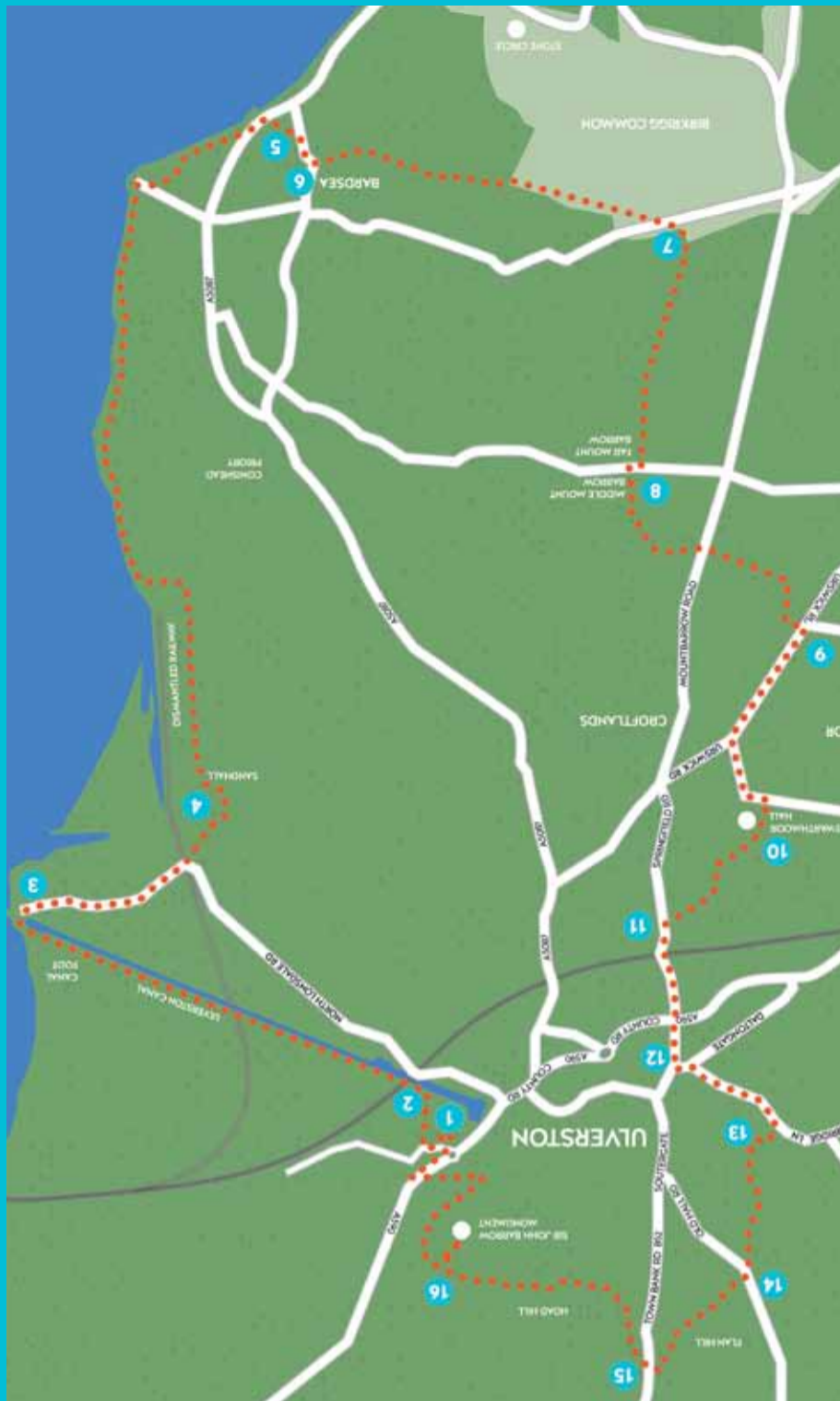


A Circular Walk in and Around Ulverston

- 1 This walk could start at any point, but here the south part starts close to the Glass Centre by the A590. From the small roundabout take the exit signed Next Ness and Plumpton between the petrol station and the Glass Centre and follow Ness Lane for 100 yards. Turn right behind the Glass Centre following an old drainage ditch to the canal.
- 2 Then turn left. When you reach the sea there is an information board, public toilets and the Bay Horse Inn.
- 3 Turn your back on the sea and go up the road with Glaxosmithkline factory on your right.
- 4 At the roundabout, take the Sandhall exit. Look for the footpath on the left, which goes over fields, and then onto a short stretch of lane before joining the coast. You will pass an old brick factory chimney and see Conishead Priory, now a Buddhist Centre, in the trees. Follow the coast until it meets the main Ulverston to Barrow Coast road. (This is on a bus route back to Ulverston). Ice creams may be available here.
- 5 Walk up the hill to Bardsea village.
- 6 At the top of the hill, go left down a narrow lane and pass the Malt Kiln village hall. Follow the lane right to Bardsea Green, where it becomes a bridleway to Far Mountbarrow. Go through the gate and straight onto Birkkrigg Common.
- 7 Cross an unfenced minor road towards a limestone wall and turn right down a path towards town.
- 8 At the road go right, and almost immediately hand track through the farm to another road. Cross this and walk 1/4 mile over a field to Colt House Lane.



- 9 Turn right along Urswick Road, with houses on the right and fields on the left. Turn left at the next lane to Swarthmoor Hall, which might be open to visitors.
- 10 As you look at the front of Swarthmoor Hall. Take the path down the left hand side and make your way down to the beck. Go over the bridge and up the hill. The path comes out by a school.
- 11 Turn left and walk straight until you get to Market Place. Take a rest in a cafe or pub.
- 12 The Northern part of the walk starts at the Market Cross. Go a few yards up Daltongate and turn right onto Stockbridge Lane. Watch out for the traffic but do admire the view over town. Immediately before the Happy Wilkinson memorial seat, go right through a kissing gate and down a narrow walled path, known as Constitution Hill.
- 13 At the bottom turn left and follow the path alongside Gill Banks stream. Go through another gate; cool your feet in the stream - if you dare, then through another gate above the waterfall.
- 14 Be careful of traffic as you cross the road to go through another gate. Follow the wall on the right, signed Bankhurst, up the side of Flan. The path is not clear but make your way round the right of the hill. It eventually comes out at a muddy corner, where you should look for conker trees.
- 15 Eventually you come to a gate onto a road. Go through the gate and almost opposite there is a gate into the woods. Follow the woodland path up right to the top corner and then go over the stile and follow the path ahead towards the Sir John Barrow Monument.
- 16 Rest at the top of Hoad Hill (and go up to the Monument if it is open on Sunday afternoons and Bank Holidays when the flag is flying).
- 17 Take one of the many routes down the front of Hoad Hill. Go through the gate at the very bottom corner of Hoad Lane to the A590. Take great care crossing this very busy road. Or go through the main gate on the tarmac path at the bottom of the hill and turn right to walk back to the town.

Explore Ulverston

01

The Sir John Barrow Monument

Grade II* listed structure with glorious views over Morecambe Bay, the Langdales and the Yorkshire Dales

02

Stan's Ulverston town trail

Experience the historic market town of Ulverston as Stan Laurel, the town's most famous son, would have known it

03

Six gentle walks around Ulverston

Explore the historic market town of Ulverston with six gentle walks, starting and ending at the Coronation Hall

How to find us

KEY
 45 KENDAL > 45mins travel time by road to Ulverston
 > Railway Line

RAIL JOURNEY TIMES TO ULVERSTON FROM
 LANCASTER 37mins
 PRESTON 53mins
 BOLTON 80mins
 MANCHESTER 100mins

BY ROAD Leave the Motorway at Junction 36 and follow the signs for A590 Barrow and Ulverston.

BY BUS There are regular bus connections to Ulverston. For timetables and fare enquiries telephone 0871 200 22 33

BY RAIL The Furness Line, north from Lancashire or south from Carlisle is a scenic coastal journey, calling at Ulverston. Direct services from Manchester Airport to Barrow-in-Furness also call at Ulverston.

For details of all public transport in Cumbria contact Travel Line on 0871 200 22 33 or www.traveline.info Calls to Traveline from BT landlines cost 10p plus network extras. Costs of other providers may vary.

FURTHER INFORMATION For enquiries about transport, booking accommodation or events, please go to www.visitulverston.com

PLEASE REMEMBER

- Leave no litter
- Guard against the risk of fire
- Leave all gates as you find them
- Keep dogs under proper control
- Avoid damaging fences, hedges & keep to paths across farmland
- Safeguard water supplies
- Protect wildlife, plants and trees
- Respect the countryside

UCP
Ulverston Community Partnership

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We are a Fairtrade Town
ULVERSTON Proud to be a Fairtrade Town

Whilst every effort was made to ensure that information was correct at time of going to press, Ulverston Town Council cannot accept any responsibility for any changes, errors or omissions, or any inconvenience arising therefrom.

www.visitulverston.com
www.ulverstoncouncil.org.uk

ULVERSTON
the 21st century markets town

04 A tour of Ulverston - from coast to hills



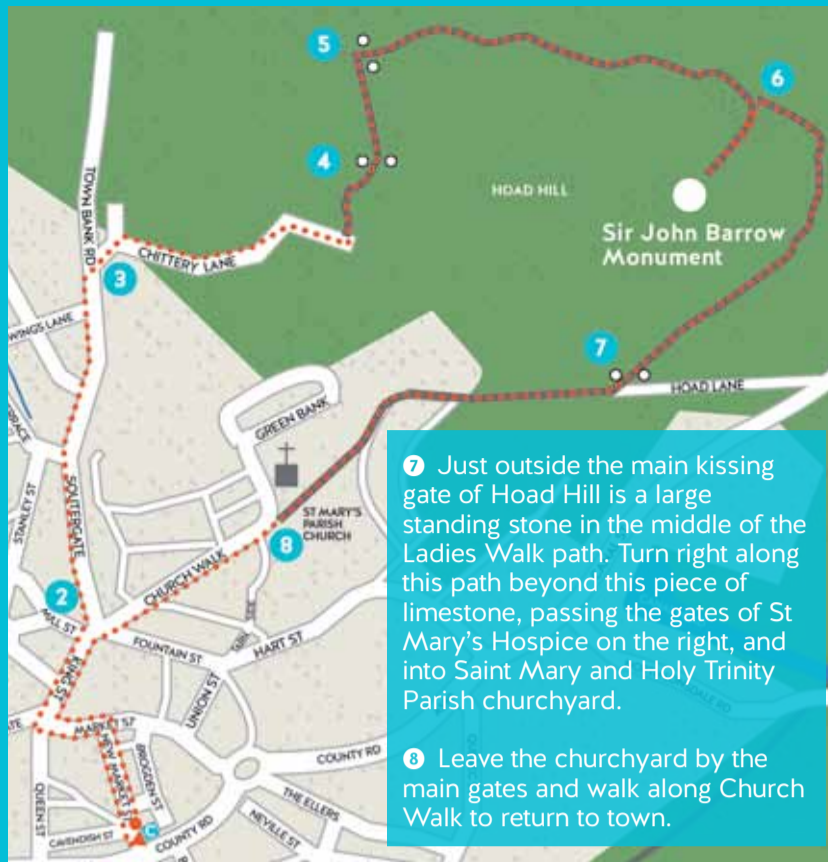
11 mile circular walk around Ulverston with extensive views of Morecambe Bay and the surrounding fells and mountains

visitulverston.com

1 Hoad Hill

C Starting at the Coronation Hall, turn right, go down New Market Street and then left up the cobbled street to the Market Cross. Turn right and continue along King Street.

- 2 Just pass the Kings Arms Pub and turn left. Walk all the way up Soutergate until you get to Chittery Lane.
- 3 Turn right up Chittery Lane. Follow the tarmac path until it ends. This brings you to a grassy hillside known as Little Hoad. Take five minutes to enjoy the view over Ulverston.
- 4 Walk up the grass to a kissing gate leading on to China Wall which is a path with a wall on either side.
- 5 At the top go through another kissing gate and bear right to follow a stony path along the incline at the back of Hoad Hill and up to the Sir John Barrow Monument.
- 6 Look out from the monument doorway then turn left and retrace your steps back along the grass path until it forks. Take the right hand branch of this fork and look for a small group of rocks which marks the beginning of a concrete path that starts with a few steps. Follow the path down to the main kissing gate at the bottom right hand side of the hill where you will pass a squirrel seat, and come out onto Hoad Lane.



7 Just outside the main kissing gate of Hoad Hill is a large standing stone in the middle of the Ladies' Walk path. Turn right along this path beyond this piece of limestone, passing the gates of St Mary's Hospice on the right, and into Saint Mary and Holy Trinity Parish churchyard.

8 Leave the churchyard by the main gates and walk along Church Walk to return to town.

2 Ulverston Canal

3 MILES / 2 HOURS APPROX / EASY PATHS

C Turn right out of the Coronation Hall and into New Market Street, then right into Market Street. Turn left into Union Street. Bear right into Hart Street. Continue along this road as it curves then turn left down Sunderland Terrace to join the main road. Cross carefully and turn down onto the canal towpath. The canal was built in 1796 to transport iron ore and slate.

- 2 The tow path is just over a mile long so enjoy a rest on a squirrel seat along the way. Halfway along the canal you can cross a disused railway line which served GlaxoSmithKline.
- 3 When you reach Morecambe Bay enjoy the views of Chapel Island, the Cartmel Peninsula, the Viaduct and the Lakeland Fells. Take a break on a squirrel seat or get refreshments at the pub but do not go onto the sands.
- 4 Turn left (north) with the bay to your right. The road bends to the left and has a concrete surface as it goes between houses to a gate and stile. Go over the stile and follow the grass path round keeping an old quarry to your right. Go over a stile in a wall and take the path ahead over a field keeping the telegraph poles to your left. As you reach a building veer left over the grass. There are trees to your left and Hoad Monument is to be seen straight ahead.
- 5 Go over a wooden stile by a gate and follow a path. It goes under a disused railway bridge. Continue along to the cottages at Next Ness. Go under a second rail bridge which brings you to a lane. Turn left and walk along the lane to the A590 and back to the Town Centre.



3 Swarthmoor Hall

Approx 1.4 miles (2.3 km) | Ascent 87 ft (26 m)
(1 kissing gate and an uneven path with steps)

C Starting at the Coronation Hall, cross straight over and up Cavendish Street.

- 2 At the top, cross over and turn left.
- 3 Cross the A590 and continue up over the railway bridge.
- 4 Just before the primary school, go right onto the path that leads to Swarthmoor Hall.
- 5 When you reach the stream you will see Swarthmoor Hall. Cross the stone bridge and go up the field to the Hall.
- 6 The Hall, the cradle of the Quaker movement, and its historic rooms are open to visitors. You can enjoy a well earned rest in the Barn Café.
- 7 Walk under the arch and left on to Swarthmoor Hall Lane. At the top turn left onto Urswick Road.
- 8 This will take you to the junction with Springfield Road. Turn left, walking past the high school and back towards town.
- 9 Vary your return route by taking the first right after the railway bridge, then first left into Kings Road.
- 10 Pass the Masonic Hall and at the library, turn left and cross the A590 back to the start.



4 Birkrigg

Approx 1.7 miles (2.7 km) | Ascent 77 ft (23 m)
(Includes 1 kissing gate)

C Starting at the Coronation Hall, cross straight over and up Cavendish Street.

- 2 At the top, cross over and turn left.
- 3 Cross the A590 and continue up over the railway bridge, pass the high school.
- 4 Just before the petrol station turn left into Bigland Drive then the next right turn, leading to the start of a footpath.
- 5 On the path bear left and follow until you reach a road.
- 6 Turn right then, cross the road and take the next left - another path. This will take you all the way to Birkrigg Common.
- 7 There are several paths that criss-cross the common that you can take. The map outlines one route that takes you pass a double stone circle. However get as high as possible to enjoy panoramic views of Morecambe Bay and the Lake District Fells.
- 8 Return on the route you took or walk towards Bardsea to continue the circular tour.

