

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 or Barrow on X6 service. For timetable www.cumbria.gov.uk/buses

Hire of equipment

New hire point and routes to be launched in 2018. Please visit website for more information: www.moretoexplore.uk

Access to the promenade

You can access the Promenade via the underpass at the station and the underpass at the Main Street car park. Both locations are clearly signposted and offer disabled parking.

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

Places to visit / facilities

The Grange Lido was built in 1932, but it closed in 1993 and is still a (derelict) Grade II listed feature on the promenade.

Take advantage of the telescopic sights at intervals for a closer look at the mud flats and sand banks of the bay.

In the middle of the Promenade there is a free playground with swings, slides, climbing frames and separate play areas for toddlers and older children.

The Promenade Recreation Ground is at the opposite end to the station just beyond the old lido. Tennis, Bowls, Putting and Crazy Golf are on offer.

For Young People - The Promenade Recreation Area also offers free I-Play electronic games, a table tennis table, a skate park and a kick-about/basket-ball area.

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.

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

Grange-over-Sands 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

Grange-over-Sands

ROUTE GUIDE

ESSENTIAL INFORMATION

📍 START POINT

You can access the Promenade via the underpass at the railway station and at the Main Street car park. Both locations are clearly signposted. The Main Street car park offers disabled parking.

📍 Hire Point

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♿ Disabled parking

Grange Railway Station (Rail users only)

Windermere Road car park, near Grange Railway Station.



♿ Accessible toilets

Public toilets Grange Railway Station (Rail users only - Radar key operated)

Public toilets opposite Grange Lido.



🍴 Refreshments

The Prom Tea Room. This is closed during the winter months but there are other options in the town centre.



Grange-over-Sands: the 'Lakeland Riviera'

History of the town and promenade

Grange or 'graunge' 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.

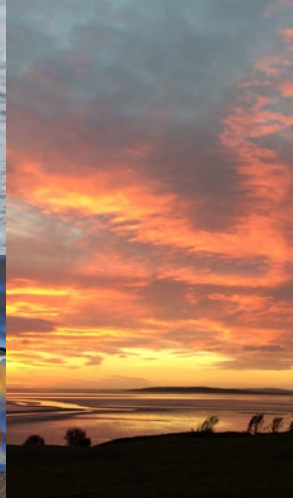
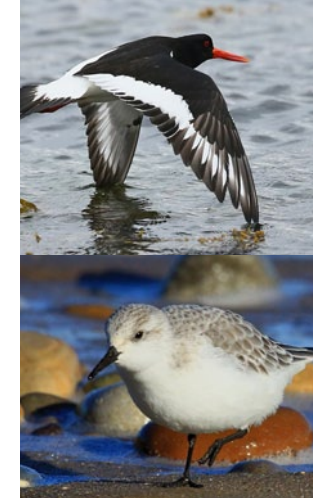
Until the coming of the railway in 1857, the main communication route was the roads across the sands from Kents Bank to Arnside and Hest Bank.

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.

Knot 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 and Arnside Knott.

Suitable for manual wheelchairs, as well as powerchairs and scooters. Routes are predominantly flat with largely smooth, bound surfaces. There is a good level of supporting services nearby.

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. 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 about this route please enquire at the More to Explore hire point.

Grade 4 routes are some distance from roads on exposed hillsides over rough tracks with significant slopes, cambers and climbs. These routes involve longer stretches of rougher going than other grades, with steeper slopes (up to 1 in 5) and greater height gain (over 200 metres). Only suitable for robust models of powerchairs and scooters designed for off-road use and experienced users. Supporting facilities are unlikely to be available en-route or very nearby.



Ornamental 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.

Much of the exotic vegetation on display here and around Grange flourishes in the relatively mild climate influenced by the Gulf Stream.