

Carnforth to Bolton-le-Sands Circular

Length 4 miles

Duration: 1 hour 30 mins (without pub stops!)

Difficulty: Moderate

Map: OS Explorer 296 Lancaster, Morecambe & Fleetwood

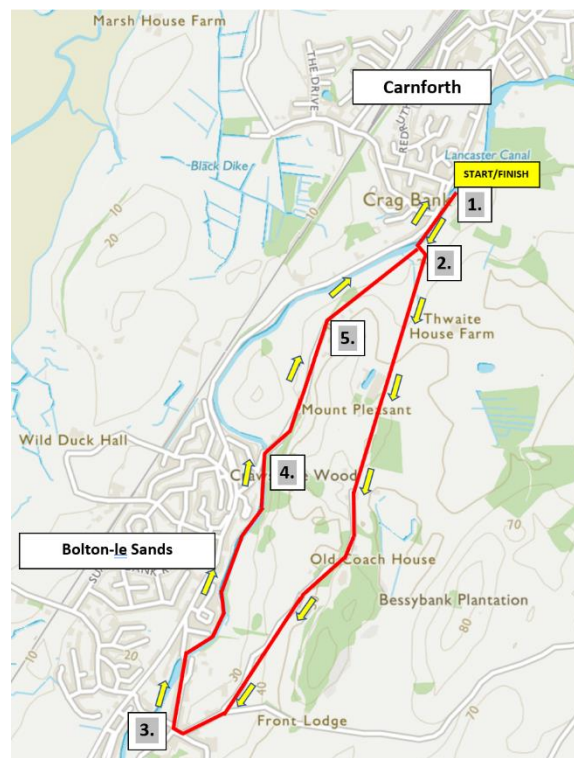
The view from Thwaite Brow Lane



One of our favourite walks following a variety of canal towpath, quiet lanes, paths and a short section of main road. Like many of our regular walks, this stroll starts and finishes at a pub. Also, the route passes close to two other hostleries which may be used as pit/pub stops along the way. One of the highlights of the walk are the stunning views of Morecombe Bay and the Lakeland fells from Thwaite Brow Lane on the return leg.

The start point is the Canal Turn Pub on Lancaster Road, Carnforth LA5 9EA. Although parking is available on nearby streets, we always park on the pub carpark and then return the favour by buying a swift one at the end of the walk.

Map:





The Lancaster Canal by the Canal Turn Pub

Directions:

- 1.** Walk onto the canal towpath from the pub carpark and turn right (towards Lancaster), the petrol station should be to your right. Follow the towpath for about half a mile until you get to the first bridge. Leave the towpath on the right and take the path that leads up to and across the canal bridge. There is a junction of tracks at the far side of the bridge. Take the access track on the right so that the canal is now on your righthand side.
- 2.** Do not go onto the path that forks right to the canal side, this is actually the final section of the return route. Rather, go straight ahead and take the stony lane (Mount Pleasant Lane) for about $\frac{3}{4}$ mile passing Mount Pleasant Farm to your right. After the farm you will come to a cross road of tracks, go straight ahead along the quiet road for another $\frac{3}{4}$ mile until the lane drops down to meet a road by a school. Turn right along this road (Bolton Lane) and you will shortly come to the main road through the village of Bolton-le-Sand. Note the Blue Anchor to your left. A good place for a half way pit stop.
- 3.** Turn right when you reach the main road (back towards Carnforth) and follow it for a short way until it crosses the Lancaster Canal. Cross over this bridge and then leave the road by the path on your left (caution when crossing the road), this path takes you down to the canal towpath at the far side of the bridge. Turn left on the canal towpath and go under the bridge back towards Carnforth. Follow the towpath for about $\frac{3}{4}$ mile until you arrive at the second bridge (number 124). On this section of canal you will pass the back of The Royal Hotel, another chance for a refresh.



The canal by The Royal Hotel

4. At bridge number 125 leave via the path on the left which takes you up to and over the bridge. Follow the lane past the entrance to Thwaite Brow Woods on your right. This lane (Twaite Brow Lane) climbs gradually uphill. The views at the top of the lane are fantastic. You can see Warton Crag and Warton Quarry in the near distance with the expanse of Morecambe Bay leading your sight to far southern and central Lake District Fells. The houses to your right are so lucky to have this view every day.

5. At the end of the lane, continue along the path on the left that drops down through the fields back towards the canal edge (still in the general direction of Carnforth). Follow the canal side until you reach the track that takes you back over the first canal bridge you came to at the start of the walk. Cross the bridge and turn left back along the canal towpath that quickly returns you to the starting point.



Dusty meeting his new friends