

Rail to Trail Self-Guided Walks

Each of the walks is available as a separate leaflet and are available from staffed stations on the Bentham Line or they can be downloaded from the Bentham Line website: thebenthamline.co.uk/rail_to_train/ or scan the QR code.

Each leaflet has a map and full details of the walk.



There are eight services in both directions between Leeds and Morecambe, Mondays to Saturdays. On Sundays there are five services each way. There are additional local services between Leeds, Bradford and Skipton and also between Lancaster, Morecambe and Heysham Port.

Bentham Line rail services are provided by Northern Trains Ltd. Visit: northernrailway.co.uk



Further Details

The Bentham Line timetable and a guide to the scenic journey along the Bentham Line are available at local staffed railway stations, they can be downloaded from: thebenthamline.co.uk or by scanning the QR code below.

All leaflets can also be obtained, free of charge, by post from the address below.



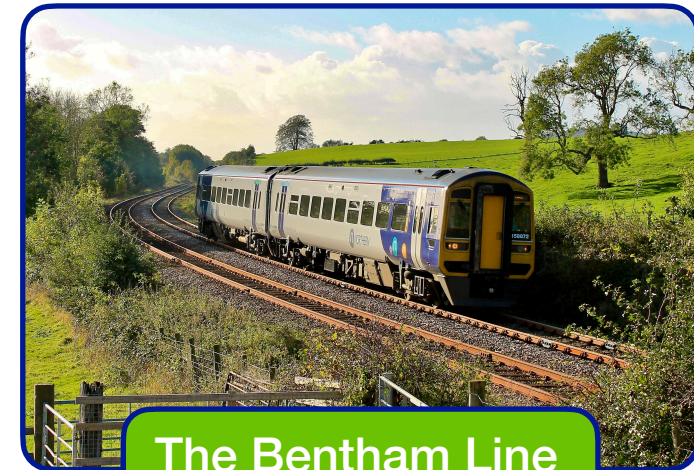
Leeds-Morecambe Community Rail Partnership
Bentham Station Building
Station Road
Bentham Lancaster
LA2 7LF

Telephone: **015242 98940**
Email: the.bentham.line@gmail.com



Rail to Trail

A collection of station-to-station walks for experienced and leisure walkers through spectacular Yorkshire and Lancashire countryside.



The Bentham Line Self-Guided Walks

To download any of the featured walks visit: thebenthamline.co.uk/rail_to_train/ or scan the QR code.

Supported
by

LASRUG
Lancaster and Skipton
Rail User Group



Walk 3: Morecambe To Bare Lane
(1.3 hours, 2.5 miles, easy)

Take the 'Flock of Words' poem path to the promenade, look out for bird sculptures tackle a maze on the Stone Jetty and see the RNLI hovercraft and inshore boat. Pause alongside Eric Morecambe's statue for a photograph and take in the spectacular views across the Bay.



MORECAMBE

Heysham Port
for the Isle of Man



Walk 1: Heysham Port to Morecambe
(2.6 hours, 5.3 miles, moderate)

Enjoy the flora and fauna of Heysham Moss and Oxcliffe Levels before heading north to the resort of Morecambe with its spectacular views across Britain's largest bay of the Lake District.

Walk 2: Lancaster to Morecambe
(1.6 hours, 3.8 miles, easy)

Follow the route of the 'Little' North Western Railway between Lancaster Green Ayre and Morecambe Promenade. Stop off at Lancaster Castle and the Maritime Museum and stroll along the sands at Morecambe Bay.



LANCASTER



Walk 4: Bare Lane to Carnforth
(3 hours, 10.6 miles, moderate)

Countryside, canal and coastal views. Stop for refreshments by the Lancaster Canal and recall a 'Brief Encounter' at Carnforth station.



Carnforth



Walk 6: Wennington to Bentham
(2.3 hours, 3.9 miles, moderate)

Walk above the beautiful valley of the River Wenning and past ancient mining sites, before descending to the peaceful riverbank. Finally, heading up stream to Bentham with its traditional shops, inns and cafés



Walk 8: Clapham to Giggleswick
(4.6 hours, 9.4 miles, strenuous)

Following ancient trails through the charming North Dales villages of Clapham, Austwick, Feizor and Giggleswick, with opportunities to sample fine Yorkshire hospitality. Over higher ground take in the splendid views and look out for the industrial heritage of limestone quarrying before finishing in Giggleswick.

Walk 5: Wennington to Carnforth
(5.3 hours, 11.3 miles, strenuous)

This walk offers a taste of the history of the Lune Valley. Passing a medieval motte and bailey, then crossing the Lune by ancient bridge at Gressingham, before coasting home alongside the Lancaster Canal to reach Carnforth.



Wennington

Bentham



Clapham

Walk 7: Clapham to Bentham
(2.5 hours, 5 miles, moderate)

This is an ideal walk for seeing the Bentham Line landscape at work. Ingleborough towers above as you pass through working farms to reach the market town of Bentham.



Walk 9: Giggleswick to Long Preston
(2.8 hours, 5.6 miles, moderate)

Cross the River Ribble Valley with views of Pen-y-Ghent, before ascending to take in panoramic views including Pendle Hill, (witch country). Finishing in Long Preston with its traditional May Day celebrations.



Giggleswick

Long Preston

Walk 10: Long Preston to Hellifield
(2 hours, 3.8 miles, easy)

Beginning in Long Preston, through farms and along tracks edged with dry-stone walls, to the Midland Railway town of Hellifield, finishing at magnificent listed station.



Hellifield

Gargrave

SKIPTON

Walk 11: Hellifield to Gargrave
(3.5 hours, 7 miles, moderate)

Heading out through the railway town into the Aire Valley through lush countryside and ancient hamlets passing by the 'lost' station of Bell Busk. View Malham Moor and brush the Pennine Way as you descend to picturesque Gargrave on the banks of the River Aire.



Cononley

Steeton & Silsden

Crossflatts

Keighley

Bingley

Saltaire

Shipley

Frizinghall

Apperley Bridge

BRADFORD

Forster Square

Kirkstall Forge

LEEDS

Walk 12: Gargrave to Skipton
(2.3 hours, 5 miles, easy)

Enjoy the delightful Dales village of Gargrave and the wildlife along the Leeds-Liverpool Canal, on the way to the busy market town of Skipton, with its fine medieval castle.