

# Discover

Arnside & Silverdale  
Area of Outstanding Natural Beauty

## Arnside & its breathtaking views

A circular walk starting at Arnside Railway Station, going via Arnside Knott, taking in spectacular panoramic views of the Lakeland Fells and out over the shining sands of Morecambe Bay



**The walk starts at Arnside Railway Station. Turn right out of the station and follow the footpath for 650m into the village of Arnside.** Take in the spectacular views across the Kent Estuary to Grange over Sands and the Lakeland Fells beyond. Passing the shops and the Albion pub on your left, carry straight on along the promenade towards Ashmeadow House. Look out for the statuesque Grey Heron standing stockstill in the water. The estuary provides a vital feeding ground for thousands of wading birds in winter. Follow the concrete path signposted "New Barns Bay" leading towards the Coastguard Station.

**After 500m, at the Beach Walk cafe, turn left signposted "Knott Road, Silverdale".** On reaching the road, turn right and continue to the junction with Knott lane on the left, signposted "The Knott". Go up this road for approx 350m past High Close on the left and go through the kissing gate on your right, which takes you on a grassy path upwards to rejoin the road through a gate after 350m. A few metres past the cattle grid there is a National Trust toposcope on the left which will help you identify the Lakeland Fells to be seen across the estuary.

**Climb the rough path which goes straight up behind the toposcope for 350m to another panoramic map at the top.** Pause here to take in the amazing views, then carry on through a gate in the wall behind the viewpoint, and into the wood. As you come out of the wood, bear left and inland, but keeping an eye open to the right for amazing views across the shining sands of Morecambe Bay. The remains of two knotted trees close to the path on the left are said to have been tied together when saplings by a couple of lovers who "thus plighted their troth".

**On reaching a bench on the left (dedicated to Cllr HB Lawson), take the path leading off to the right for 150m to take you to the trig point 159m above sea level, the summit of Arnside Knott.** The Knott is one of several National Trust properties lying within the AONB and is a great place to see unusual grassland flowers and rare butterflies such as the High Brown fritillary. Retrace your steps to the bench on the main path.

**Follow the path to the right past a gate, keeping the wall on your left.** Drystone walls are a distinctive feature of the AONB landscape and whilst their primary function is to enclose land and livestock, they also provide a very valuable habitat for many insects and rare plants. Gradually make your way down the hill and through the woods for 400m. Take care where the path steepens and follow the bend to the right before you reach the wall and road ahead. Ignore the first exit gate and follow the path parallel to the road. The path begins to rise away from the road. After passing the Shilloe beds on your right, the path descends again.



Moderate 5miles/8kms

Follow the wide path leading down to the left to a gate and out onto the road, looking across to Arnside Tower.

**Cross the road and head for Arnside Tower farm, pausing to take in the views to your left across to the Yorkshire Dales.** Pass through the farmyard and go through a gate to the right of the farm cottage. Take the path to the left, signposted "Black Dyke", keeping the tower on your right. Arnside Tower is one of several tower houses in the area built in the 14th or 15th century. Note: It is dangerous to enter the ruins.

**Cross the field and go through a squeeze stile into Middlebarrow Wood.** Follow the footpath to your left - signposted "Middlebarrow & Black Dyke" - for 1km.

**When you reach the railway line, turn left and walk across the field alongside the railway line, passing over 2 footbridges.** Note: this footpath can become very boggy after prolonged spells of rain. Keep straight on, passing through 2 gates and a small farmyard, and then bearing right to reach Black Dyke Road.

**Turn left and follow this road for just under 1km back to Arnside Station.**

For all our walks, we recommend you wear sturdy shoes and suitable clothing and also take a copy of Ordnance Survey map OL7



## Your day out in Arnside

Lying on the shores of Morecambe Bay within the Arnside & Silverdale Area of Outstanding Natural Beauty, this attractive village has been popular with visitors since Victorian times.

Take in stunning views of the Lakeland Fells and spectacular sunsets; browse the local shops and galleries; enjoy a drink or something to eat in one of the many local cafes and pubs.

Look out for the bore—the tidal wave caused by the surge of the incoming tide meeting resistance from the sands and channels of the Bay. It is said the tide can come in as fast as a galloping horse!

Cross Bay Walks—People have walked across the sands of Morecambe Bay for hundreds of years but with fast flowing tides and ever-changing channels and quicksands, it is a dangerous place to be without the help of the Queen's Guide who leads several walks each year.

The Memorial Playing Fields offer cricket, tennis, football and bowls and children will love the play area. Arnside Sailing Club also runs sailing courses over the summer.

The surrounding area is great for walking—from a gentle stroll along the promenade to a more energetic climb up Arnside Knott—and is known for its amazing wildlife. Stunning wildflowers such as orchids, cowslip, primrose; beautiful rare butterflies such as the High Brown fritillary; a host of waders such as oystercatcher, curlew and black-tailed godwit. There is so much to see!



### The Countryside Code

#### Respect Protect Enjoy

##### Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

##### Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

##### Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs

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ARNSIDE &  
SILVERDALE  
One of the  
AONB Family

Arnside & Silverdale AONB is recognised for its distinctive landscape and extraordinary diversity of habitats, and of plants, birds and butterflies. Well-maintained and signposted footpaths lead you through stunning limestone hills and pavements, ancient woodlands, wetlands, intimate orchards and meadows, and an impressive coast-line. Panoramic views, amazing wildlife and an intriguing history lie waiting to be discovered

For more information on the area, or other walks in the series, please visit [www.arnsidesilverdaleaonb.org.uk](http://www.arnsidesilverdaleaonb.org.uk) or contact the AONB office at:  
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