

By Train

Regular, fast mainline connections from Manchester, London and Scotland to Lancaster Station. From Lancaster you pick up a scenic local train stopping en route around Morecambe Bay to Barrow-in-Furness, and takes you over the Kent and Leven Estuaries.

National Rail Enquiries 08457 484950

Trainline www.trainline.com

Traveline 0871 200 2233

By Car

20 minutes drive from Junction 36 off the M6.

By Bus

From Kendal or Kirkby Lonsdale on service 551, 552 or 99
For timetable www.cumbria.gov.uk/buses.

Places to visit / facilities

Arnside lies amongst low limestone hills, marshy plains and deciduous woodland at the southern tip of South Lakeland in a designated Area of Outstanding Natural Beauty. This former fishing port has retained many of its original features with stunning views over Morecambe Bay, particularly at sunset.

The Leighton Moss nature reserve is the largest area of reedbeds in North West England and is an important habitat for birds. The bittern, one of the resident species, has been adopted as the logo of the AONB.

More to Explore is brought to you by **Morecambe Bay Partnership**, a local charity that celebrates and conserves; connects and collaborates. Our supporters are making the Bay a better place by sharing skills, volunteering and donating. By working together we make great things happen. Support us at www.morecambabay.org.uk/donate.



Further information - accommodation, food/drink

Arnside & Silverdale AONB
www.arnsidesilverdaleaonb.org.uk

Arnside website
www.arnsidevillage.co.uk

Bay Tourism Association
www.baytourism.co.uk

Visit Lancashire site
www.visitlancashire.com/explore/morecambe-bay

Go Lakes website (accommodation)
www.golakes.co.uk



MORECAMBE BAY
MORE TO EXPLORE

Arnside Embankment ALL-ABILITY ROUTE GUIDE



 ROUTES  MAPS  HIRE

Project led by:

**MORECAMBE BAY
PARTNERSHIP**

Funding Partners:



For information about hire, routes, itineraries and maps visit

www.moretoexplore.uk

Arnside Embankment

ROUTE GUIDE

ESSENTIAL INFORMATION

📍 START POINT

The route starts from a disabled only car park located on Sandside Road. The car park is small but there are five bays for disabled parking.

Disabled parking 🚗

There is a small disabled only car park half-way along the route, off Sandside Road and one at the junction of The Promenade and Station Road.



Refreshments 🍽️

There are many places to eat and drink in Arnside. Including cafes, pubs and restaurants.



Accessible toilets ♿

There are toilets in Arnside village on the Lower Promenade close to the car park



History of Arnside

Until the mid-eighteen hundreds Arnside was nothing more than a small hamlet with around a dozen properties, at least half of which were farms. It was the arrival of the Crossfield families and their boat/house building businesses who were primarily responsible for the early growth of the village. Their need for dwellings resulted in the first development along the estuary frontage – what is now the parade of shops along the promenade.

However, it was the arrival of the railway in 1857, along with the 'compensation' (Sandside) road built in 1870 that provided greater access to and from the village.

Arnside began to develop a reputation for being an idyllic spot with the Kent estuary being Westmorland's only access to the seaside.

From the 1860's through to the 1880's, rapid development occurred as people bought up valuable land along The Promenade and Church Hill.

Arnside Viaduct

The Barrow to Lancaster railway – 'The Furness Line' – crosses the river Kent at Arnside over a very impressive viaduct. Built in 1857, the viaduct is 522 yards long and has 50 piers.

The tides of Morecambe Bay

Morecambe Bay has a macro tidal range of 9-10m, the second highest in Britain's after the Bristol Channel.

People have walked across the sands of Morecambe Bay for hundreds of years but with fast flowing tides, ever changing channels and quicksands, it is a dangerous place to be and not to be attempted without the help of the Queen's Guide, who leads several walks each year.

The tide can be fierce up the Kent Estuary and is renowned for its bore warning of which is sounded by a siren. Look out for The Bore, the tidal wave caused by the surge of the incoming



tide meeting resistance from the sands and channels of the bay.

Views

From Arnside Embankment, across the Kent Estuary to Whitbarrow Scar and South Lakeland hills – three geological zones can be seen:

- The upstanding peaks of central Lakeland like the Langdale Pikes are composed of tough Borrowdale Volcanic Group (BVG) rocks
- The middle distance features the rounded profiles of the more easily weathered Silurian rocks.
- In the foreground, Whitbarrow includes the three limestone units seen around Storth; Dalton Limestone, Park Limestone and Urswick Limestone. These limestones were deposited between 345 and 336 million years ago when 'Britain' lay just south of the equator.

Vegetation and Wildlife

Internationally significant numbers of Oystercatcher can be found on high tide roosts on the coast each autumn and the intertidal flats are an important feeding station for long distance migrant wading birds such as Black-tailed Godwit, Knot and Dunlin, Shelduck, Redshank, Oystercatchers, Heron and Lapwing. Watch out for the flash of a Kingfisher flying up the channel.

In the estuary in front of Arnside Promenade you may see Cormorants standing motionless in the channel looking for fish and eels.

The grassy banks of Arnside Embankment are the home of many small limestone grassland plants.



⚠️ Please stay on the embankment at all times

Arnside Embankment and accessibility 📍

3.2 km / 2.8 miles ⌚ 1.5 hours GRADE 📉

Arnside Embankment is a permissive route* for walkers along a disused railway line.

You can park your car in a small disabled only car park located on Sandside Road. This walk is a footpath along the embankment of the old railway line. The route is only wheelchair accessible from the midway car park, which is remote from local facilities and the rail link. Trampers will be able to access from this point.

When on the embankment you have a choice of direction. Going south will take you to Arnside Station and the AONB (Area of Outstanding Natural Beauty) office. If you go north you will be walking towards Sandside.

Once you have reached your destination turn around and retrace your steps.

There is a short steep tarmac ramp to navigate to get out of the car park, after this however the surface is level and easy.

Whether you decide to go south or north, there is no disabled access or exit at either end and you will need to retrace your steps and go back to the car park.

Please stay on the embankment at all times.

* a permissive path is one kindly provided by the landowner and is not a Public Right Of Way. Permission to use the route may be withdrawn at any time.