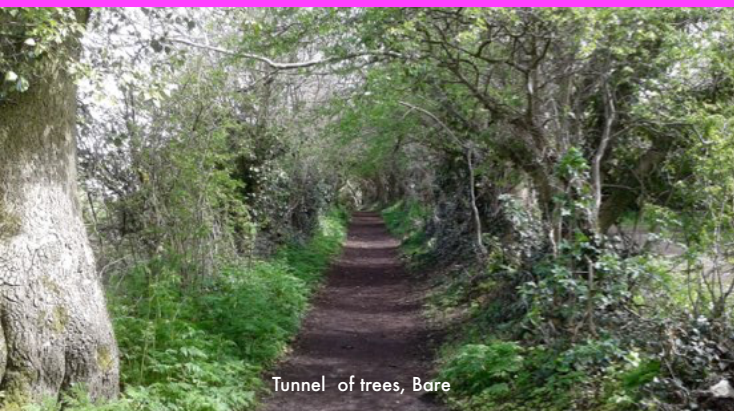


The Bentham Line Self-guided Walks

This leaflet describes one of a diverse collection of twelve walks linking neighbouring stations along the Bentham Line between Heysham Port and Skipton.



Tunnel of trees, Bare

Walk No.	Route	Miles
1	Heysham Port - Morecambe	5.3
2	Lancaster - Morecambe	3.8
3	Morecambe - Bare Lane	2.5
4	Bare Lane - Carnforth	5.6
5	Wennington - Carnforth	11.3
6	Wennington - Bentham	3.9
7	Clapham - Bentham	5.0
8	Clapham - Giggleswick	9.4
9	Giggleswick - Long Preston	5.6
10	Long Preston - Hellifield	3.8
11	Hellifield - Gargrave	7.0
12	Gargrave - Skipton	5.0

Timetable

For train times on the Bentham Line pick up Northern Timetable 7 or the Airedale Metro Timetable, or use the websites below.

Fares and Service Information

National Rail enquiries:

telephone: 08457 48 49 50

textphone: 0845 60 50 600

website: nationalrail.co.uk

Customer Helpline

Northern comments and enquiries:

telephone: 0800 200 6060

contact: enquiries@northernrailway.co.uk

Rail Websites

leedslandancastermorecambecrp.co.uk



lasrug.btck.co.uk



northernrailway.co.uk



Tourist Information

Leeds: visitleeds.co.uk

Skipton: skiptononline.co.uk

Bentham: aboutbentham.org.uk

Yorkshire Dales: yorkshiredales.org.uk

Lune Valley, Lancaster and Morecambe:

citycoastcountryside.co.uk

Rail to Trail Walk Guide

The Bentham Line

Walk 4 - Bare Lane to Carnforth



Lancaster Canal



Leeds-Lancaster-
Morecambe
Community Rail
Partnership

LASRUG
Lancaster and
Skipton Rail
User Group

Walk 4 - Bare Lane to Carnforth

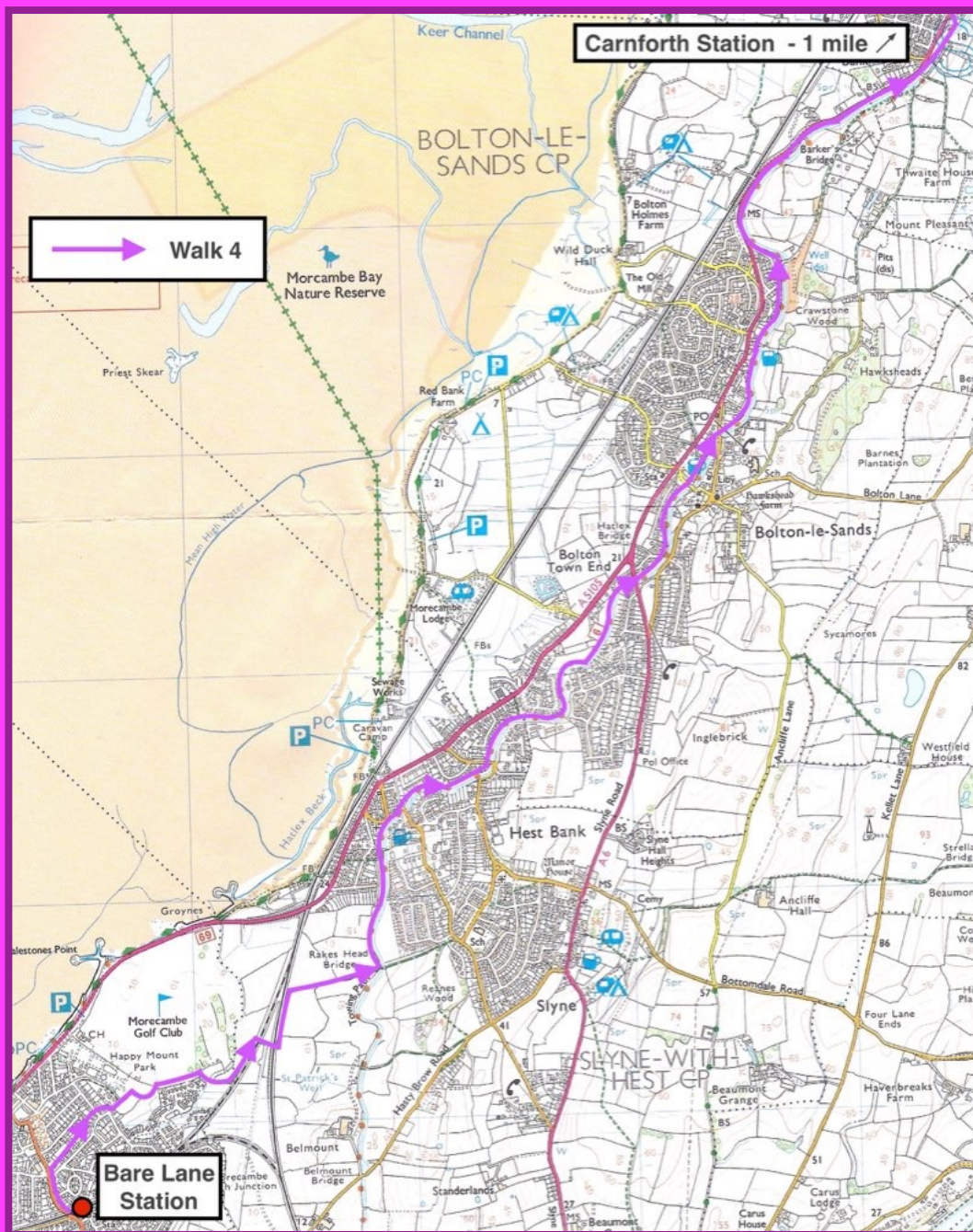
Coast, Canal and Countryside

Lanes and Canal Towpath

OS Explorer Maps: 296 & OL7

Moderate

5.6 miles



BARE LANE TO CARNFORTH

Time: 2 hours

Distance: 5.6 miles / 9.0 kilometres

Total ascent: 74 metres

Total descent: 63 metres

Walk grade: Moderate

Exit Bare Lane Station next to level crossing and turn right along road. Pass entrance to Bare Lane Station Park & Ride (R), red pillar-box (L), Queens Drive (R) and Hest Bank Road (R). Just before a bus shelter and Bare Lane Village Hall turn right onto public footpath signed 'Hest Bank' and go down enclosed path alongside the Village Hall (L). Pass narrow paddock and row of bungalows (L). Go straight across a road. At second road bear left and follow footpath sign 'Hest Bank'. At T-junction of paths, follow 'Hest Bank' sign right, keep to hedge and iron railings (L) with open area to right, then turn left at bottom and follow path with iron railings (L).

Pass Happy Mount Park (L) adventure playground (behind railings), and Morecambe Golf Course (L). Continue uphill through a tunnel of trees with paling fence to left, and leave golf course. Follow path around to right and descend to a wide wooden footbridge over a ditch. Cross this bridge and follow path around to the left when it runs adjacent to the Morecambe-Carnforth rail line (R). Cross wooden footbridge over beck and go up incline to cross the single railway line. (Watch out for trains.) Descend path from railway line and pass under the West Coast Main Line railway bridge. Turn left along lane, which runs adjacent to the railway line before turning right and eventually rising to a canal bridge.

Just before reaching the canal bridge fork right onto the towpath of the Lancaster Canal and turn left immediately to pass under the bridge (N116). This towpath passes through Carnforth. Arrive at Hest Bank boat moorings. Pass under bridge N117. Good views across Morecambe Bay (L). Pass under bridges N118 and N119. Enjoy view (L). Pass swing bridge N120 and pass under bridge N121. Pass picnic area (just out of view) (L) then immediately pass under bridge N122, and then pass under bridges N123 to N127. Pass along the low aqueduct.

Arrive Carnforth moorings. Pass the Canal Turn pub (L) and leave towpath here by forking left through pub car park. Turn right along main road pavement. Cross over road to other pavement at pedestrian crossing as if going to superstore, and turn right up gradient towards fork in road ahead. At Haws Hill junction bear left down one-way street signed railway station. Pass police station (L) and continue down this street to Carnforth station on left at bottom of hill.

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