



Ways Around The Bay

Walking Route
Arnside Knott circular from rail station.

Moderate
8 miles / 13 km
4-5 hours



Walk overview

A varied trail in the Arnside and Silverdale National Landscape. Enjoy woodland, limestone paths, and coastal tracks and one of the Bay's most spectacular viewpoints taking in Arnside Viaduct, the Lakeland Fells, Yorkshire Dales and the Kent Estuary.

Large sections of the route are looked after by the National Trust.

Start/finish: Arnside Railway Station,
Station Rd, LA5 0HQ

What3Words: thud.famous.adjuster

How to get there

By train: Furness Line with mainline connections from Lancaster. *More info at trainline.com*

By bus: Stagecoach service 555 to Milnthorpe from Kendal/Lancaster. 3 miles/5.5km walk to Arnside or taxi.

More info at westmorlandandfurness.gov.uk



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Directions

1. Arnside Train station to Chapel Lane

Turn right out of the station. You will see a footpath leading across the field just ahead of you on the left. Follow this footpath up the hill and past the church and primary school which should stay on your left until you reach Orchard Road. Take care crossing the road to the narrow walled path, continuing straight on to Chapel Lane

2. Chapel Lane to High Knott Road/Red Hills

Follow Chapel Lane to the junction with Silverdale Road. Turning left you'll see a footpath on the opposite side of the road - join this and turn left then right on to Inglemere Drive. Turn right then immediately left onto Inglemere Gardens. Follow the drive bearing left onto Red Hills Road. At the junction with High Knott Road (by a parish noticeboard) head for the path through woodland on the far side of the road. Join the residential High Knott Road and follow until you find the footpath heading into the woods on your right

3. Red Hills path to Arnside Knott

Head through Red Hills wood emerging onto open fellside of Arnside Knott. Continue the climb up the hill, following the main path up the slope. Other lesser paths will merge but keep climbing and after passing through a stone wall, you will eventually reach the summit trig point of Arnside Knott.

4. Summit to track in Yew Woods

You will now head down off the Knott with the spectacular view of the Bay in front of you. Head south west off the summit until you reach the main footpath passing the toposcope viewpoint. Numerous paths head off the fell, take care on the scree slopes that the path traverses. Eventually you will join the track that leads from the National Trust car park.

Walking route

Arnside Knott circular walk

We advise using OS Explorer map of The English Lakes, South Eastern area (OL7) in conjunction with these directions. Sturdy footwear recommended.

5. Yew Woods to Heathwaite

Joining the track, at the gate, take the path along the wall, as it descends through ancient yew woodland. Keep heading south west passing through a gate in a stone wall into the delightful reserve of Heathwaite. Carry on down the slope and back through another gate into the woodland. Turn right when you join another path, head through the gate, take the left branch and join the coastal path.

6. Coastal path to Grubbins Wood Nature Reserve

Follow this gently undulating path as it follows the shoreline, all around the headland until bringing you out at New Barns. Follow the track until the footpath that continues along the shoreline branches off to the left. Follow this path. **Take care on slippery rocks.** You can follow the path along the shoreline all the way back to Arnside or branch off into Grubbins Wood Nature Reserve.

7. Return to Arnside Station

Once you've passed the gate out of the nature reserve, follow the beach path all the way back to Arnside for a well-earned tea break. Walk through the village keeping to the coast road and you will soon be back at your start point at Arnside Station

Don't miss...

Visit Heathwaite Nature Reserve (National Trust) for spectacular displays of wildflowers, in particular Cowslips and Early Purple Orchids in spring.

The spectacular 360 degree view of the Arnside and Silverdale National Landscape, Lake District hills and Yorkshire Dales from the toposcope. Watch the train trundle over the Kent Estuary which from this height, looks like a child's train set!

Accessibility

Beware of the steep drops in places on the coastal path. Varied trail with well worn grass, gravel, mud and rock. Take care which paths you follow as it can be easy to get lost.