

Arnside to Kirkby Lonsdale

26 miles (41km) Moderate/Challenge

Start & parking: In Arnside, along the waterfront

Train station: Arnside

Refreshments: Lots of choice in Arnside, café at Oasis Wildlife Centre on the A6, lots of choice in Kirkby Lonsdale, café at Beetham Nurseries, Wheatsheaf pub in Beetham.

Leave behind views of the Kent Estuary and the Lakeland fells as you turn inland into the broadleaf woodland of the area. The busy exit from Arnside is soon replaced by quiet lanes and a broad stone-based byway going by the wonderful name of Dollywood Lane. Emerge on the A6 with a chance to visit the Oasis Wildlife Centre. This really is the north-south transport corridor as you cross the A6, the West Coast mainline, the Lancaster Canal, the M6 and the A6070 in the space of two miles. Climb steeply beyond Burton up onto the limestone crags of Hutton Roof before dropping down to the delights of Kirkby Lonsdale with fine views towards Ingleborough. The return route takes a more northerly course including fine views north towards the Howgills from a gated lane with grass growing up the middle. There is a last climb beyond Beetham to Storth leading back to Arnside.

13

Ignore turns to right and left through Storth. At the T-junction with Carr Bank Road turn **L**. At the T-junction at the end of Carr Bank Road turn **R** (no sign). Cross the railway line to return to the start in Arnside.

12

At the T-junction with the A6 by Beetham Nurseries cross the road (**WITH CARE**) onto the pavement opposite and turn **L**. Push your bike along the pavement parallel with the A6 for 200yds then at the end of the pavement continue towards the memorial cross and the Wheatsheaf pub in Beetham (ie do not go towards Heron Mill). Just before the pub turn **R** signposted *Storth, Arnside*. After ½ mile turn first **L** (same sign).



1

Exit Arnside keeping the estuary to your left, following signs for *Silverdale*. This first section is the busiest of the whole ride. About ½ mile after crossing the railway line, ignore the first left on Carr Bank Road. Shortly, on a sharp right-hand bend take the next **L*** on Storth Road signposted *Storth*. Easy to miss: after 400yds turn sharp **R** onto a wide stone track signposted *Public Byway, Dollywood Lane*.

* **WINTER ALTERNATIVE:** To avoid a short section of muddy track, do not turn left on Storth Road but continue straight ahead. After ½ mile, at the T-junction turn left signposted *'Yealand'* then shortly turn left again, sharply back on yourself, signposted *'Beetham'*. Climb, then at the T-junction at the end of Leighton Beck Road turn right. Go to **Instruction 3**.

2

Follow this broad, stone-based track for ¾ mile. It will be muddy in winter and after prolonged rain. At the T-junction with tarmac turn **L** uphill. At the T-junction at the end of Leighton Beck Road turn sharp **R** signposted *Yealand, Carnforth*.

11

At the T-junction with the B6384 turn **R** to cross the railway bridge signposted *Milnthorpe* then after ¼ mile turn first **L** signposted *Beetham*.

10

After 2½ miles on this gated lane, at the T-junction at the bottom of a gentle descent, with a hedge ahead, turn **L** (no sign) towards the buildings in Farleton. At the X-roads (with the A6070) go **SA** signposted *Milnthorpe*. Cross the canal and the M6.

9

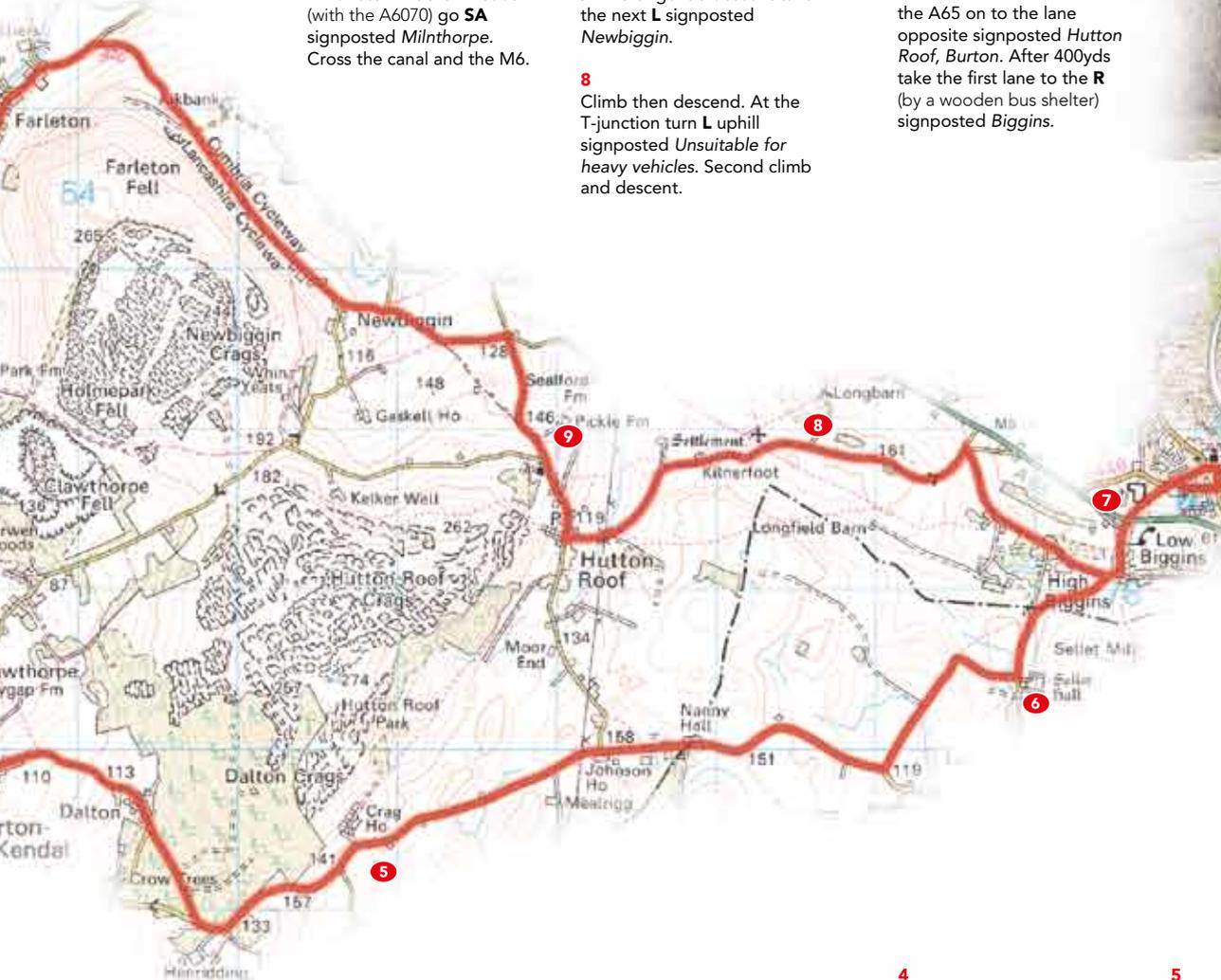
At the T-junction at the top of the third climb turn **R** signposted *Lupton*. Ignore the first left turn immediately after Hutton Roof church. After ½ mile of gentle descent take the next **L** signposted *Newbiggin*.

8

Climb then descend. At the T-junction turn **L** uphill signposted *Unsuitable for heavy vehicles*. Second climb and descent.

7

After visiting Kirkby Lonsdale (churchyard, Ruskin's View, riverside walk, Devil's Bridge, cafés and pubs) return via Biggins Road to its end and **WITH GREAT CARE** recross the A65 on to the lane opposite signposted *Hutton Roof, Burton*. After 400yds take the first lane to the **R** (by a wooden bus shelter) signposted *Biggins*.



3

At the T-junction at the bottom of a gentle descent by a *Give Way* sign turn **L** signposted *Hale*. At the T-junction with the A6 turn **R** signposted *Lancaster* (push your bike along the pavement if you prefer) then shortly turn first **L** signposted *Burton, Holme*.

SHORT CUT: Shortly after turning left off the A6, take the first lane to the **L** (no sign). At the T-junction in Holme bear **L** (no sign) past *Marwin House B&B*. At the next T-junction by the *Smithy Inn* turn **R** then **L** onto *North Road*. After ½ mile, at the end of the houses in *Holme* turn **L** onto *Old Lane*. At the T-junction at the end of *Old Lane* turn **L** and rejoin at **Instruction 11**.

4

After ¼ mile pass beneath the railway bridge then on a sharp left-hand bend take the next lane to the **R** by a small triangle of grass. Cross the motorway. At the start of *Burton-in-Kendal* turn first **L** onto *Tanpits Lane*. At the X-roads with the A6070 go **SA** onto *Vicarage Lane*.

5

After almost 1½ miles, at the T-junction at the top of a long climb turn **L** signposted *Hutton Roof, Kirkby Lonsdale*. Climb, descend then climb again to the summit near the sawmills.

6

About 1¼ miles after the highpoint turn **L** signposted *Kirkby Lonsdale*. After a further 1½ miles, at the X-roads with the A65, cross **WITH GREAT CARE** and go between the bollards onto the lane opposite. Remember this point as you will return here after visiting *Kirkby Lonsdale*.

