

In and around Arnside



Welcome to Arnside, a picturesque coastal village on a limestone outcrop where the River Kent flows into Morecambe Bay.

The village is part of Arnside & Silverdale Area of Outstanding Natural Beauty, an extraordinary place, famous for its amazing wildlife, stunning scenery and great walks.

Don't Miss...

There's so much to see and many hidden corners to explore, but these top 3 highlights are not to be missed!

- 1 Arnside Knott is one of the best sites to see butterflies in Britain. It's worth a trip any time of year for views across Morecambe Bay.**
- 2 Follow an ancient coffin route from Arnside to Beetham and explore the limestone landscape.**
- 3 At nearby Levens Hall, follow the River Kent to gorges and waterfalls, look out for migrating salmon as they leap upstream.**



On a rainy day...

Discover the area's heritage at Sizergh Castle (National Trust), Levens Hall, or Heron Corn Mill (Wed – Sun). Keep warm and cosy in a traditional pub like The Albion

In this guide you will find...

- **Seasonal highlights**
- **Three great days out**
- **How to get around**

in Arnside with fantastic views and award-winning food and drink.

Fascinating fact

From Arnside promenade you might hear the siren that warns of the tidal bore, a wave that surges up the Kent as the incoming tide is forced into the narrow channel. Tidal bores happen in only a few places in the world! For the best chance to see the bore, head to Arnside promenade a couple of hours before a high spring tide.

Seasonal Highlights

This area is full of wildlife, with something spectacular and different to see whatever the time of year:

Look out for:

SPRING

Look out for displays of wild daffodils and garlic and ospreys hunting over the Kent estuary.

SUMMER

In summer Arnside Knott and limestone grasslands come alive with a spectacular show of wildflowers and butterflies.

AUTUMN

You'll be mesmerised by the swirling clouds of wading knot as they flock to the estuary around high tide – look for the flashes of black and white.

WINTER

Waders such as lapwing, curlew, and redshank flock to the estuary in huge numbers in winter.



Butterfly Bonanza

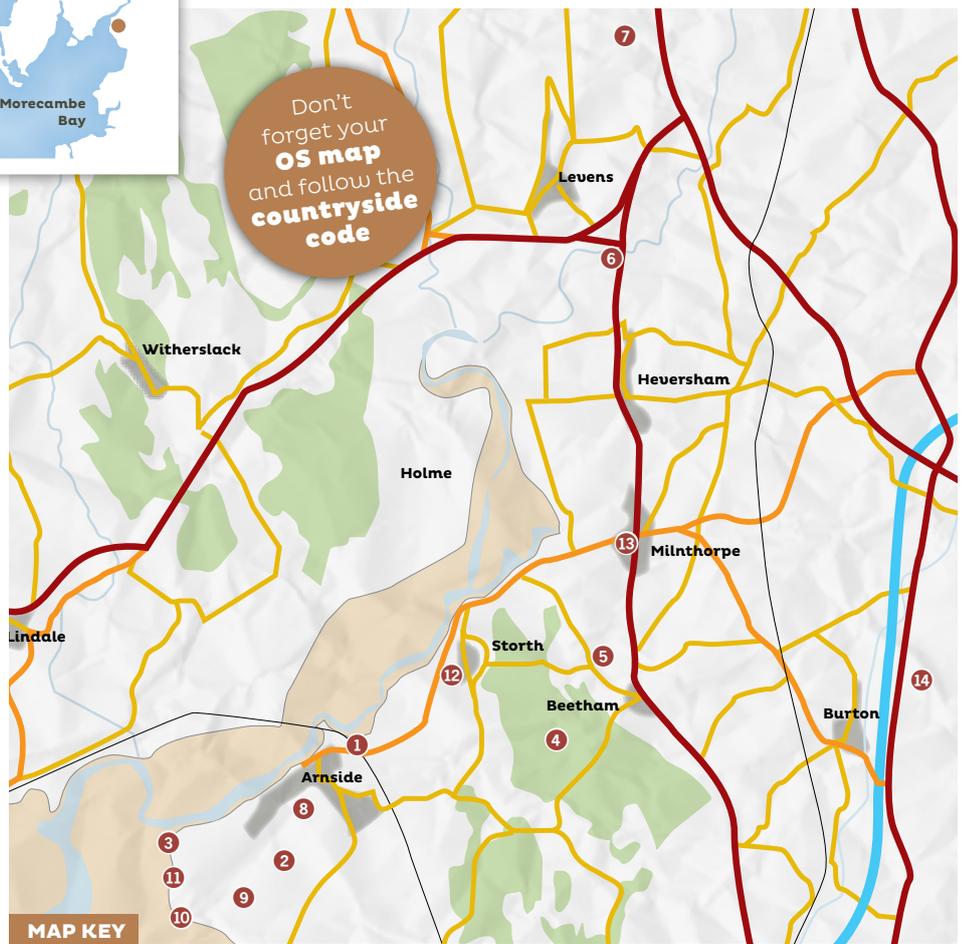
The limestone hills around the Arnside & Silverdale AONB are the most important sites in northern England for butterflies. Arnside Knott is famous for its breathtaking views and is a really special place as a stronghold for the rare high brown fritillary butterfly – Britain’s most endangered butterfly.

The high brown fritillary loves areas of bracken and limestone rock outcrops, usually where scrub or woodland has recently been cleared or coppiced. You are most likely to spot them in Jun – Aug resting on dog violets. Other butterflies to look out for here include pearl bordered fritillary, small pearl bordered fritillary and northern brown argus.

- From the train station head to Red Hills Wood, where you might see nuthatch, bullfinch, marsh tit, great spotted woodpecker and many other woodland birds; the spring birdsong is superb. Listen out for the call of marsh tits (a loud pitchoo sound).
- Continue on to Arnside Knott, owned by the National Trust, taking your time to wait for butterflies to flit by. Another unusual visitor in spring is the green tiger beetle. They love areas of bare ground because it warms up rapidly in sunshine and this is perfect for both the larvae and adults. Warmth is extremely important as a warm animal is a faster one and they can then hunt and avoid being preyed on more efficiently.
- Next to Arnside Knott, and connected by a footpath, is Heathwaite, a great place to see flowering orchids like early purple orchid, fly orchid and marsh orchid in spring and summer. The hazel scrub is coppiced, primarily to create good breeding conditions for fritillary butterflies, which often abound here. Listen out for marsh tits amongst the oaks.



Don't forget your OS map and follow the countryside code



MAP KEY

- | | | |
|-------------------------|------------------|---------------------|
| 1 Arnside Train Station | 6 Levens Hall | 11 Arnside Point |
| 2 Arnside Knott | 7 Sizergh Castle | 12 Storth |
| 3 Blackstone Point | 8 Red Hills Wood | 13 Milnthorpe |
| 4 Fairy Steps | 9 Heathwaite | 14 Hutton Roof Crag |
| 5 Heron Corn Mill | 10 Park Point | |

- For a full day out continue along the footpath to Far Arnside then take the cliff top coastal path to Park Point and on to Arnside Point. Continue around the headland at Blackstone point and along the Promenade back to Arnside (9 km / 3 hours). Look out for wading birds such as redshank feeding in the estuary when the tide is out; this is the best place to see them around Morecambe Bay.

If you prefer to take it easy, try the local food in the traditional pubs, watch birds from the promenade, browse the unique shops, or follow the Silverdale and Arnside Arts and Crafts Trail (in June). A trip to Arnside wouldn't be complete without eating fish and chips on the promenade!



high brown fritillary on common spotted orchid

© Rob Petley Jones

Limestone Links

The area around Arnside is perfect for exploring by boot or by bike, with quaint villages, industrial remains and many historical and cultural landscape features.

Waterways were important to the success of industries in this area. Holme on the Lancaster canal was the site of mills for jute, lino and carpets. In this area the canal was known as the “black & white canal” as coal was brought up from Wigan and limestone taken south. Milnthorpe was an important port for spices. Heron Corn Mill near Beetham is a grade II* listed 18th century working water-powered mill. Adjacent to the mill is the more modern addition of a hydro-turbine producing electricity. Look out for herons and swans, salmon and sea trout on the River Bela.

- From Arnside train station follow the Limestone Link, a 13 mile route to Kirkby Lonsdale that traverses nationally important limestone habitats, including Hutton Roof and Farleton Knott. Look out for orchids, butterflies and wildflowers. On the route between Arnside and Beetham, squeezed between two limestone rock faces, is a flight of natural stone steps called Fairy Steps. Legend has it that if you descend the steps without touching the side the fairies will grant your wish.
- A popular walk is the Storth Geotrail which passes through the old railway cutting with interesting geological features. The geology of this area is of international fame – with a unique mix of fossils. The 5km trail follows quiet roads and tracks. Download the trail from Arnside & Silverdale AONB’s website.
- Take a ride on the wildside. A great way to explore the rich mosaic of salt marsh, woodlands, and limestone cliffs is to explore the area on two wheels.
 - For a challenge try the 41km circuit from Arnside



to Storth, Farleton, Kirkby Lonsdale, Burton-in-Kendal and back to Arnside. Look out for limestone features along the way and stop and explore Cumbria Wildlife Trust’s nature reserve at Hutton Roof Crag.

- For a shorter ride try the relatively flat circuit of 17km that starts from the ornate church at Heversham followed by a steady climb to Woodhouse before undulating through to Farleton and Beetham. The ride ends with a glide down the tree-lined route through Dallam Deer Park then out onto the lush flat countryside of the Kent Estuary to return to Heversham.

Riverside Rambles

The River Kent is well worth exploring and is unlike any other river in Cumbria, because the limestone bed has been shaped into beautiful gorges and pools.

In fact Kent is Cumbrian for “pure” and the river is home to salmon, sea trout, crayfish, mussels, eels, and kingfishers. Levens Hall is a good starting point to explore the River Kent and its nature and heritage.

- Starting from the impressive Levens Hall, cross the road and bridge into its parkland with the river on your right. This wooded glade is full of bluebells in spring.
- At Park Head, go under the A590 and on to Force Falls – look out for leaping migratory salmon in late October. The salmon in Morecambe Bay migrate up several of the rivers that feed into the bay, but each salmon will only return to the same river that they were born in.
- Continue further north and look out for a double waterfall, a limestone gorge, and remains of a gunpowder mill around Low Park Wood.
- Return back on the other side of the river along an impressive 18th Century oak avenue to Levens Park, home to black fallow deer and a herd of rare breed Bagot goats. The landscaped park represents a turning point in our attitudes to nature, when gardens became wilder and natural landscape styles become popular.

Getting here

We believe that a car free journey is a care free journey.

- **Arrive by train, Arnside train station lies on the coastal train route from Lancaster to Barrow and connects with Silverdale station at the heart of the AONB. Call National Rail Enquiries 08457 48 49 50. Look out for a Duo ticket when two adults travel on Northern Trains**
- **Take the 551 or 552 bus (Mon – Sat) from Kendal**
- **Follow National Cycle Route 6 from Lancaster and Kendal**

Getting around

The quiet footpaths and lanes are perfect for exploring by boot and bike.

- **Take a compass and a map (OS Explorer Map OL7) and wear appropriate clothing**
- **Morecambe Bay is famous for its fast flowing tides and ever changing channels, but with the guidance of the Queen's Guide, it is possible to cross the sands. People have walked across the bay for hundreds of years, and today the most popular route leaves Arnside and crosses to Kent's Bank. Call 015395 34026 to find out about upcoming walks. DO NOT ATTEMPT TO CROSS THE SANDS WITHOUT A GUIDE**
- **No bike? No worries! Call Silverdale Cycle Hire 01524 701537 (collection and drop off around Silverdale)**
- **Download Arnside & Silverdale Cycle and See routes www.arnsidesilverdaleaonb.org.uk**
- **Don't forget the fantastic train route around the whole bay**



Staying longer

Arnside is a great base for a long weekend or short break.

- **There are award winning guesthouses, B&B's, inns and caravan sites in and around the area. Find out more at www.arnsidesilverdaleaonb.org.uk or golakes.co.uk**



Moving on

Look out for other itineraries in this series at www.morecambebaynature.org.uk/discover:

- **Follow the Cumbria Coast Way or the train to Grange and explore the ancient peat bogs and mosses at Meathop – look out for Red Deer.**
- **Take the train around the bay to Barrow-in-Furness to explore secluded beaches, vibrant culture and a chance to see grey seals.**



Useful contacts: call or search online

- **Arnside & Silverdale AONB 01524 761034**
- **www.arnsidesilverdaleaonb.org.uk**
- **www.golakes.co.uk**
- **Heron Corn Mill 015395 64271**
- **Sizergh Castle 015395 60951**
- **Levens Hall 015395 60321**



This leaflet is brought to you by Morecambe Bay Local Nature Partnership's Nature Improvement Area and Morecambe Bay Partnership's 700 Days to Transform the Bay scheme. It is funded by Defra, DCLG, Natural England, Forestry Commission, Environment Agency, Coastal Communities Fund and RSPB Futurescapes EU Life Comms +.

The routes described are for guidance only. Please use an up to date map when exploring this area. It's a good idea to plan your route in more detail before you set off, and to check the weather forecast and tide tables. Wear appropriate clothing and don't forget to take food and water. The Partnerships above cannot be held responsible in the unlikely event of injury or accident whilst exploring this area. For more information on exploring the nature of Morecambe Bay visit www.morecambebaynature.org.uk