

# In and around Silverdale



## Welcome to Silverdale, surrounded by great places to see and experience nature's wonders

Arnside & Silverdale Area of Outstanding Natural Beauty is an extraordinary place, famous for its amazing wildlife, stunning scenery and superb walks. See the elusive otters or listen out and you may hear the wonderful boom of the rare bittern.

### In this guide you will find...

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

### Don't Miss...

There's so much to see and many hidden corners to explore, but these top 3 highlights are not to be missed!

- 1 Get up close to wildlife at RSPB Leighton Moss nature reserve**
- 2 Enjoy wonderful views from the famous 'Pepperpot' in Eaves Wood**
- 3 Watch a spectacular sunset from the Giant's Seat at Jack Scout**



The shy rare bittern makes its home in the reeds at Leighton Moss

© Mike Malpass

### On a rainy day...

Keep warm and dry in the hides at Leighton Moss nature reserve, Leighton Hall, Lakeland Wildlife Oasis, Carnforth Station Heritage Centre, or Greenlands Farm Village.

### Fascinating fact

Hawes Water is the only natural lake in Lancashire. Look out for dragonflies and marsh harriers here!

### Seasonal Highlights

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

#### Look out for:

##### SPRING

Wild daffodils and bluebells, avocets arriving to breed, skydancing marsh harriers, bitterns booming

##### SUMMER

Masses of butterflies, dragonflies and damselflies, screaming swifts above the rooftops, blankets of wildflowers

##### AUTUMN

Red deer rutting, magnificent starling murmurations, migrants on the move, bearded tits on their grit

##### WINTER

Wildfowl flocks gathering, bitterns on the ice, flocks of thousands of waders on the Bay



The clouds of starlings swooping in unison are spellbinding

© David Kjeer rspb images

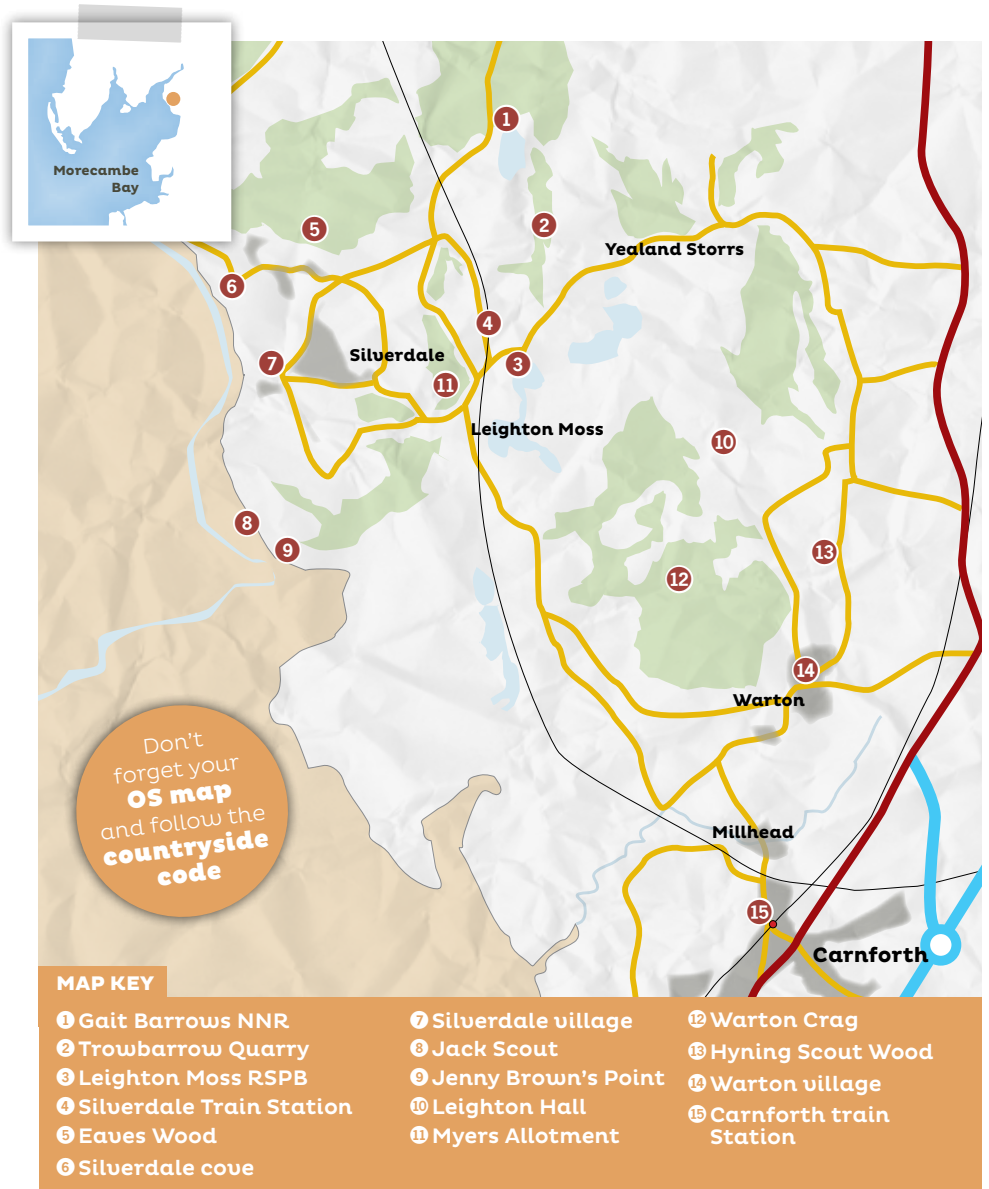
## Booming Bitterns and Spectacular Starlings

The bittern is a secretive bird, moving silently through reeds at the water's edge as it hunts for fish. In spring, the males make an unforgettable (and loud!) booming sound. This rare and threatened bird depends on big areas of reedbeds of which there are few.

RSPB's Leighton Moss nature reserve and Visitor Centre is a great place to experience wildlife events, from booming bitterns in spring to starling murmurations in autumn. Have a great day out exploring the impressive reedbeds where many species make their home. Arrive by train at Silverdale station, a short walk from the reserve. Entry is free if you arrive by bike or train. Most paths are suitable for wheelchairs and prams. Visit the café for a slice of their famous lemon drizzle cake.

- **Look out for avocets, a special bird that returned to the UK in the 1940s. Its recent increase in numbers represents one of the most successful conservation and protection projects – and it is the symbol of the RSPB.**
- **The bearded tit lives only in reedbeds, and Leighton Moss is the only place you will find them on the west coast of the UK. In winter they show up at the feeding tables, chatting amongst themselves with their noisy “ping” calls.**
- **The reserve is not just home to birds – keep your eyes peeled for playful otters and red deer too!**

From Leighton Moss take a 3-hour circular walk to visit Trowbarrow- a fascinating disused quarry, Haweswater – the only natural lake in Lancashire, and Eaves Wood – an ancient woodland with open glades and hazel coppice which is full of springtime flowers.



- **In Trowbarrow quarry the rock beds have been squashed, bent and tilted into a vertical position – look out for fly orchids**
- **In Eaves Wood look out for exposed limestone pavement, which provides a great habitat for rare plants**
- **Follow the signs to The Jubilee Pepperpot in Eaves Wood for great views over Morecambe Bay**



## Explore Sea Cliffs and Saltmarsh

Get away from it all on a 2 hour coastal walk taking in sea cliffs and saltmarsh. The limestone grasslands that grow on the cliffs are alive with orchids and songbirds. Saltmarshes are an important habitat, providing a buffer from the daily tides and a seafood canteen for wading birds.

This walk is a great way to experience some of the diverse nature rich places around the coast, giving you a chance to get up close to nature and explore some of the historic landmarks around the area.

- Start from Silverdale village or train station, and head to Myers Allotment where flowery grassland and violet-rich bracken create the ideal conditions for the high brown fritillary butterfly. Please follow clear and marked pathways across the site and be aware there is a hazardous cliff.
- Cross the saltmarsh down to the shore path, look out for the limestone chimney and remains of an ancient quay. You will soon reach the limestone grassland cliffs of Jack Scout, a great place to stop and take in the views. Look out for early purple orchid.
- Continue on to Silverdale village, where you'll find The Wolfhouse café and gallery (call 0800 988 2275), Using your OS map, return to the village or station via Woodwell Lane past the mossy spring and through Scouts Wood.
- In Silverdale you can head to the shore for magnificent views out to Morecambe Bay towards Humphrey Head. Legend has it that the last wolf in England was killed at Humphrey Head and so the Wolfhouse was given its name, or continue to the station via woods at Burton Well Scar and over Silverdale golf course.



## A Special Place For Nature

Visit Warton Crag where a variety of nature unfolds before you, beside a backdrop of spectacular views.

The Limestone rock on Warton Crag has eroded to form cliffs and scars, and specially adapted plants (such as Rockrose) can grow in these dry and rocky conditions. You'll notice plants with very small leaves which helps to minimise water-loss.

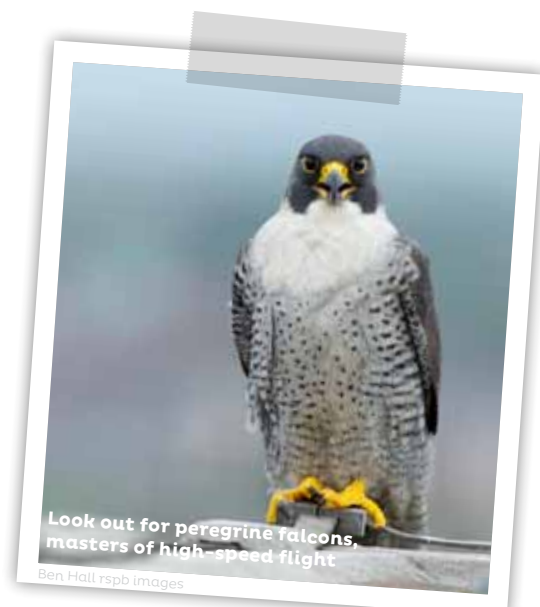
The grasslands around here are flower rich havens for butterflies and other insects, see how many different flowers you can see in summer. The abundance of caterpillars and flowering plants attracts an array of beautiful birds like bullfinch, blackcap and marsh tit. It really is a special place for nature.

- Arrive in Carnforth by train (call 08457 48 49 50 for times), or cycle on Regional Cycle Route 90.
- Take a 1 hour walk to the summit of Warton Crag, or follow Regional Cycle Route 90 to Dog Holes Cave to pick up the bridleway across Warton Crag.
- For a longer walk continue for another 2 hours through Hyning Scout Wood and into Warton village - the birthplace of the ancestors of US president George Washington and the site of a 14C Rectory.

## Don't miss...

- Colonies of yellow meadow ants - they need sunny open grasslands to survive. Notice how the taller and therefore older anthills have a steep slope on the north and a long shallow slope on the south in order to gather maximum heat.
- Green woodpecker - You may see these birds digging around anthills to feed on ants, or hear their 'yaffling' call.
- Peregrine falcons - These amazing birds nest in the quarry and are masters of flight, stunning prey victims at speeds of up to 180mph.

Culture vultures will enjoy the fascinating Heritage Centre at Carnforth train station, and the Refreshment Room, as seen in the film "Brief Encounter". Wet your whistle with a hard earned drink in The Snug - a real ale micro pub right in the train station.





### Getting here

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

- **Arrive by train, Silverdale train station lies in the heart of the AONB, and Carnforth train station is nearby. Call National Rail Enquiries 08457 48 49 50. Look out for a Duo ticket when two adults travel on Northern Trains.**
- **From Silverdale train station, hop on the Silverdale Shuttle to Silverdale village, it departs 5 mins after trains arrive (7 am - 7pm Mon - Sat, not Sun).**
- **Regional Cycle Route 90 loops around Silverdale.**
- **For more bus information contact Traveline on 0871 200 2233 or [www.traveline.org.uk](http://www.traveline.org.uk)**

### Getting Around

The quiet 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 Silverdale).**
- **Visit the Lancashire County Council website for cycle routes.**
- **Don't forget the fantastic train route around the bay.**

### Staying Longer

Silverdale is a great base for a long weekend or a short break.

- **There are hotels, cottages and a caravan park in Silverdale or visit [citycoastcountryside.co.uk](http://citycoastcountryside.co.uk)**
- **Call Lancaster Visitor Information Centre on 01524 32878.**

### Moving on

Look out for other itineraries in this series at [www.morecambebaynature.org.uk/discover](http://www.morecambebaynature.org.uk/discover)

- **Walk to Arnside - a haven for butterflies like high brown fritillary.**
- **Take the train to Grange - spot red deer amongst mosses and woodland.**
- **Cycle to Sunderland point - where lapwings feast on food in the sands.**



### Useful contacts - call or search online

- **Lancaster VIC 01524 582394**
- **[www.baytourism.org.uk](http://www.baytourism.org.uk)**
- **Silverdale Cycle Hire 01524 701537**
- **National Rail Enquiries 08457 48 49 50**
- **Traveline 0871 200 22 33**
- **Arnside & Silverdale AONB 01524 761034**
- **[www.arnsidesilverdaleaonb.org.uk](http://www.arnsidesilverdaleaonb.org.uk)**
- **National Trust 01524 702815**
- **Leighton Hall 01524 734474**
- **RSPB Leighton Moss 01524 701601**



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](http://www.morecambebaynature.org.uk)