



Feet First in Furness

Get on Track

Coastal railway

Walks 2012



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Why railway stations as base for walks?

- The benefits of physical activity on mood and mental health are enhanced by green spaces where that activity takes place.
- One of the most enjoyable and valuable experiences is to walk on the coast, of which there is lots in wider Furness, close to the railway.
- Each of the stations of the Furness Line has easy access to sea shore, saltmarsh, sand dune, woodland and rocky headlands.

Coastal walks from railway stations of the Furness Line

- Join a group of people enjoying trips out to 2 hour walks, accessible from Barrow Station, timed to start around 1030am.
- See many of the habitats of the Duddon Estuary and Morecambe

Get on Track 2012

Second Wednesday each month*

Jan 11th – Dalton Station - Abbey Greenway-Roose - Barrow Station - Walk starts 1030am Dep. Barrow Stn. 1016am

Feb 8th - Askam - Dunnerholme – Kirkby-in-Furness Station. Walk starts 1030am. Dep. Barrow Stn. 1010am

March 14th – Grange Stn. - Eggerslack Wood – Lindale – Grange Stn. Walk starts 1050am. Dep. Barrow Stn. 1016am

April 10th – Millom – Hodbarrow – Millom – Green Rd Station Walk starts 1045am. Dep. Barrow Stn. 1010am

May 2nd – Foxfield - Broughton – old railway – Foxfield. Walk starts 1035. Dep. Ulverston 0942am, Barrow 1010am

ULVERSTON WALKING FESTIVAL 27TH APRIL – 6TH MAY

June 13th – Barrow Station – Sandscale – Channelside – Barrow Station. Walk starts at Barrow Station at 1030am

July 11th Roose Station – Cavendish Dock – Dock Museum Walk starts Roose Station at 1030am. Dep. Barrow 1016am

BARROW WALKING FESTIVAL ALL JULY

August 8th Cark Stn. – West Plain - Cowpren Point - Cark Walk starts at Cark Station at 1040am. Dep. Barrow 1016am

Sept 12th Ulverston Stn.- Conishead – Sand Hall – Canal – Ulverst. Stn. Walk starts at 1030am - Dep. Barrow 1016am

October 10th Green Road Stn. – Millom – Hodbarrow Point – Millom Stn. Walk starts at 1040am - Dep. Barrow 1010am

November 14th Kirkby Station – Foxfield – Broughton – Foxfield Stn. Walk starts at 1025am - Dep. Barrow 1010am

December 12th Kents Bank Station – Middle Fell – Charney Well – Grange promenade and Kents Bank Stn. Walk starts at 1050am - Dep. Barrow 1016am

Furness Coastal Line as a base for walking

Every station on the Furness Line offers places to walk, either in coastal habitats such as saltmarsh, dunes and shingle beaches, or promenades such as the ones at Grange and Barrow. Using the train is the quickest way to get around.

About Get on Track walks

This series of excursions was started by the Outthere Project of MIND as part of its health improvement activities. Its participants were encouraged to enjoy the outdoors, to improve their confidence and independence.

Further information about health walks:

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