

# Heathwaite Coastal

We start at Arnside – there is free parking available on the promenade for those arriving by car – but be aware that this is popular location, so during peak season an early arrival may be required. If you are relying on Satnav, then enter “The Promenade, Arnside” as an address or use the postcode LA5 0HA – the OS grid reference for the same location is SD45467866, and the what-3-word tag is **cleanser.theory.trying**.

We head downstream along the walkway at the end of the promenade. At first, this is a well-surfaced raised path which passes a rather grand house with great views across the estuary to Grange. Soon however we find ourselves walking on the foreshore, with the coastguard station ahead of us. The path continues around the edge of the coast, with Grubbins Wood on our left and the sands ahead. Depending on tides and weather some clambering over wet rocks may be required – so take care: It is possible that the route will be impassable beyond the coastguard station, and if this is the case, or if you are concerned about a rising tide, then there is an alternate route:

At the coastguard station head inshore on the access lane, turn right at the minor road then keep right, following the road for 500m until you get to a footpath – this comes back to the shoreline at New Barns.

On most days, the route along the foreshore will be safe and more interesting than the diversion, so just follow the shore until we arrive at a roadway down to the caravan park at New Barns. We walk down the access road to the caravan park and notice that just before we enter there is a signpost for a public footpath to the right: This goes all the way round the headland circling Frith Wood, and passing Blackstone Point before coming back up to the path we will be taking at Arnside Point. You might consider this to be an alternative to walking through the caravan park but be aware that it really needs low tides to be viable.

That was not the case for us, so we headed left along the road through the caravan park, before veering right (at a fork) then left at a public footpath sign indicating Far Arnside, heading uphill into the woods. We are in the woods for only 100m however before we arrive at a headland with great views of Morecambe Bay – this is where the path round Frith Wood rejoins.

The path from here is very clear and circles around the headland – the woodland on our left is Arnside Park. We follow the headland path for a while now until it emerges into another caravan park at Far Arnside. We follow the access road through the park – we are still following the shoreline – even if its not always visible, and we soon see the entrance barrier for the park. We pass this and continue along the road for about 100m until we find a path on the left heading toward Hollins Farm, and then Arnside Knott.

When we get to the farm the path up to the Knott is clearly signposted and takes us up the side of a barn to a gate onto the National Trust land at Heathwaite. We turn right once past the gate and follow a well worn path up the hill – we have good view over to the woods at Elslack and Middlebarrow on our right and may just catch a glimpse of Arnside tower – though we may need to come off the path and down to the drystone wall to see it properly.

We climb for a little while now – keeping the drystone wall on our right and soon arriving at a gate onto the Knott. From here there are many paths that we could take – almost too many in fact, so to be sure to follow the route described, we recommend using the GPX track. If you do take a slightly different route, it really does not matter too much though - just head up to the top and you will always find the path along the ridge at the top of the Knott.

At the gate onto the Knott, looking forward to the bench we see here, you will see a path heading right – this goes to Arnside Tower. On the left is another path which contours around the back of the Knott. Our route is ahead, climbing quite steeply into the woods.

This soon curves round to the left, and then sharp right climbing up a clear path into Arnside Knott Wood. As we get toward the top, the path levels out and we keep our eye open for a smaller path leaving on the left – this heads over to a viewpoint which on a clear day offers great views of the Kent Estuary and Morecambe Bay.

Having returned to the main path, we head right and continue for about 300m, at which point we are just below and to the left of the trig point at the peak of the Knott. The path forks here and we take the left hand option crossing through a drystone wall and then heading diagonally downhill through an open field – pausing to enjoy the artworks here.

On the way down, we see a gate into the woods on our right – we ignore this and carry on right to the bottom (North) corner of the field where there is a further gate into Dobshall Wood.

The path from here is clear and heads North through the woods to emerge 250m later onto a minor road.

We turn left here and walk along a row of rather fine Victorian Villas, to a hairpin, and then back on ourselves and downhill to a minor road – we are now back in Arnside.

To get back to our starting point we head right at the road junction (uphill) and follow the road round to another junction. Here we go left and follow a path along the roadside before continuing downhill and back into the village centre.

- **Total distance 8.5 km (5.3 miles)**
- **Total ascent 243 m**
- **Easy walk**