

Essential Information

Getting here

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 of the M6.

By Bus

From Kendal, Cartmel, Ulverston and Barrow on the 530, 532 and X6 services. For timetable www.cumbria.gov.uk/buses

Hire an all-terrain mobility scooter

You can now hire a Trampler from the car park at Grange Library. This service is free of charge but booking is essential via our website at www.moretoexplore.uk

Further information - accommodation, food/drink

Grange Now - local paper
www.grangenow.co.uk

Bay Tourism Association
www.baytourism.co.uk

Places to visit / facilities

On the promenade, you'll find Grange Lido, a derelict Grade II listed feature built in 1932, that has stood empty for many years but is now being renovated. Here you can closely view the mud flats and sand banks of the bay through telescopic sights dotted along the prom.

There is also a free playground with swings, slides, climbing frames and separate play areas for toddlers and older children. Beyond the lido, there is outdoor gym equipment, seasonal tennis, bowls, putting and crazy golf, table tennis, a skate park and a kick-about/basket-ball area.

Access to the promenade

You can access the promenade via the underpass at the station, the underpass at the Main St car park and over the ramped bridge from Berners car park. All these locations are clearly signposted and offer disabled parking.

More to Explore is a project led by **Morecambe Bay Partnership** to open up more of the countryside to more people. Their vision is a thriving Bay, rich in landscape, wildlife and culture connecting and inspiring residents and visitors alike. To find out more about their work, to volunteer or donate, visit www.morecambebay.org.uk

Visit the Lake District
www.visitlakedistrict.com

Grange-over-Sands Website
www.grange-over-sands.com



MORECAMBE BAY
MORE TO EXPLORE

Grange-over-Sands ALL-ABILITY ROUTE GUIDE



 [ROUTES](#)  [MAPS](#)  [HIRE](#)

A project by:

**MORECAMBE BAY
PARTNERSHIP**

In partnership with:



Funding Partner:



For information about hire, routes, itineraries and maps visit

www.moretoexplore.uk

Route Guide

Hire Point

Our Trampers (all-terrain mobility scooters) are available for hire from Grange Library car park. Pre-booking is essential at www.moretoexplore.uk. Delivered in partnership with The Community Hub at the Vic.



Disabled parking

Berners car park, off Kents Bank Road, with disabled access to the prom via a ramped footbridge.



Main Street car park, Windermere Road car park, Railway Station car park (rail users only).

Parking at the library for those hiring a Trumper may be available upon request when booking.

Accessible toilets

Victoria Hall, Main Street.

Ornamental Gardens by the pond.

Promenade, opposite the lido.

Pig Lane/Hampsfell Road, near the library.

Railway Station (rail users only).



Refreshments

Emma's Cafe - open all year.

The Prom Tea Room - closed during winter months.

Other options in the town centre.



Grange-over-Sands: the 'Lakeland Riviera'

History of the town and promenade

Grange or 'grauange' is a French word meaning granary and the monks of nearby Cartmel Priory used to store their grain here, back in the 12th century.

Grange-over-Sands grew slowly as a small fishing village, and during the 18th century it had occasional shipping. By the 1820s, Grange was described as a 'beautiful sea-bathing village', and there were a small number of villas and hotels.

Until the coming of the railway in 1857, the main communication route was the roads across the sands from Kents Bank to Arnside and Hest Bank.

The Bay

The Bay's tides support important populations of wildlife and give rise to rare landforms and changing landscapes.

The River Kent used to flow past the promenade but its course migrated south, away from Grange during the 1990s. The sands, with their notorious quicksands, became a grass meadow.

The marshes now provide valuable grazing for flocks of sheep - salt-marsh reared lamb being a speciality of Lakeland restaurants! The mudflats are important feeding grounds for birds such as oystercatchers, shelduck and curlew.



Views

The view from the promenade looks across the salt-marsh, Kent Estuary towards Arnside Knott. Beyond is the Lancashire coastline and on clear days Blackpool Tower can be seen. The view offers huge every changing skies depending on the season and often with flocks of sea birds and starlings.

Sounds and Smells

Grange Promenade is the perfect place to watch and listen to the wading birds that flock here to feed on the shellfish and shrimps in the estuarine sands. The smell of the fresh sea air is invigorating and during the Victorian period was believed to be of benefit to tuberculosis sufferers.

Summer

Redshank bright orange-red legs with a medium-length bill. The call is a creaking whistle teu-it.

Winter

Oystercatcher large, stocky, black and white wading bird. It has a long, orange-red bill and reddish-pink legs with a loud 'peep-ing' call.

Knott short-legged, stocky wading bird. In winter, it is grey above and white below; in summer the chest, belly and face are brick-red. When flying in a flock they make a low monosyllabic knutt.

All year round (but mainly in Jan/Feb)

Curlew Europe's largest wading bird - long legs, curved bill. It makes a whinnying call as it flies.

The Promenade and accessibility

4 km / 2.5 miles ⌚ 1.25 hours GRADE 1

Grange Prom is sufficiently wide, with good sightlines, to enable easy two-way flow of a fairly significant volume of pedestrians, cyclists and scooter users.

The paved surface of the promenade is level and easy to use, with disabled toilets and an accessible café en route.

Along the length of this route on Grange Promenade there are spectacular views over Morecambe Bay towards Arnside Knott.

Suitable for manual wheelchairs, as well as powerchairs and scooters.

Hampsfell and accessibility

5 km / 3.2 miles ⌚ 2.5 hours GRADE 4

There is an additional route, heading out of Grange that leads up towards Hampsfell Hospice. This route follows a back road, climbing very steeply and then along a rough track through woods to the edge of open land leading to the Hospice, providing spectacular views of Morecambe Bay.

The route is rough and offcamber on uneven ground in places and is **ONLY SUITABLE for experienced All Terrain Mobility Scooter users**. For more information on route grading, these routes and others around the Bay please visit www.moretoexplore.uk



Promenade Gardens

The beautiful gardens, running the length of the prom (and screening the railway line) were created for visitors and residents to enjoy whilst taking the sea air.

Today the gardens are maintained by volunteers from 'The Prom Gardeners'. Much of the exotic vegetation on display here and around Grange flourishes in the relatively mild climate influenced by the Gulf Stream.