

Space for Exploration

Morecambe Bay is the perfect place for exploration and discovery. It is also covered with a network of historic routes and journeys that are still made today. Perhaps our most famous route is across the sands and the Cross Bay walk.

Locals here have a sense of adventure, here are some of our most adventurous characters:

- Sir John Barrow left Ulverston for the Antarctic and discovered a passage he named the Barrow Straits.
- John Wilkinson from Lindale sailed the first iron boat on the River Winster. It allegedly sank but he went on to become a very famous ironworker.
- Cedric Robinson lives at Guide's Farm near Kents Bank and is Queen's Guide to the sands, and has led thousands of people over the sands on cross bay walks using his skills to read the sands.

The area is perfect for exploring without a car, thanks to the quiet lanes for cycling, extensive footpaths for walking and breath-taking train journeys.

Help your visitors to get out there:

- Promote walking, cycling, rockclimbing, sailing and horse riding. Read the following pages for more information.
- Make it easy for visitors to leave their car behind.
- Provide up-to-date weather and tide information.
- Provide facilities that they might need such as packed lunches and bike locks.
- Find out what is on your doorstep with the Morecambe Bay: Nature on your Doorstep Guides and other guides from the local tourist information centres.
- Highlight safety issues, especially not to walk across the sands without a guide and that tides can be fast moving. If you're around Arnside be sure to tell them about the bore warning.
- Remind them to follow the countryside code.



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Nature on Your Doorstep

We've created these Nature on your Doorstep guides to enable visitors to explore the nature of the Bay.

We've roughly divided Morecambe Bay into nine areas to reflect variations in landscape, wildlife and heritage. Download the Morecambe Bay Nature on your Doorstep guides from www.morecambebaynature.org.uk/discover. Areas covered include:

1. Barrow, the islands of Barrow, Sandscape, Dalton – Where nature meets industry, and home to the natterjack toad and grey seal.
2. Ulverston, Rusland, Roudsea, High Dam – Mosses, prehistoric relicts and the rare black hawker dragonfly.
3. Cartmel, Flookburgh, Grange, Humphrey Head – Curlew and wading birds and dramatic headlands and viewpoints.
4. Meathop, Witherslack, Whitbarrow – Red deer amongst mosses, blossom and woodlands, and dramatic limestone hills.
5. Arnside, Sandside, Levens – A mosaic of grasslands and woodlands, a haven for butterflies like high brown fritillary.
6. Silverdale, Warton, Carnforth – Birds abound in wetlands, the bittern booms and woodlands buzz with nature.
7. Morecambe, Heysham, Hest Bank – Promenade walks with high tide flocks of oystercatchers and more.
8. Lancaster, Sunderland Point, Glasson Dock – Maritime history forms a backdrop to the call of wading birds.
9. Rossall Point, Wyre Estuary, Pilling – A rich soundscape of waders and pink footed geese.



Promote Exploring on Foot

Can you make it easier for visitors to leave their car behind?

- Offer a packed lunch and early breakfast.
- Provide up to date weather information and tide timetables.
- Offer a dry space for wet clothes and muddy boots.

Here are some routes to suggest:

- follow an ancient coffin route:
 - From Hazelslack tower to Fairy Steps and Beetham.
 - From Cark church to Cartmel priory was in use until 1900 when cemetery was built.
- Follow in the steps of the pilgrims of old on the Cistercian Way and Cockersands to St Helens monks route.
- Follow the canal from Lancaster to Glasson Docks, and to Tewitfields near Carnforth.
- Enjoy the many paths across Limestone Pavement with the Limestone Link from Arnside & Silverdale AONB to Farleton Knot and the Yorkshire Dales beyond.
- Follow the river on the Lune Estuary Path.
- Continue your holiday on a long distance walking route:
 - Cumbria Way.
 - Cumbrian Coastal Way.
 - Lancashire Coastal Way.
- Join a trip across the sands with Cedric Robinson Queen's guide to the sands. Contact Morecambe Tourist Information Centre well in advance to find out when they run. **DO NOT ATTEMPT TO CROSS WITHOUT A GUIDE.**
- Try a guided walk from Treasure Trails, or Catwalks.

“In Arnside, the parish covered both sides of the Kent estuary so the old coffin road ran across estuary (you went by boat) because water was considered sacred”



Be Cyclist Friendly

Cyclists are great visitors because they spend money locally, help to reduce congestion and carbon dioxide emissions, and tend to buy lots of food. Can you make their stay a little easier?

- Provide locked storage.
- Be flexible with meal times.
- Fill water bottles for free.
- Make space for a bike wash.
- Recommend family friendly cycling routes like Grange or Morecambe promenade and quiet lanes around Arnside & Silverdale AONB.
- Consider becoming an electric bike charging point.

Your could suggest these long distance routes:

- National Cycle Network (NCN) route 6 Lancaster to Kendal.
- Walney to Wear.
- Way of the Roses.
- Lancashire Cycleway.
- Encourage your visitors to be one of the first to cycle the new Morecambe Bay Cycle way when it opens in summer 2015.

Bike hire is available from

- Silverdale Cycle Hire and Holidays, around Silverdale.
- Sunshine Cycle Hire, Morecambe.
- Gill Cycles, Ulverston.
- Water Front Wheels, Fleetwood

CASE STUDY

Silverdale Cycle Hire and Holidays

At Silverdale Cycle Hire and Holidays, owner Jason Kennedy makes it easy for visitors to enjoy and be active. Providing bikes is just the first step, he also recommends his favourite routes and other local businesses such as cafes and attractions. By sharing this local knowledge, he's helping visitors to have a perfect day out. Jason says "exploring by bike is great, seeing all those things so easily missed when in a car. That said a little bit of local knowledge goes a long way for the first time visitor, so I always point visitors in the right direction to wet their appetite for what's out there to be discovered. It would be cruel not to."



Give the Driver a Break

Visitors can easily arrive by train, and use the railway to get around too. Make it easy for your guest to take public transport:

- offer train station pick up service
- provide up to date bus and train timetables
- highlight activities that are on your doorstep or connected by train and bus
- offer a discount or freebie if they leave the car with you for one day
- look out for these leaflets: Morecambe Bay off the Rails, Rail Trail 1 and Rail Trail 2 by Northern Trains
- check out the Nature on your Doorstep Guides for things to do close to our stations

Other Ways to Explore

On Water Try...

- having an adrenalin fix with North West Kite Surfing
- a day out learning to sail with Bay Sea School
- cruising from Tewitfield to Preston with the Lancaster Canal Trust
- boating about with Tewitfield Fishery
- sea kayaking from Roa Island jetty or Morecambe slipway

“Listen out for the siren that announces the tidal bore in the Kent estuary at Arnside”

On the Rocks Explore...

- bouldering and climbing at Trowbarrow Quarry
- seasonal climbing at Chapel Head and Humphrey Head (no climbing from March – July during bird nesting season)

On Four Legs Look Out for...

- Lunebank Riding Centre
- Sea View Riding School
- Witherslack Hall Equestrian Centre
- and the mosaic of bridleways and quiet lanes in Arnside & Silverdale AONB

