

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