

# Arnside

The walk starts in Arnside, using the free car parking on the promenade. If you are using Satnav to get to the start enter “The Promenade, Arnside” as an address, or if you prefer What-3-Words, then the tag is **craftsmen.vine.airstrip** which corresponds to OS grid reference SD 45467866. Arnside is a popular place, so you will need to arrive early to secure a parking place during peak season.

We set off down the promenade heading away from Arnside village, following the River Kent out toward Morecambe Bay heading Southwest. We initially walk on the pavement in front of the rather fine Victorian Seaside Villas, but before long we find ourselves on a well made path at the side of the estuary. At the far end of this is the Lifeboat station, and beyond this we walk on the seashore -tides permitting.

Our walk continues along the sand – if the tide mitigates against this take the lane adjacent to the lifeboat station and follow it round to the right round the back of Grubbins wood to re-join the route at New Barns, where a concrete road takes us safely above the tidal range toward the entrance to the caravan park.

At the entrance to the park, we note a fingerpost offering the route through the caravan park that we take, and an alternate round the seashore behind the trees at Frith Wood – this is worth considering as a small extension to the walk as the views across the estuary are particularly fine.

We take the route through the caravan park following a clear road for a while until we see a broad unsurfaced track leaving on the left. We take this and then after a short flat section, head steeply uphill through the woods of Arnside Park. We initially head Southeast, but as we rise, the path gradually swings round to the left until by the time we reach the peak and exit the woods at Heathwaite, we are heading East.

We now carry on along a gentle woodland track heading downhill and Northeast toward Arnside Knott. Before we get that far though we come to a point where a number of paths – we almost reverse our direction walking downhill toward a field corner with the bay visible in the background.

Here we find a gate which leads us onto a path along the side of Hollins Farm. After a short distance we find a stile in the drystone wall on our right and we cross this to take a clear path down to the minor road at far Arnside.

We turn left at the road and walk gently uphill until meet a slightly larger road, where on the opposite side we see a fingerpost indicating a path through open fields toward Silverdale with a caravan park in the distance. We follow the clear path through a couple of fields and head toward a building which is a reception for the caravan park, and as we approach this, we come across the metalled road that runs round the park. We turn left and follow this for a while, now heading North. After a short while we spot a yellow way marker over to the left and see a grassed path leaving the road and entering the trees – this is our route over to the Arnside Tower, a Scheduled Monument and Grade II\* listed building.

At this point we have woodland on our right – Middlebarrow Wood and views over to Arnside Knott on our left. We soon approach a gate and as we pass through, the tower comes into view. The tower is not considered structurally safe so don't enter.

From the tower, we head down toward the white washed farm building and take the path opposite around the farm yard and then up the farm access road. We now have Arnside Knott ahead of us. We walk up to the main road, and turn left, to find the access gate for the Knott almost opposite on the right.

Having entered the National Trust land we follow a clear path uphill through pleasant woodland passing ancient trees with spectacularly tangled roots, until we arrive at a junction where four or five paths meet – here we find the way marker indication for Arnside via a public bridleway – look for the blue arrow.

We follow the bridleway round the back of the Knott – you will see several paths leaving on the right to climb the Knott. Feel free to follow these to sample the excellent view from the top before returning to this lower level path., which follows the contours round the back of the Knott, past a car park, and then onto a metalled lane which we follow for a little while. Look out for a gate accessing the field on the left – note this but do not take the path – it looks a like a good way to stay off the road, but our path leaves the road on the right soon, and you will be trapped in the field on the wrong side of the road.

When our path comes into view on the right, we access it via a gate and take a clear grassy path along the contour lines of Red Hills until we arrive at a gate in the far corner of the field.

We follow the path down through Red Hills Woods until we arrive at a gap between buildings where we find a minor road. We turn left and follow the road past a number of large Victorian houses on our left. The road bends back on itself, and we follow it down to the main road in the village, where we turn right, now walking on the pavement. We come to a junction and take left to walk downhill back to the promenade where the walk ends.

- **Total distance 10.3 km (6.4 miles)**
- **Total ascent 236 m**
- **Easy walk**