

# Destination Wellbeing ...

via the Bentham Line

Leeds



Clapham



Saltaire



Lancaster

the  
**Bentham** line

LEEDS - MORECAMBE COMMUNITY RAIL PARTNERSHIP



Morecambe Bay

## Destination Wellbeing ...

... is an original project developed by the Year in Industry students working with Northern Trains Ltd. and the Leeds-Morecambe Community Rail Partnership during 2022/23.

The project highlights different ways in which the railway offers a route to wellbeing. Five selected stations, which are all accessible via the Bentham Line, offer gateways to a broad range of activities that can help support your wellbeing.

The captivating artwork, by Alastair Nicholson, emphasises the positive relationship between various activities and personal wellbeing.

For each of the five Bentham Line locations, there is a suggested itinerary to use as inspiration for a day out. Following the suggested itineraries could help you feel more positive, strengthen your sense of purpose, and allow you to feel more in control.

## Next Stop:

**Embracing Culture** - Immersing yourself in a vibrant cultural environment and sampling a variety of local arts makes for a meaningful experience. **Leeds** is a city that proudly celebrates its abundance of culture and welcomes all communities that visit.

**Exploring our Heritage** can lead to a greater sense of purpose. Now designated a World Heritage Site by UNESCO, **Saltaire** is a model village built during the mid 19th century that represents a philanthropic and paternalistic approach to industrial development.

**Getting Active** can help you manage stress and anxiety, improve your sleep, and release 'feel-good' hormones. Whether you choose a relaxed stroll through the village or a trek to reach Ingleborough summit, **Clapham** is the perfect starting point for a range of walking (and cycling) routes in the Yorkshire Dales.

**Reconnecting with Friends** - Spending time with people that you love is important for your wellbeing; it can relieve stress and anxiety and make you feel closer to others. **Lancaster** - a relaxed, yet quirky city with a fascinating past - offers an ideal opportunity to explore, spend time and reconnect with friends and family.

**The Great Outdoors** - Bringing nature into your everyday life, by spending time in natural environments, can benefit both your mental and physical wellbeing. Experience breath-taking sunsets and discover the natural landscapes of **Morecambe Bay**, stretching from the south west coast of Cumbria to Fleetwood in Lancashire.



# The Bentham Line

## Destination Wellbeing ...

Next Stop: **Embracing Culture**

**Leeds** is a vibrant city bursting with life and cultural energy. Leeds boasts a thriving arts and music scene, a passion for sports, rich industrial heritage, and a dynamic culinary landscape. 2023 is being hailed as the 'Year of Culture' in Leeds, as the city continues to embrace contemporary trends as a diverse and captivating destination. All this combines to make Leeds the perfect place to visit.

### A Day Out in Leeds

Immerse yourself in art and history at the **Leeds Art Gallery**, showcasing a remarkable collection of British and international art.

Leeds takes centre stage in Yorkshire's sculpture triangle, so don't miss the **Henry Moore Institute** next door to Leeds Art Gallery. Moore was a sculptor who started his training in Leeds in 1919.

**Leeds City Museum** provides great insights into history and culture, housing the 'Voices of Asia' gallery, which celebrates the sights, sounds and diversity of Asian communities in the city.

Leeds is renowned for its beautiful **Victoria Arcades** - check out Queens Arcade, Grand Arcade and the exquisite **Victoria Quarter**.

See the award-winning, world class **Opera North** perform in their home city at **Leeds Grand Theatre**. You can also experience the **Northern Ballet**. Leeds is the only UK city outside of London to have resident ballet and opera companies.

The city's rich culture and diverse population is undoubtedly reflected in its wide range of eating places and varied cuisine.


Leeds regularly hosts **music events** at a variety of independent and larger venues, including First Direct Arena, O2 Academy Leeds,

Leeds University Stylus, Headrow House and Brudenell Social Club.

**Leeds Kirkgate Market** is the largest covered market in Europe and is home to 800+ stalls selling food, drink, clothes, trades, jewellery, and homeware. It truly is a must if you want to embrace the culture of Leeds.

The Parade, City Square, Leeds



Leeds 

## Destination Wellbeing ...

Next Stop: **Exploring Our Heritage**

**Saltaire** holds deep ties with the people of Yorkshire. Why not indulge yourself in some northern heritage and jump on the train to West Yorkshire's most famous model village?

### A Day Out in Saltaire

Did you know? The town of Saltaire was purpose-built to house the workers at **Titus Salt's textile mill**. The model town is now a **UNESCO World Heritage Site**.

The iconic **Salts Mill**, next to the station, is now a **hub of art and culture**. As a home-grown talent, **David Hockney's** 'Arrival of Spring' is displayed in the mill. Other unique pieces from the world-renowned artist are on show in the 1853 gallery.

The mill also offers an opportunity to buy from **independent businesses** selling books, art, jewellery, and all sorts of things you don't actually need (but would look lovely in your lounge).

You must be hungry now; why not stop off for a bite at one of many of Saltaire's restaurants? Take your pick from Indian fusion, Thai, tapas and modern British cuisine. If you decide to stay in Saltaire, there are plenty of places for a drink, such as **Don't Tell Titus** (so named as Sir Titus did not allow his workers to drink alcohol).

Now take a ride up the hill on the **ShIPLEY Glenn Tramway** (open Sundays only), for a cracking view over the **Aire Valley**.

Enjoy a post-lunch stroll along the **Leeds and Liverpool Canal** towards Shipley (east), or Bingley (west). Alternatively, you can have a rest in **Robert's Park**, which is home to the Half Moon Café and a children's play area - you may even catch a cricket game in the summer. The park was opened in 1871 as part of Sir Titus Salt's ambition to create a good life for the people of Saltaire. It was renovated in 2010 with a £3.2m Heritage Lottery fund and boasts some outstanding natural beauty with blossoming trees each spring.

Sir Titus is buried at the **United Reform Church**, just around the corner from the station. He commissioned the church himself, and it truly is an impressive example of Victorian architecture.



## Destination Wellbeing ...

Next Stop: **Getting Active**

**Clapham** is one of many quaint villages nestled in the Yorkshire Dales. It is a convenient place to access some great walking routes by rail, all while witnessing some fantastic scenery.

### A Day Out in Clapham

Starting from Clapham village, there are at least three recognisable walking routes that will take you to the summit of **Ingleborough**. Standing at 723m high, Ingleborough is one of **Yorkshire's famous Three Peaks**.

Clapham is also a good starting point for more Dales walks to Austwick, Bentham, Ingleton, Selside, Horton-in-Ribblesdale and Crummackdale.

If you follow the **Nature Trail**, you'll notice many wildflowers and other signs of **conservation**. The community in Clapham village take great pride in local conservation, stemming from the work of **Reginald Farrer** (1880 - 1920). The botanist travelled in mountainous regions of Asia, and introduced plant species from there to his home village, Clapham.

The Yorkshire Dales is home to some impressive geological features. Beyond the Nature Trail you will find the impressive **Ingleborough cave** where you can take a tour underground, **Trow Gill** (a ravine), **Gaping Gill** (a deep pothole on Ingleborough's south slope) and **Fell Beck** (a 104m waterfall).

If cycling is your preferred form of exercise, you can undertake a stage of The Pennine Cycleway. The cycleway runs through the 'Backbone of England', from Derby to Berwick-upon-Tweed on the border with Scotland. You could also enjoy some of the **Forest of Bowland AONB** cycle routes.

There are cafes and hostelrys in Clapham and the nearby villages to tempt you with home baking and hearty meals made with local produce.





## Destination Wellbeing ...

Next Stop: **Reconnecting with Friends**

**Lancaster** is a city steeped in history and home to fine Georgian buildings, cobblestone streets, and the Lancaster Canal. Take a visit and spend some time with friends and family.

### A Day Out in Lancaster

On your arrival at Lancaster station, venture up the hill to **Lancaster Castle**, where you will find free guided tours around historic remains of the Grade I listed building.

Once you've indulged in some history, head 20 minutes across the city centre to the famous **Williamson Park**. From here, there are stunning views of the city, River Lune and Morecambe Bay, and it's a perfect spot to enjoy a picnic with family and friends.

Within the park, you can visit **Ashton Memorial**. You can climb the Victorian folly to experience panoramic views of the city.

Now, time for the **Mini Zoo** and **Butterfly House**. The zoo is home to lemurs, meerkats and birds of prey; while the Butterfly House provides a unique opportunity to observe the exotic insects in a lush tropical environment.

If you're in need of a rest, take a stroll along the towpaths of the **Lancaster Canal**, and refuel with some pub grub and a pint, perhaps at the Water Witch or the White Cross.

The former **Pioneer Line Railway Route** has been transformed into a 3-mile cycling and walking trail and forms part of several longer national routes. The path is fully tarmac surfaced and takes 1-2 hours to complete, taking you to Morecambe and its bay. (See the Morecambe pages for ideas on what to do there.)

If you decide to stay in Lancaster, make your own call! There are plenty of ways to spend your afternoon in Lancaster City Centre, such as the **Charter Market** (Open 09:00 - 16:30 on Saturdays and Wednesdays), **Lancaster City Museum** (Open 10:00 -17:00 Monday to Saturday) and **Lancaster Brewery**.



The Ashton Memorial in Williamson Park, Lancaster

## Destination Wellbeing ...

Next Stop: **The Great Outdoors**

**Morecambe** is a seaside town offering a fantastic opportunity to experience the great outdoors on the Lancashire Coast! You can also witness fantastic views across Britain's largest bay towards the Lake District National Park.

### A Day Out in Morecambe

Take the **Tern Project Trail** from Morecambe station, and notice all the bird-related poems, jokes, and quotes along the way. The Tern project celebrates the diverse birdlife of Morecambe Bay, through sculptures dotted along the seafront and promenade.

Visit the statue of comedy legend **Eric Morecambe** on Central Promenade. Why not mimic his iconic 'Bring me Sunshine' pose for a great photo opportunity?

If you're a keen angler, Morecambe Bay offers a **wide variety of flatfish** - ranging from Flounder, Dab, Dogfish, Rockling, School bass and even silver eels. Local tackle shops are always willing to give great advice on the best place to cast!

Soak up the Great British Outdoors experience and enjoy a delicious portion of **fish and chips**. (Don't forget the mushy peas!)

If fish isn't your thing, you could indulge in **afternoon tea** at the iconic art-deco **Midland Hotel**. You can sip on Prosecco and enjoy a selection of sandwiches while looking out over the bay.

Take a trip to **Happy Mount Park**, a free-entry activity park for everyone. There's a Splash Park, unique outdoor play areas, woodland walks, adventure golf, and more!

Alternatively, you could walk 2.5 miles to Heysham Village. This was the departing point of St. Patrick when he set off for Ireland in the 6th century. Here you can find the remains of the 8th century **St Patrick's Chapel**, which holds some of the finest relics of Christianity in the northwest of England.

If you decide to stay in Morecambe, take a stroll along the sandy beach and enjoy the fresh sea breeze. If you have time, consider staying until the evening to catch a **picturesque sunset** over the bay.



Looking out over Morecambe Bay, at Heysham

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**Additional destination information:**

Leeds	<a href="http://visitleeds.co.uk">visitleeds.co.uk</a>
Saltaire	<a href="http://saltairevillage.info">saltairevillage.info</a>
Clapham	<a href="http://claphamyorkshire.co.uk">claphamyorkshire.co.uk</a>
Lancaster	<a href="http://visitlancaster.org.uk">visitlancaster.org.uk</a>
Morecambe Bay	<a href="http://exploremorecambabay.org.uk">exploremorecambabay.org.uk</a>



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**Leeds** is easily reachable from most of the country, boasting direct links to London, Birmingham, Manchester, York, Newcastle and Edinburgh. The **Bentham Line** links Leeds to **Lancaster**, with seven services running from Lancaster to Leeds Monday to Saturday and six from Leeds to Lancaster. There are five services each way on Sunday.

**Saltaire** is served by frequent local electric services from **Leeds** and **Bradford Forster Square** every half-hour on Monday to Saturday, and every hour on Sunday. Trains take you from the heart of Leeds and Bradford to this **UNESCO World Heritage Site** in under 20 minutes! From **Lancaster**, hop on any Leeds-bound train and make an easy same-platform change at Bingley.

**Clapham** is at the heart of the Bentham Line and is served by direct trains from **Lancaster** and **Leeds**. Monday to Saturday, there are eight trains each way from/to **Lancaster**, six from Leeds to Clapham and seven from Clapham to Leeds, with five trains each way on Sunday. Travelling from **Bradford**, make an easy change in **Shipley** or **Bingley**.

**Lancaster** is well-served by trains on the **West Coast Main Line**, connecting London, Birmingham, Manchester and Liverpool with Edinburgh and Glasgow via the Lake District. The **Bentham Line** connects Lancaster to **Leeds**, with six trains running from Leeds to Lancaster, Monday to Saturday, and seven from Lancaster to Leeds. There are five services each way on Sunday. To travel from **Bradford**, make an easy change in **Shipley** or **Bingley**.

**Morecambe** lies at the western end of the **Bentham Line** and is only 10 minutes from **Lancaster**, with trains running between the two roughly every half hour. Five direct trains run from Leeds to Morecambe each way Monday to Sunday and a sixth service, Monday to Saturday, requires a change in **Lancaster**. To travel from **Bradford**, make an easy change in **Shipley** or **Bingley**.

For full details of journeys, timings of services and to purchase tickets visit:

[thebenthamline.co.uk](http://thebenthamline.co.uk)

[northernrailway.co.uk](http://northernrailway.co.uk)

[nationalrail.co.uk](http://nationalrail.co.uk)

## Year in Industry Students



2022-23

the  
**Bentham** line  
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