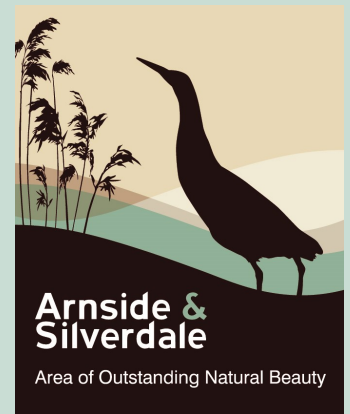


# Discover

Arnside & Silverdale  
Area of Outstanding Natural Beauty

## Trowbarrow Local Nature Reserve

This disused quarry is now managed by the Arnside & Silverdale AONB Partnership for its special limestone habitats, plants and wildlife but evidence of its industrial heritage still remains.



This short easy walk of about 2km starts from Storrs Lane, just along from the RSPB Leighton Moss Visitor Centre (Grid reference SD480754) and Silverdale Station.

Go through the gate by the edge of the golf course and follow the permissive path into the woods. Carry on along this path and at the 4-way signpost continue straight ahead into 'The Trough', a natural feature, passing through the 'karabiner' gate and following the path which then bends to the right and brings you out into the more open ground of Trowbarrow Local Nature Reserve.

'Trowbarrow' (derived from two Anglo-saxon words – *trow* meaning trough and *barrow* meaning hill) was an industrial quarry for almost 100 years, producing lime for building, industry and agriculture and whilst the buildings and its quarrymen may have long gone, there are still many interesting heritage features to look out for and the site is designated as a geological Site of Special Scientific Interest (SSSI)

Continue walking straight ahead for about 75m until you reach the quarry floor and then turn left. **Please take extra care from here and keep a safe distance from the high rock faces which are unstable and as such present a risk of falling rocks.**

After 50m turn left and follow the old tramway track for about 500m down to the railway line. It was along this track that the quarried limestone was transported to the quarry buildings for processing or onward transportation via the railway. Follow the track to the right for about 70m before turning right again onto the Public Right of Way. This takes you up and through some woodland before re-joining the tramway as the walk takes you back up to the quarry. (If you prefer, you can stay on the tramway and just re-trace your steps).

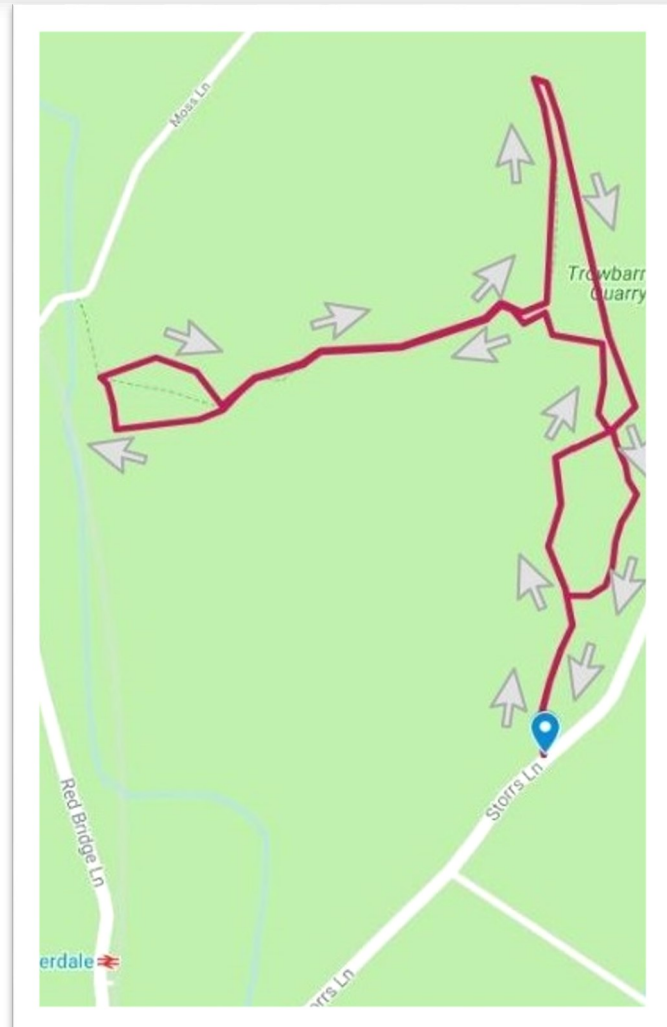
Once back at the quarry floor, turn left. Take a moment to admire the rock formations—you may even be able to spot limestone sea coral and trace fossils. The large stone you can see is known as the 'Shelter stone' and it was here that quarry workers would have sheltered during blasting.

The quarry closed in 1959 but it wasn't until 1997 that Trowbarrow became a Local Nature Reserve. But in just a few years, a rich and diverse flora has colonised the quarry floor and butterflies, birds and bats have returned to the site.

Make your way around the quarry floor, remembering to keep well away from the rock faces, keeping your eyes open for birds such as Raven and Kestrel; butterflies such as Common Blue and Dingy Skipper; wildflowers such as Rockrose, Eyebright and the stunning Bee Orchid.

The site is also popular with climbers.

As you approach the southern end of the quarry floor, pass through the gate following the footpath towards Storrs Lane and ignoring the branch path off to the left, keep on this path until you reach the four-fingered signpost which you passed on your way into the quarry. Turn left and make your way back down to Storrs Lane to complete your walk.



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 Silverdale

Silverdale was a collection of isolated farms as recently at 1857 when the railway arrived, but has a history of tourism and industry dating much further back, as well as fascinating geology and biodiversity.

Close to Silverdale station and the location of this walk in Trowbarrow LNR is **RSPB Leighton Moss**, home to some fantastic wildlife; bitterns in the spring, murmuring starlings dancing over the reedbed in autumn and it's the only place you'll see bearded tits on the west coast of the UK. The reserve is also home to red deer and otters, and a fabulous café serving locally sourced food.

Everyone has a favourite part of the National Trust's **Eaves Wood**. It may be the ancient woodland with its ferns and Lily-of-the-valley under Small-leaved Lime trees; the open, leaf-covered forest floor under the grey giants of the Beech plantation; the hidden grassy glades with their amazing wood-ants; or the twisted old Junipers on open limestone pavement. Climb to the top of King William's Hill to visit The Pepperpot, a monument erected to celebrate Queen Victoria's Jubilee, and to savour the magnificent views extending to the Yorkshire Dales and Bowland Fells.

Sitting on the Giant's Seat at **Jack Scout** at sunset is one of Britain's 'must do' spectacles. Listen out for Oystercatchers and Curlews on the sands, warblers and Blackbirds on the land, and the sea lapping below. As one of only two cliffs in the area, Jack Scout provides a good breeding ground for song-birds as well as feeding places for weary migrant-birds passing through. The vegetation on the low cliffs jutting out into Morecambe Bay is carefully managed by the National Trust to maintain species rich limestone grassland with 230 different types of plants recorded! Look out for the yellow flower of Rockrose all summer or Autumn Lady's Tresses from late July.

The **village** has several shops, churches, pubs and cafes as well as public toilets. The Gaskell Hall, named after novelist Elizabeth Gaskell who visited Silverdale to work on many of her novels, holds a coffee morning every Saturday in aid of local groups and charities.

If your visit coincides with the last weekend in June, enjoy the hugely popular **Silverdale & Arnsdale Art & Craft Trail** with its exciting and inspiring exhibitions, studios, workshops, installations and music. Wandering between the venues, enjoy the beautiful landscape of the AONB which is an inspiration for so many of the artists.



### 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

Landscapes for life  ARNSIDE & SILVERDALE One of the AONB Family .org.uk

Arnsdale & 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: The Old Station Building Arnsdale Cumbria LA5 0HG t: 01524 761034 [info@arnsidesilverdaleaonb.org.uk](mailto:info@arnsidesilverdaleaonb.org.uk)



Arnsdale and Silverdale Area of Outstanding Natural Beauty



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