

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