

By Car

30 - 40 minutes drive from Junction 36 of the M6.

By Bus

The nearest bus stop is at Haverthwaite Railway Station which is about a 1 mile walk to the Trampler hire point, and a 2.5 mile walk to the entrance of Roudsea Wood National Nature Reserve. The main service is the X6, which runs between Barrow and Kendal, via Ulverston, hourly on Monday to Saturday, with a reduced service on Sundays. For a timetable:

www.cumbria.gov.uk/buses

Hire of equipment

There is a Trampler hire point near Roudsea Woods (about 2.5km/1.5 miles from the entrance to Roudsea Wood National Nature Reserve, down a quiet country lane). If you would like to book one of the two Trampers available you need to submit a booking inquiry via the More to Explore website -

www.moretoexplore.uk/booking

The trampers are free to hire but donations welcome. The hire point will then provide more information about how to access the hire point and confirm a time/date.

Other places to visit / facilities nearby

There are many things to do around the Haverthwaite, Backbarrow and Newby Bridge area. Lakeside and Haverthwaite Railway provide a service from Haverthwaite to the southern tip of Lake Windermere. Disabled parking is available as is disabled toilets and a viewing carriage for wheelchair users. The railway line connects with a cruise up the lake to Bowness or Ambleside.

At Backbarrow is the Lakeland Motor Museum with possibly one of the finest collections of automobilia on public display in the UK. Disabled parking and toilets are available.

The National Trust's Fell Foot Park is near Newby Bridge. Accessible toilets are available in the main car park and by the café. Grounds are partly accessible, with loose gravel paths and undulating terrain.

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.morecambebay.org.uk/donate.

Further information - accommodation, food/drink

Grange Tourist Information Centre,
Victoria Hall, Grange-Over-Sands,
Cumbria LA11 6DP
T: 015395 34026 (Mon - Sat)

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

Bay Tourism Association
www.baytourism.co.uk

Go Lakes website
www.golakes.co.uk

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



MORECAMBE BAY

MORE TO EXPLORE

Roudsea Wood & Mosses Nature Reserve ALL-ABILITY ROUTE GUIDE



 ROUTES  MAPS  HIRE

Project led by:

MORECAMBE BAY PARTNERSHIP

Working with:



Funding Partners:



For information about hire, routes, itineraries and maps visit

www.moretoexplore.uk

Roudsea Wood

ROUTE GUIDE

ESSENTIAL INFORMATION

📍 START POINT

The accessible trail in Roudsea Wood (Grid ref SD 330827) is located in a National Nature Reserve off a quiet lane approximately 1.5 miles from the A590 at Haverthwaite. The tramper hire point is located approximately 3.5 km / 2.2 miles from entrance to Roudsea Wood, via a quiet lane.

⚠️ Safety

Ticks are present on this reserve and Lyme disease is present in this area of the country. Visitors are advised to take adequate precautions such as covering arms and legs, and checking for bites after their visit.

📅 Booking

If you would like to book one of the two Trampers available you need to submit a booking inquiry via the More to Explore website - www.moretoexplore.uk/booking



♿ Disabled parking

There is some parking available at the hire point for those wishing to hire a Trampler. If users are bringing their own all terrain mobility scooter, a small visitor car park is situated near the entrance to Roudsea Wood, accessed via Fish House Lane.



🍴 Refreshments

Nearby Backbarrow, Haverthwaite and Newby Bridge offer a number of cafes, pubs and hotels with restaurant facilities.



♿ Accessible toilets

Aside from the facilities available at nearby cafes and pubs, the nearest accessible toilets are at the National Trust's Fell Foot Country Park (parking charges apply).



Roudsea Wood Nature Reserve

Lying at the head of the Leven Estuary, Roudsea Wood is one of Britain's most important woodland sites. It's varied geology has allowed a rich mosaic of woodland types to thrive, and to the east of the woodlands are the bogs of Roudsea and Holker Mosses. To the south the reserve borders the Greenodd Sands.

The 2.5km 'Woodland Trail' is more challenging with some areas of uneven ground.

Dogs need to be on a lead at all times and should not be taken off the designated tracks.

Visitors need to get a permit to visit the reserve - this lasts for a year. To apply please contact: john.osborne@naturalengland.org.uk

A place for all seasons...

Spring

On a sunny morning in early spring, you can hear the songs of the many woodland birds like marsh tit and nuthatch, with the wild flight calls of buzzard and raven as they establish their territories.

Look out for the territorial sky-dance of the male osprey as he swoops over the bogs of Roudsea Moss with a fish in his talons, all the while uttering his wild call to tell other ospreys that this is HIS territory!

In late spring the hazel dormice will be beginning to explore their leafy territories looking for food after so long living on their stored body fats.

Summer

Through summer enjoy the rich butterfly life which includes small pearl-bordered fritillary and silver-washed fritillary in the woodland glades, and large heath on the bogs.

Along the woodland paths look for the spectacular greater butterfly orchid and early purple orchid. Look out for Britain's largest wasp, the impressive hornet, as it flies along woodland paths looking for its prey. Despite its size, it is a harmless creature to humans if left alone!



Autumn

In early autumn, the speckled wood butterfly is at its most abundant and migrant hawk dragonflies can be seen hunting for late-flying insects. Later in the season, the autumn colours of the trees can be spectacular in the low afternoon sun, including the salmon-pink leaves of the wild service tree.

Winter

Enjoy the stillness of an icy morning and look out for footprints of mammals like otter and badger which have passed by the same way in the depths of a frosty night. The woodlands will be full of wintering birds like redwing, fieldfare, siskin and redbill, while you may be lucky enough to see the very elusive hawfinch in the woodland canopy.

Winter is the time when much of the woodland coppicing management is carried out, so you may also hear the distant buzz of chainsaws.



Roudsea Wood Nature Reserve and Woodland Trail

2.5 km / 1.5 miles ⌚ 2.5 hours GRADE 3

Roudsea Wood and Mosses through time...

The development of the landscape at Roudsea Wood starts far back in the early eras of geological time. The Silurian slates that erupt out of the soil through much of the woodland were formed 450 million years ago when muds settled out of the ancient Tethys ocean, full of marine creatures like trilobites and the first bony fish.

The limestone outcrops in the east of the wood are a younger, having been laid down as corals in the warm shallow Carboniferous seas 300 million years ago.

Intense pressures in the Earth's crust uplifted and modified these many layers of rock into low hills. The passage of glaciers 12,000 years ago moulded the landscape to the familiar profile we see today.

With the retreat of the ice sheets vegetation began to recover, eventually developing into the woodlands of Roudsea.

