displays.

The park contains the boating lake, bandstand, and new pavilion with its café. Park Leisure Centre has a full range of indoor physical activities.

Depending on your level of fitness and whether you walk regularly it will take:

♥  
**Under 50 mins**  
(2 miles per hour)

♥♥  
**Under 40 mins**  
(3 miles per hour)

♥♥♥  
**Under 30 mins**  
(4 miles per hour)

## Route description

Start opposite the Children's Centre on Greengate St and walk up the hill over the railway bridge.

After Lorne Road, turn left into the park to the left of the all weather pitch and keep to the left, eventually ascending Cenotaph Hill.

The route then follows the drive down to the station gate and then back up the hill to the Baptist church entrance on Abbey Road then past the Jubilee Garden, the bandstand and park pavilion.

In the winter months stop for a warm in the well-stocked hothouse before rounding the lake and back to Greengate Street.



# Barrow Island

# 3



**Time**  
50-70 mins

**Distance**  
3miles

**Surfaces**  
Mainly pavement.  
Some rough patches

**Start/Finish**  
The Forum

**Parking**  
Debenhams car park  
Or 1hr street parking

**Bus routes**

**Walk type**  
Easy - no stiles

**Toilets**  
None on route  
Forum after walk

Barrow Island is a place of contrasts; Dominated by the big sheds of the shipyard and engineering works and the Victorian tenement blocks, there are some interesting open spaces and the newly built access roads to the waterfront development.

In the background are the recently revitalized docks with the service areas for the offshore windfarms and the gas condensate tanks.

The walk skirts round the Cavendish Park playing fields and the allotments named after BBC Radio Cumbria garden pundit Jeff Fullard.

Depending on your level of fitness and whether you walk regularly it will take:



**70 mins**

(2 miles per hour)



**100 mins**

(3 miles per hour)



**50 mins**

(4 miles per hour)

## Route description

Start outside the Forum on Duke Street and walk over the High Level Bridge on Michaelson Road, on beyond the Tea House roundabout and on beyond the last block of tenements.



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# North Walney Fields

# 4



**Time**  
60-80 mins

**Distance**  
4 miles

**Surfaces**  
Grassy Paths

**Start/Finish**  
Mill Lane fire station

**Parking**  
Unrestricted street parking

**Bus routes**  
6

**Walk type**  
Moderate - some rough paths

**Toilets**  
None

The area between Walney airport and Mill Lane is a mixture of untended tall grassland, grazed fields, planted amenity woodland and includes the West Shore Chalet park and the Multi Use Games Area (MUGA).

From Mill Lane fire station runs a network of paths leading to North Scale or West Shore.

Because of the diversity of the vegetation in this area it has become a haven for wildlife and a valuable recreation space. This walk crosses the North Walney fields, offering a fairly challenging but always rewarding experience.

Depending on your level of fitness and whether you walk regularly it will take:



**80 mins**  
(2 miles per hour)



**70 mins**  
(3 miles per hour)



**50 mins**  
(4 miles per hour)

## Route description

From the Fire Station and day centre on Mill Lane, go through the gates and onto the footpath leading to the viewpoint overlooking the MUGA.

Carry on down the hill and follow the path up the other side that straight the small wood on the right. Turn right at the corner and use Moor Tarn (13 cornered) Lane to reach North Scale. Head left to the airport on the road then left at the airport security hut.

Following the path along the outside of the airfield, reaching the beach just north of the field previously a small golf course.

Follow the beach south to Earnse Point (West Shore) and past the West Shore entrance. Turn left, but take the footpath right instead of following the road to North Scale. Follow the footpath back into the North Walney woodland linking up with the footpath back to the Fire Station.



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# Dalton - Millwood

# 5



**Time**  
50-70 mins

**Distance**  
3 miles

**Surfaces**  
Grassy paths

**Start/Finish**  
Goose Green  
car park

**Parking**  
Goose Green  
car park

**Bus routes**  
No 6

**Walk type**  
Level, but likely to  
be wet underfoot  
+ 1 steep climb

**Toilets**  
Brown Cow pub

Linking Dalton-in-Furness to Furness Abbey, this walk includes part of the Cistercian Way from The Hags to Millwood across grazed fields mainly alongside Mill Beck - 'The Red Waters!

From the car park close to the old town pinfold, the route follows the cart-track to the south, past the terrace of cottages and enters Millwood having crossed the fields.

It is possible to short cut the route below Millwood house and cross the field back to the footpath returning to Dalton, thus avoiding the steep climb up to the bypassed Thwaite Flat Lane. Lots of wildlife interest in the woodland section.

Depending on your level of fitness and whether you walk regularly it will take:

♥  
**70 mins**  
(2 miles per hour)

♥♥  
**60 mins**  
(3 miles per hour)

♥♥♥♥  
**50 mins**  
(4 miles per hour)

## Route description

In fine dry weather this walk poses few challenges but in wet conditions expect to have dirty shoes.

The start in the small carpark at Goose Green is convenient for visiting Dalton parish church, seeing the pinfold and the welcoming Brown Cow pub. Taking the cart track south the Cistercian way is a pleasant walk with Mill Beck on the left and usually with inquisitive cows in the field.

Go through the gates under the “Dalton Loop” railway and head across to Millwood footpath in the wood then out onto Thwaite Flat Lane and onto the old main road at the roundabout.

Stay on the left leading back to Dalton, then just at the bottom of Mill Brow Hill take the path past a cottage and horse fields, passing under the railway twice, to return to Dalton.



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# Hindpool & Channelside 6



**Time**  
40-60 mins

**Distance**  
2.5 miles

**Surfaces**  
All on pavement  
Some road crossing

**Start/Finish**  
ASDA

**Parking**  
ASDA

**Bus routes**  
3 + ?

**Walk type**  
Easy but can be cold

**Toilets**  
Dock Museum  
ASDA

Long - established health walk route, this walk begins at ASDA. Taking in the Dock Museum and Waterside Park. Then follows the Channelside promenade past Furness College as far as the old slagbank, returning via the new lake on the previous steelworks site, close to the Liberata building.

With views of Vickerstown, points of interest on the way are the Dock Museum, the brain maze at Waterside Park and the fishermen's quay.

Along Channelside it is possible to see mullet in the water and seabirds such as redshank, cormorants and oystercatchers. A short invigorating walk of high scene interest.

Depending on your level of fitness and whether you walk regularly it will take:

♥  
**60 mins**  
(2 miles per hour)

♥♥  
**50 mins**  
(3 miles per hour)

♥♥♥  
**40 mins**  
(4 miles per hour)

## Route description

From ASDA entrance the route crosses the A590 use the traffic island and turn left down towards Hollywood park. At the next junction the route turns right into Ironworks Road, following the pavement past Trinity Enterprise Centre and Furness College down to the Dock Museum, carry on to Bridge Approach and enter Waterside Park, giving a perfect view of Jubilee Bridge.

Leave the park on the pathway past the boatyard and walk along the quay to the fishing boat pier and the Dock Museum. Cross the dock gate and walk north along Channelside, with its views of Black Combe, the channel and Vickerstown, the model suburb created by Vickers Armstrong around 1900. Keep going until reaching the large flights of steps leading to the slagbank.

Then turn right behind the industrial units and emerge on the road opposite Liberata cross the road and walk past the lake and back across the main road to the starting point at ASDA.



# Cavendish Dock

# 7



**Time**  
50-70 mins

**Distance**  
3 miles

**Surfaces**  
Mainly tarmac  
some grass

**Start/Finish**  
St Lukes Avenue  
Sand gate

**Parking**  
St Lukes Avenue  
Sand gate

**Bus routes**

**Walk type**  
Longer walk

**Toilets**  
None

Cavendish Dock is a brackish water body acting as a header for the rest of the dock system at Barrow. It also provides the cooling water for Roosecote Power Station.

More interestingly the water weeds that flourish in the dock are the basis of a food chain for the fish and large number of wildlife such as coot, tufted duck, mergansers, and cormorants, with in all 32 recorded species.

The operators, Centrica, claim that the cooling water is returned to the dock 10c warmer than normal is a key feature and has encouraged some exotic invertebrates and waterweeds.

Depending on your level of fitness and whether you walk regularly it will take:

♥  
**70 mins**  
(2 miles per hour)

♥♥  
**60 mins**  
(3 miles per hour)

♥♥♥  
**50 mins**  
(4 miles per hour)

## Route description

From St Luke's Avenue, off Roose Road, walk back towards town along Salthouse Road, passing under Salthouse railway bridge and left into Vulcan Road. Carry on round the crescent and take the track onto the allotments through the cutting on the left (may be locked in the evenings).

Head through the allotments towards the dock embankment. Follow the track of the old railway west to Ramsden Dock Road. Turn left and walk along the road to the nuclear terminal.

Take the tarmac path skirting the dock and walk towards Roosecote Power Station. Return to Roose Gate and pass under the rail bridge. Arrive at the Sand Gate public house and St Luke's Avenue.





**Time**  
40-60 mins

**Distance**  
2 miles

**Surfaces**  
Mainly grassy paths, but with several high stiles

**Start/Finish**  
How Tun Wood car-park on Cliffe Lane

**Parking**  
How Tun Wood car-park on Cliffe Lane

**Bus routes**  
No 3 & 6a

**Walk type**  
Longer walk

**Toilets**  
Ormsgill Community Centre

## How Tun Wood – Woodland Trust

Planted to celebrate the millennium, the name was chosen by local people who planted the wood to mark the millennium. The native species woodland contains trees tolerant of the sea winds including: oak, ash, birch, rowan, alder, holly, hazel and hawthorn. Remnants of field hedges provided shelter to enable various species to thrive. To the west of the site, a circular stone dais provides an opportunity to take in the splendid views.

The wood is developing into mature broadleaved woodland. Site biodiversity is enhanced by keeping open ground, wood edge, hedgerow and deadwood habitats. The wood has four entrances, and a network of footpaths gives users the ability to explore and vary routes. To the south is Ormsgill Reservoir, a well-known refuge for waterbirds; in the winter the old reservoir attracts flocks of pochard, tufted duck and mergansers, and in the summer there are nesting geese, grebes and swans.

There are good bus services from the town centre to Ormsgill and Hawcoat.

Depending on your level of fitness and whether you walk regularly it will take:

♥  
**Under 30 mins**  
(2 miles per hour)

♥♥  
**Under 20 mins**  
(3 miles per hour)

♥♥♥  
**Under 15 mins**  
(4 miles per hour)

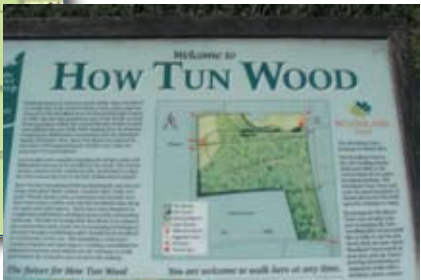
## Route description

From the carpark at How Tun Wood, off Cliffe Lane, take the lane up the road at Quarry Brow. Turn left and then after 50m turn right, off the road, into a narrow, walled footpath heading northward.

Enter the field via a kissing gate. Cross the first field backing onto the houses of Hawcoat village, keeping close to the fence on the right, then set off diagonally left across the next field, reaching a complex wooden stile to cross the next field hedge. There are a further two stiles to cross before reaching the field gate feeding out onto Bank Lane. Turn left at once into the Ormsgill estate at Sowerby Avenue and then down Angle Meadow Lane to reach Middlefield.

Head South and take a short stretch down Mill Bank before turning left into Chester Street. Go right into Ormsgill Lane before turning left for a short stretch of Schneider Road, named after the old ironmaster of Barrow. Turn left before St Francis' church and go through a gate and up the lane towards Ormsgill Quarry. Bear right and ascend the steep slope to How Tun Wood.

Enjoy the views heading North back along the brow of the hill, returning to the carpark by going eastward along the wood's northern boundary behind the houses at Quarry Brow. This walk has a number of options as starting point, for example from St Francis' church on Schneider Road, or from anywhere in Ormsgill.



Before starting these walks it might be a good idea to create a walking log similar to the example shown below, and if you have a pedometer/step counter you can even add the number of steps it takes.

Walk Number	Date	Duration	Steps

For more information on benefits of Walking for Health, Walk 4 Life. There is also lots of good information about living well on NHS website [www.nhs.uk/livewell](http://www.nhs.uk/livewell).

[www.whf.org.uk/walkfinder/home](http://www.whf.org.uk/walkfinder/home)

[www.wfh.naturalengland.org.uk/walkfinder/home](http://www.wfh.naturalengland.org.uk/walkfinder/home)

You can also try tourist information centres for details of local walks

### Remember:

Build up gradually and walk at a pace that suits you.

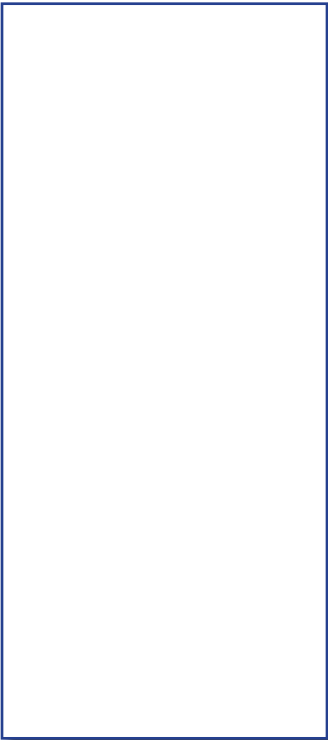
#### 1 mile taking:

30 mins ♥ = 2 miles per hour

20 mins ♥♥ = 3 miles per hour

15 mins ♥♥♥ = 4 miles per hour

To find out how to get 5 a day into your diet go to [www.nhs.uk/livewell/5aday](http://www.nhs.uk/livewell/5aday)



All walk start points can be accessed within a short walk from bus stops in Barrow

For more information, please contact Traveline.  
Tel: 0871 200 22 33 or [www.traveline.org.uk](http://www.traveline.org.uk)



For more information, or if you are interested in becoming a volunteer walk leader please contact our [naturalengland.org.uk](http://naturalengland.org.uk)  
[richardsc@cumbriacvs.co.uk](mailto:richardsc@cumbriacvs.co.uk)