



point at **RSPB Leighton Moss Visitor Centre**.
through **Trowbarrow** and back to your start
At this point, retrace the trail along Moss Lane,
the route down to the lakeside at Hawes Water.
Cross the road back into **Gait Barrows** and follow
Allotments until it reaches Brackenthwaite Road.
Continue on the bridleway through Challan Hall
National Landscape.

E Back Wood and Challan Hall Allotments

Here you'll see limestone woodlands, pavement
and grasslands. Look out for the veteran yew,
an ancient limelike and great views across Silverdale
Moss to Arnsdale Tower in the distance - arguably
one of the best views in the Arnsdale & Silverdale
National Landscape.

D Coldwell Meadow

As you enter the reserve, you'll skirt the fringes of Hawes
Water, a rare marl (limestone) lake with great views
across to Challan Hall. At the oak waymarker post, turn
right and go through the gate, following the route across
flower-filled meadows to the bottom of the Gait Barrows
limestone pavements.
Here, take the route through the meadow onto a
wide limestone track. On dry days only, confident
and experienced Trampers might wish to try the
adventurous option uphill and through the pavements to see
the dramatic water-worn limestone geology and its dwarf
woodland habitat. Both routes pass through Gait Barrows
visitor car park where you could start from if preferred.
Head onto Brackenthwaite road on the northern boundary
of the reserve turning left onto the road with care and
then right into **Coldwell Meadow** after 50m.

This wonderful jigsaw of limestone pavement, copliced
woodland, species-rich meadows and wetland is home to
an amazing array of flora and fauna.
Look out for rarities such as the Duke of Burgundy
butterfly, the delicate bird's-eye primrose and many
different species of orchid. This place is also one of
England's best fungi sites with hundreds of recorded
species such as the scarlet elf-cup and olive earthtongue.

C Gait Barrows National Nature Reserve

Here, you'll notice a fantastic range of geological features
and fossils which have been exposed through past
limestone quarrying activity and this is why parts of the site
are designated as a site of special scientific interest (SSSI).
In summer, the grasslands of the quarry floor are
spectacular and well known for bee and fly orchids and a
multitude of other flowering plants and invertebrates.
Follow the waymarked route through Trowbarrow, turning
right onto Moss Lane. Take great care here as Moss Lane
is a public highway used by other vehicles. After about
600m, enter **Gait Barrows National Nature Reserve**.

B Trowbarrow Local Nature Reserve

Meander through the largest area of reedbed in the
north-west of England which is the perfect home
for iconic species such as bittern, marsh harrier and
bearded tit. From here, you can also explore the RSPB
Reserve (fees apply) where you might see playful otters
or majestic red deer.
Set off from the rear of the Visitor Centre and on to the
wide boardwalk leading to the Causeway. Go left here,
while watching out for vehicles which use the track, and
you'll soon reach the road. Turn right and 'travel' for a
short distance, then take a left turn at the footpath for
'The Trough' into **Trowbarrow Local Nature Reserve**.
Take great care when crossing and using the road.

A RSPB Leighton Moss Nature Reserve



**Explore 6 miles of
delightful accessible
of the UK's most
important wildlife
habitats and stunning
landscapes.**
Perched by the ever-changing tides
of Morecambe Bay, the Arnsdale
and Silverdale National Landscape
is a wonderful mosaic of
limestone habitats straddling the
Cumbria/Lancashire border.

Follow the
way-marker
discs along
the route



waysaroundthebay.org.uk

Route Details

Length: 9.6km/6 miles

Time: Approximately 3.5 hours

Grade: Moderate/Hard

This route has been designed for robust, all-terrain
mobility vehicles, such as Trampers. Users of other
types of mobility vehicle or buggies/pushchairs may
feel able to attempt the route.

See website for full grade descriptions.

**Start/finish at RSPB Leighton Moss Visitor Centre
and Trumper hire point**

Grid Ref: SD 4770 7499

What3words: ///trespass.orange.crumble

Start/finish at Gaitbarrows Car Park

Grid Ref: SD 47897 77544

What3words: ///crafts.pictured.momentous

Please note: There is free access to the trail when
hiring a Trumper. Trumper hire is available at the
RSPB Visitor Centre from April to September.
Entry fees apply for exploring the RSPB Reserve
beyond the trail unless you arrive on public transport.
No dogs allowed except assistance dogs.
The 'Adventurous Route' option is only advisable in
dry weather.

How to get there

Public Transport: Regular trains to Silverdale Station
(5 mins from RSPB Leighton Moss Visitor Centre) on
the Furness Line from Barrow-in-Furness/Lancaster.
Turn left out of the station entrance, then left again,
then right.

Car: Follow signs for Leighton Moss or Silverdale from
Carnforth signposted from the A6 north of M6 junction.

Facilities: Refreshments and accessible toilets
at RSPB Leighton Moss Visitor Centre.

**Get off the beaten
track with ease**

Enjoy easy access to rugged countryside
tracks and high views from the comfort of
a robust all-terrain mobility scooter.

Visit the website to hire a Trumper free of
charge to enjoy this trail and many others
from hire points around the Bay.



Make a booking enquiry at
waysaroundthebay.org.uk
or scan the QR code



This route has been made possible by a partnership of local
landowners (Natural England, Arnsdale & Silverdale National
Landscape, Lancaster City Council, The Landscape Trust, RSPB,
Leighton Hall Estate) who have worked together with Morecambe
Bay Partnership to develop the Three Nature Reserves Trail.



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**Ways Around
The Bay**

**Three Nature
Reserves Trail**

An accessible route through
Arnsdale & Silverdale
National Landscape



**Discover the
natural beauty
of Leighton Moss,
Gait Barrows
and Trowbarrow
Nature Reserves.**



waysaroundthebay.org.uk



Registered Charity: 1173489

Ways Around The Bay



Check out the **ancient limekiln** formerly used to convert limestone to quicklime.



Enjoy stunning views across **Silverdale Moss** to **Arnside Tower**.



Look out over **Hawes Water** to the magnificent **Challan Hall**.



Can you find any **fossils** in the limestone?



A traditional **hay-meadow** brimming with **wildflowers** and **invertebrates**.



Explore the **limestone pavements** and **dwarf woodland**.



Take a rest on **handcrafted benches** in the restored **Cow Barn**.



Turn right at the **oak waymarker**.



Keep a look out for **bitterns, bearded tits, marsh harriers, egrets and red deer**.



Route developed by



Tramper hire point

- Key**
- Accessible trail
 - Alternative adventurous route
 - Public footpath
 - Parking
 - Visitor Information Centre
 - Toilets
 - Caution - public highway
 - Water
 - Reedbed
 - Limestone pavement
 - Grassland/meadow
 - Woodland

