

In and around Grange-over-Sands



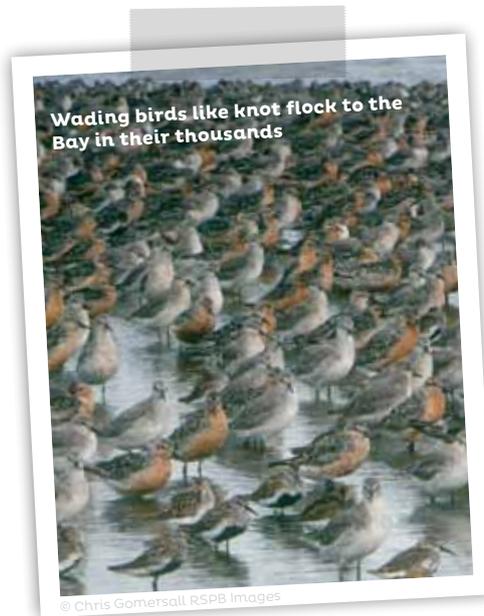
Welcome to Grange-over-Sands, where sculpted limestone pavements and wooded hills merge into the saltmarshes and mudflats of Morecambe Bay

This seaside town on the coast of the Cartmel peninsula is the perfect place for watching wading birds that flock here in their thousands to feed on the shellfish and shrimps hidden in the estuarine sands.

Don't Miss...

There's so much wildlife to experience, but if time is of the essence, here are our top 3 highlights not to be missed:

- 1 Watch wonderful waders like curlew from Humphrey Head nature reserve, flocks are largest in winter**
- 2 Enjoy breath-taking views from limestone pavements at Hampsfell, an extraordinary habitat for butterflies**
- 3 Explore woodlands at Brown Robin nature reserve, look out for green woodpeckers and fascinating fungi**



In this guide you will find...

- **Seasonal highlights**
- **Three great days out**
- **How to get around**

On a rainy day...

Visit the historic house of Holker Hall, learn about Cartmel Priory, or keep dry in cosy old pubs and tearooms in Grange or Cartmel.

Fascinating fact

The peregrine, which you might see around Humphrey Head, feeds mostly on birds that it catches in flight. It spots the prey at distance and, once positioned correctly, it stoops at speeds of up to 180 kph for the catch. To enable the bird to breathe at this speed, it has special baffles in its nostrils.

Seasonal Highlights

This area is full of wildlife, with something spectacular and different to see whatever the time of year:

Look out for:

SPRING

Woodland carpet of bluebells in Brown Robin and green winged orchids on Humphrey Head

SUMMER

Shelduck and redshank feeding on the shores

AUTUMN

Flocks of knot and oystercatchers, high spring tide is the best time to see them

WINTER

The evocative call of the curlew, the largest European wading bird



Wonderful Waders

While curlews can be found around the whole UK coastline, the largest concentrations are found in estuaries like Morecambe Bay. You'll see them here all year round, but the flocks are biggest in January and February.

A great place to watch waders like knot and oystercatchers is from Cumbria Wildlife Trust's Humphrey Head nature reserve, a limestone headland dotted with cliffs, grassland and woodland. Enjoy fantastic views across the whole of the bay and watch flocks of waders on the saltmarsh to the west of the cliffs. Unusual plants grow here thanks to the salt spray and underlying limestone. Look out for green-winged orchid and Lancastrian whitebeam on the cliffs, and wind-sculpted hawthorn on the limestone pavement.

- From Grange-over-Sands follow the Cumbria Coastal Way to Kents Bank (there is a train station here). The promenade and shore offers a traffic-free walk for 2.4 km from the railway station towards Kent's Bank, with telescopic sights found at intervals along the prom. Walk along the shore at low tide and take care, it can be muddy and slippery.
- Continue on the Cumbria Coastal Way along lanes to the Viking homestead of Allithwaite and down to Humphrey Head nature reserve on Holy Well Lane (you can park here but do not block the road). For centuries people believed that water from the holy well at Humphrey Head could cure various illnesses. It was recently discovered that the underlying springs contain salicylic acid - a natural analgesic and antiseptic - derived from remains of white willow trees that once grew in abundance in this area.
- Walk along Humphrey Head itself (1 km), it is grassy and fairly flat. Return by the same route of walk back along the



shore at low tide, taking care on soft sediments.

- Or continue along the Cumbria Coastal Way to Flookburgh and Cark for the train station back to Grange, or to visit Holker Hall and Gardens. Flookburgh was an important fishing village for the monks of Cartmel, and Cark was an old mill town and bustling port. Fishing is still important today.

The Engine Inn pub in Cark serves popular local food including potted shrimp. The Food Hall at Holker Hall sells local produce like saltmarsh lamb. There are pubs in Flookburgh and Allithwaite too.

Did you know?

- The last wolf in Cumbria was reputedly killed on Humphrey Head in the 14th Century.



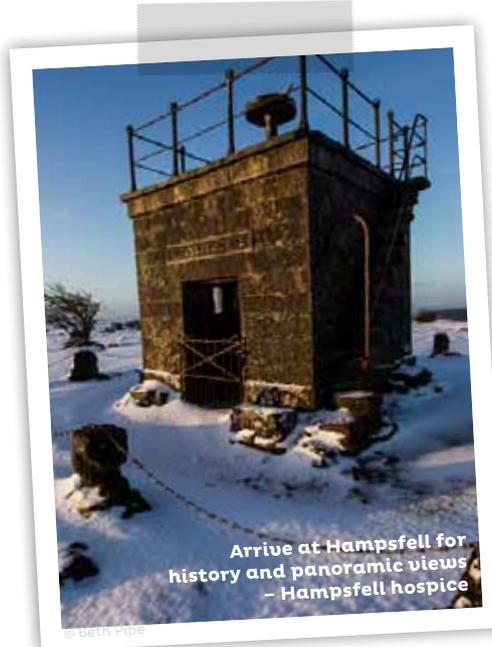
Follow Famous Footsteps to Breathtaking Views

Follow in the footsteps of the Cistercian monks through pretty woodlands to a breath-taking viewpoint at Hampsfell on Grange Limestone Pavements.

Cistercian monks would take this route from Grange (where they stored their “grain”) up to Hampsfell and onwards to Cartmel Priory. Fissures in the pavements are known as “grikes” and are the favourite habitat of rare ferns, while the standing blocks called “clints” are home to wild strawberries in the woodlands. The pavements are home to 24 species of butterflies, and this important habitat was the first area of limestone in England to be protected from quarrying. The 5 km circular route is well worth the effort. Walking boots are strongly recommended.

- **From the train station turn left to the ornamental gardens, then right onto the B5271.**
- **Take a footpath left on the Cistercian Way into Eggerslack woods - Look out for signs of coppicing!**
- **Follow the path out of the woods and onto the limestone pavements to Hampsfell Hospice, built in 1830 as a refuge for weary travellers. Enjoy panoramic views of the fells and the Bay.**
- **Keep your eyes peeled for butterflies in summer in the grasslands and woodlands.**
- **Continue on to Cartmel, or descend on one of the many footpaths back to Grange. The area is dotted with lime kilns where limestone was fired to make fertiliser - some are 100s of years old.**

For refreshments try Hazelmere Café for homemade bread and damson preserve and Higginson’s of Grange for their famous pies!



Cartmel is a haven for foodies with bread, cheese and wine shops and the highly acclaimed L’enclume.

Flowers and Fungi

Enjoy an easy walk on a circular path around Cumbria Wildlife Trust’s Brown Robin nature reserve (2km), famous for stunning views, spring flowers like bluebells and interesting fungi such as waxcaps.

Brown Robin nature reserve has a mix of woodland and calcareous grassland on an easterly facing limestone hill above Grange-over-Sands. Historically, the wood was coppiced - a form of woodland management that cuts back trees, using the wood for charcoal and wood crafts, and allows them to regrow. You can see signs of new coppicing in some areas, along with a charcoal kiln and traditional pole lathe. On the grasslands look out for grass covered ant hills, and you might even spot green woodpeckers feeding on the ants.

- **Turn right out of the train station, walk along Lindale Road and through the driveway of the Netherwood Hotel.**
- **Follow the signposted path, this walk involves some steps and ladder stiles.**
- **Back in Grange, amble east along the promenade, and you might see otters in the River Winster and waders in the estuary. Pop into the ice cream factory at Holme Farm (call 015395 32991).**





Getting here

We believe that a car free journey is a care free journey.

- **Arrive by train to Grange-over-Sands on a breathtaking route over the Kent or Leven estuary (All year Mon – Sun). Call National Rail Enquiries 08457 48 49 50. Look out for a Duo ticket when two adults travel on Northern Trains**
- **Hop on the bus from Kendal or Barrow on the 530 or 532 service (Mon – Fri only)**
- **Arrive under your own steam on National Cycle Route 70 (Walney Island to Sunderland). National Cycle Route 700 the Morecambe Bay Cycle Way – will be launched in summer 2015**

Getting Around

The network of footpaths and lanes are perfect for exploring by boot and bike.

- **Take a compass and a map (OS Explorer Map OL7) and wear appropriate clothing**
- **No bike? No worries! Call Silverdale Cycle Hire 01524 701537 (collection and drop off around Grange-over-Sands)**
- **Don't forget the fantastic train route around the whole bay**

Cross-Bay Walks are led by Cedric Robinson, the Queen's Official Guide to the Sands of

Morecambe Bay, ending at Kents Bank. Pre-booking essential for the 8-mile (13 km) walk, which takes around 3 hours. For dates, contact Grange Tourist Information Centre or search online.

Staying Longer

Grange-over-Sands is a great base for a short break or a longer stay

- **Call Grange TIC (015395 34026) or visit Bay Tourism Association, or Go Lakes website for accommodation**
- **Refuel at cafes, bakeries and shops in Cartmel, Grange-over-Sands, Flookburgh and Lindale**

Moving on

Look out for other itineraries in this series at www.morecambebaynature.org.uk.

- **Hike to Witherslack mosses, you'll find magnificent red deer**
- **Take the train to Barrow-in-Furness, home to the natterjack toad and grey seal**
- **Cycle to Silverdale, and listen carefully for the booming bittern**



Useful contacts : call or search online

- **Grange Tourist Information Centre, open Mon – Sat, 015395 34026**
- **www.baytourism.co.uk**
- **www.golakes.co.uk**
- **Silverdale Cycle Hire 01524 701537**
- **National Rail Enquiries 08457 48 49 50**
- **Traveline 0871 200 22 33**
- **www.cumbriawildlifetrust.org.uk**



This leaflet is brought to you by Morecambe Bay Local Nature Partnership's Nature Improvement Area and Morecambe Bay Partnership's 700 Days to Transform the Bay scheme. It is funded by Defra, DCLG, Natural England, Forestry Commission, Environment Agency, Coastal Communities Fund and RSPB Futurescapes EU Life Comms +.

The routes described are for guidance only. Please use an up to date map when exploring this area. It's a good idea to plan your route in more detail before you set off, and to check the weather forecast and tide tables. Wear appropriate clothing and don't forget to take food and water. The Partnerships above cannot be held responsible in the unlikely event of injury or accident whilst exploring this area. For more information on the exploring the nature of Morecambe Bay visit www.morecambebaynature.org.uk