

Abbey Greenway

1



Time
1 - 2 hours

Distance
4 miles

Surfaces
Tarmac & hardtop

Start/Finish
Furness Abbey

Parking
Abbey carpark

Bus routes
No 6 & 6a FGH

Walk type
Moderate

Toilets
Public toilets
Furness Abbey

Start at the amphitheatre carpark, 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 once 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)

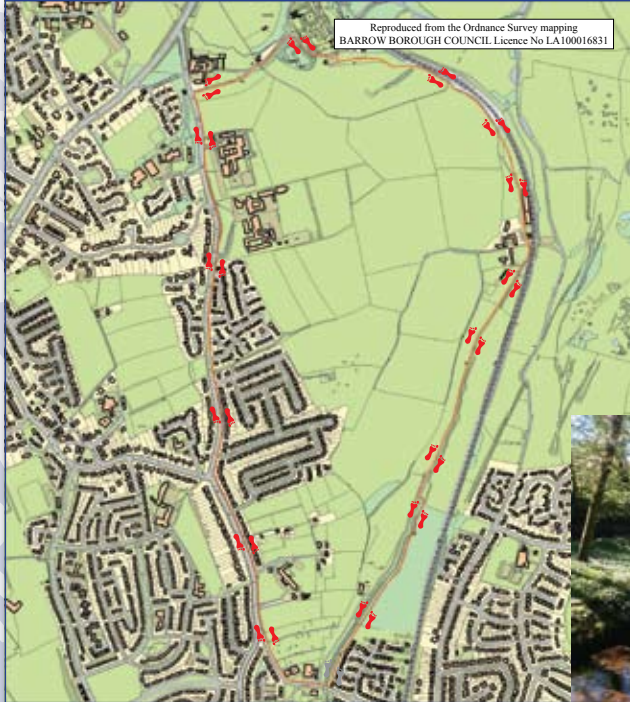
Route description

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 greenway 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.



Barrow Public Park

2



Time
30 - 50 mins

Distance
2 miles

Surfaces
Tarmac

Start/Finish
Greengate
Childrens Centre

Parking
Street parking
on Greengate St

Bus routes
Nos 6 & 6a

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 Thomas 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.



Reproduced from the Ordnance Survey mapping
BARROW BOROUGH COUNCIL Licence No LA100016831

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

No 1

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)

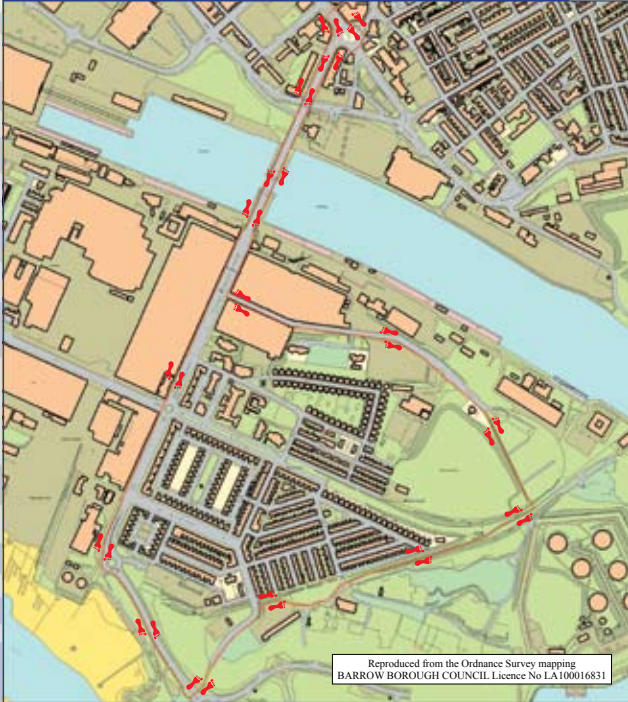
♥♥
60 mins
(3 miles per hour)

♥♥♥
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.

Go down the new road to the roundabout, turning left behind the houses. Take the slope to Cavendish Park on the left, through the allotments, along Buccleuch Dock Road. Take Michaelson Road back to the town centre.



Reproduced from the Ordnance Survey mapping
BARROW BOROUGH COUNCIL Licence No LA100016831

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
Nos 2 & 5

Walk type
Moderate - some rough paths

Toilets
West Shore

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 then straight to 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.

Take 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 Park 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.



Reproduced from the Ordnance Survey mapping
BARROW BOROUGH COUNCIL Licence No LA100016831



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 & 6a

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

Toilets
Brown Cow pub
Furness Abbey

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.



Reproduced from the Ordnance Survey mapping
BARROW BOROUGH COUNCIL Licence No LA100016831



Dalton Pinfold

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
No 3

Walk type
Easy but can be cold

Toilets
Dock Museum
ASDA

A long - established health walk route, this walk begins at ASDA, taking in the Dock Museum and Waterside Park. Then follow 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 scenic 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.



Reproduced from the Ordnance Survey mapping
BARROW BOROUGH COUNCIL Licence No LA100016831

Cavendish Dock

7



Time
50-70 mins
Distance
3 miles

Surfaces
Mainly tarmac
some grass

Start/Finish
St Lukes Avenue
Sandgate

Parking
St Lukes Avenue
Sandgate

Bus routes
Nos 3 & 4

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 10°C 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 Sandgate 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 1

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:

♥
75 mins
(2 miles per hour)

♥♥
55 mins
(3 miles per hour)

♥♥♥
40 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.

