

The Furness area has a wealth of natural wildlife and scenery to explore. Take a walk around our network of countryside and seaside waymarked trails. Visit in July for the annual Walking Festival.

WALK

Our broad beaches at Roanhead and Walney Island are ideal for a range of activities. Fly your kite, roam the dunes, play on the beach, run or just relax.

BEACHES

Drive solo or as part of a team in a range of fun and challenging events.

CUMBRIA KARTING AND CUMBRIA BOWLING
01229 833250 | www.gocumbriakarting.co.uk
www.gocumbriabowling.co.uk

Take in the local scenery on horseback with Seaview Riding School.

RIDE
01229 474251 | www.seaviewridingschool.co.uk



Take to your bike and explore the greenways and quiet lanes, or pedal part of the Walney to Wear Cycle Route and discover what our spectacular coastline has to offer on two wheels www.sustrans.org.uk.

CYCLE

Barrow has an 18 hole course, Walney an 18 hole links course and Dunnerholme a unique 10 hole course.

GOLF

Take to the waves off the coast of Walney Island or Roa Island. Blessed with wide sandy beaches and dunes, you can relax, stroll, run, bathe, picnic or experience some of the best conditions around for wind and water activities.

KITESURFING / SAILING / WINDSURFING

ACTIVE LEISURE

FAMILY FUN

Families love visiting Barrow and get so much out of time spent here. The award winning South Lakes Safari Zoo offers an unsurpassed walking safari experience. But you'll find Barrow's great indoors just as thrilling.

VUE CINEMA | 08712 240240
A six-screen multiplex showing the latest releases.

THE PARK LEISURE CENTRE | 01229 871146
A full range of facilities: flume, wave pool, sports and gym. PlayMAX, a fun, safe and exciting activity area for younger children.

SOUTH LAKES SAFARI ZOO
01229 466086 | www.southlakessafarizoo.com
An active conservation park with worldwide partnerships to save animals and their habitats. Based close to Dalton-in-Furness.



INDOOR PLAY AREARS
Great Fun and lots of Choice at the **Wacky Warehouse 01229 824334**, **Little Subs 01229 434065** or **Playzone and Lazerzone 01229 823823** with its laser combat games, children's indoor play area all within a stylish restaurant.

BARROW PARK
Voted Best Park in the North West. This Edwardian jewel offers landscaped grounds, pavilion, display glasshouse, bandstand, ornamental flower beds, bowling, miniature railway, putting, boating and play areas. It has iPlay interactive play equipment and a brilliant skate park.

URBAN EXTREME INDOOR SKATE PARK
01229 343110 | www.urbanextreme.me
Adreniline junkies we challenge you to ride your BMXs, scooters, skateboards and skates. Check out the Chill Out Zone, Cafe and shop.

BEACHES
At Roanhead, Walney Island and Rampside for picnics, fun times and walks.



We have a lively and varied programme of music, dance, comedy and drama events, staged by touring and local companies.

THE FORUM, THEATRE AND ARTS VENUE | 01229 820000

Room through the magnificent and romantic ruins of one of the wealthiest Cistercian Abbeys in England.



A National Trust property, 14th Century Dalton Castle served as a dungeon and courthouse for Furness Abbey. Open Saturday afternoons from Easter to the end of September.

DALTON CASTLE

A 14th Century offshore stronghold on Piel Island accessible by ferry. Meet the King of Piel at the Island's Ship Inn. For ferries Tel: 07516 453784 or email the king at shipinn@pielisland.co.uk.

PIEL CASTLE

Monday and Tuesday.

A modern, spectacular museum depicting Barrow's maritime, industrial and social heritage with children's playground. The Viking Gallery features the Furness Hoard. See website for opening hours and details of events and exhibitions. Closed

THE DOCK MUSEUM
01229 876400 | www.dockmuseum.org

rare Natterjack toad and unique Walney Geranium.

spectacular displays of wildlife from seals and gulls to the Haws are some of the Best in Europe. The habitats attract North Walney, South Walney, Foulney Island and Sandscale

NATURE RESERVES

Stunning Furness Abbey, fascinating 14th Century Piel Castle and a rich maritime and natural heritage are all waiting for you to explore.

CULTURE & HERITAGE



LOVE TO VISIT?

At the southern tip of Cumbria, to the north of Morecambe Bay, the Borough of Barrow-in-Furness is surrounded by beautiful beaches and inspiring scenery. Set against the spectacular backdrop of the English Lake District Mountains to the north, and Morecambe Bay with its rich cultural heritage and outstanding natural environment and wildlife on its southern shore.

- BY CAR**
From M6 Leave the M6 at junction 36 then follow the A590 all the way to Barrow. From the Lakes Take the A592 from Bowness along the eastern shore of Lake Windermere. Join the A590 to Barrow.
- BY TRAIN**
The Furness Line, north from Lancashire or south from Carlisle is one of the UK's most scenic routes. Direct services to Barrow operate from Manchester Airport. For times call the National Rail Enquiries line on 08457 484950.
- BY BUS**
Stagecoach in Cumbria and other companies operate a comprehensive bus service in-between towns and through the Lakes. Blueworks operate a tourist route between Coniston and Barrow via the A5087 coast road serving Rampside, Roa Island and the Piel Island ferry. For further details call Travel Line on 08712 002233.



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Barrow and Dalton have an eclectic mix of stylish, modern and traditional places to eat.

CAFÉS & RESTAURANTS

One of the UK's largest scented candle manufacturers. Visit their factory shop and restaurant.

WAX LYRICAL | 01229 461102

Stylish eatery, bar, children's play area and venue of Lazerzone.

THE CUSTOM HOUSE | 01229 823823

Castle, shops, pubs and restaurants.

DALTON-IN-FURNESS

Cabaret club, bar and entertainment venue.

01229 821301 | www.thenines.co.uk

THE NINES CABARET CLUB
01229 821301 | www.manhattansnightclub.com

The newest club to make its mark on the town's nightlife.

In the heart of Cornwallis Street.

CLUB.M | 0191 517 0470 | www.facebook.com/clubm.barrow

Hollywood Park, Hindpool and Cornerhouse Park offer easy parking and big name shopping.

RETAIL PARKS

for specialist shopping.

and wander Cavendish Street, Scott Street and Crellin Street

Visit High Street names in Dalton Road and Portland Walk.

BARROW'S TOWN CENTRE



80 stalls open Monday, Wednesday, Friday and Saturday.

Browse the largest indoor market in South Cumbria with over

BARROW MARKETS

of Morecambe Bay is Cumbria's largest town.

varied eateries to lively bars and clubs, Barrow on the edge

From trendy waterside to cosmopolitan town centre, from

SHOPPING & ENTERTAINMENT

FREE MAP

BARROW-IN-FURNESS

Where the Lakes Meet the Sea

includes **Dalton-in-Furness**,
Walney and the **Islands of Barrow**



Explore spectacular beauty in this breath-taking kaleidoscope of water, light, sea and sky.

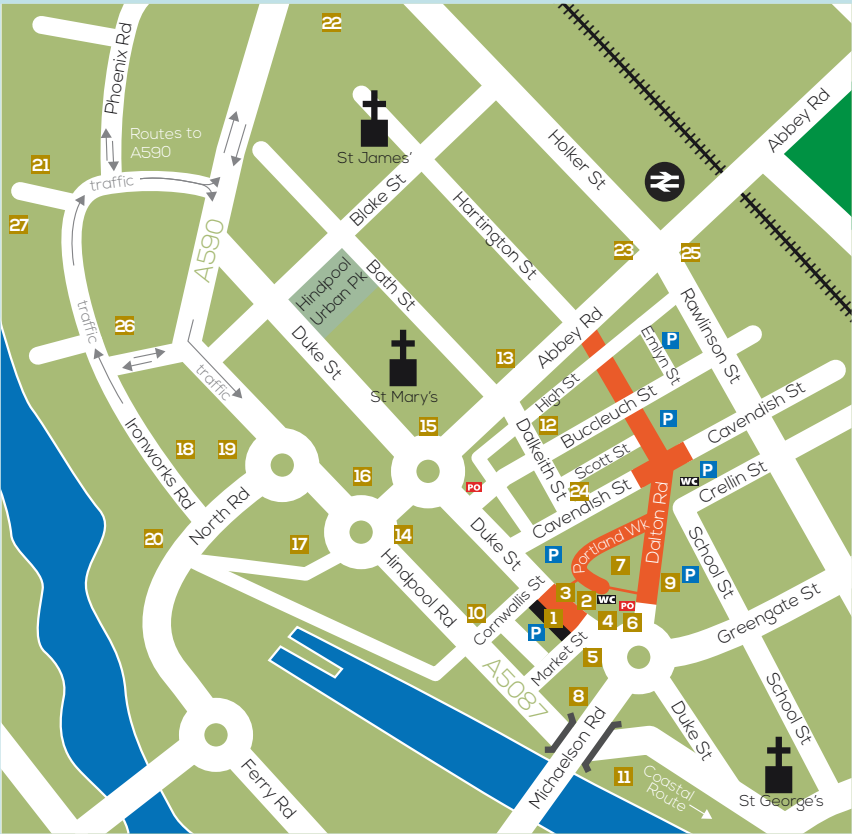
EXPLORE NATURE'S AMPHITHEATRE...
EXPLORE MORECAMBE BAY



MORECAMBE BAY

www.barrowtourism.co.uk

BARROW TOWN PLAN



- P** Car Parking
PO Post Offices
Red Square Pedestrianised Areas
Church Icon Churches
1 Town Hall
2 The Forum Theatre & Arts Centre
3 Tourist Information
4 Barrow Markets
- 5** Police Station
6 Furness House
7 Phoenix House
8 Craven House
9 Shopmobility
10 Club M
11 Morrisons
12 The Nines
13 Nan Tait Centre
- 14** Custom House
15 Library
16 Hindpool Retail Pk
17 Cornerhouse Retail Pk & Tesco
18 Vue Cinema
19 Hollywood Leisure & Retail Pk
20 Dock Museum
- 21** Cumbria Karting & Bowling
22 Retail Pk & Asda
23 Emlyn Hughes House
24 Manhattans
25 Little Subs
26 Avis/Budget
27 Urban Extreme

DALTON TOWN PLAN



- P** Car Parking (Free)
PO Post Office
- Church Icon** Churches
1 Dalton Castle
2 Town Hall
3 Library
4 Leisure Centre

WALNEY & THE ISLANDS OF BARROW

Experience the wilderness and wide open spaces of Walney Island and the coastal fringes of Barrow-in-Furness, a national and European protected area. Enjoy rich wildlife, special habitats and spectacular seascapes.

BEACHES

Our broad beaches are ideal for a range of activities. Fly your kite, roam the dunes, play on the beach, run or just sit back, relax and take in the sunshine.



SAILING/WINDSURFING

For those in search of maritime pursuits our islands won't disappoint. Take to the waves in the Walney Channel and around the coast of Roa Island.

PIEL ISLAND AND CASTLE

Meet the King of Piel, take in the panoramic coastal views and visit this 14th century stronghold featured on Martin Clune's Islands of Britain. Why not stay on Piel Island. The Ship Inn has 3 en-suite rooms and bunkhouse. Camping on the island is £5 per tent per night.



Barrow Tourist Information Point
The Forum, Duke St, Barrow-in-Furness
www.barrowtourism.co.uk

SAT NAV

References for popular locations

ATTRACTIONS

- South Lakes Safari Zoo **LA15 8JR**
Dock Museum **LA14 2PW**
Dalton Castle **LA15 8AX**
Tourist Information Point **LA14 1HU**
Lazerzone **LA14 5JF**
- Hollywood Park **LA14 1YE**
Cumbria Karting **LA14 2NW**
Furness Abbey **LA13 0PJ**
Markets **LA14 1HU**
The Forum **LA14 1HU**

CAR PARKS

- Market Street **LA14 2LF**
Portland Walk **LA14 1HX**
School/Oldham Street **LA14 1JS**
Hall Street **LA14 1DR**
Fell Street **LA14 1DD**
- Emlyn Street **LA14 5QY**
Whittaker Street **LA14 1QN**
Nelson Street, Dalton **LA15 8BF**
Tudor Square, Dalton **LA15 8RJ**
Lime Street, Dalton **LA15 8AN**

DALTON-IN-FURNESS

This historic market town predates medieval times and is renowned for its traditional public houses, excellent restaurants and its locally owned small shops. Visit Crooklands Garden Centre with its seasonal displays before taking a break in their cafe.

FURNESS ABBEY

Magnificent ruin of one of the wealthiest Cistercian Abbeys in England with historical links to Dalton and the Furness area. Managed by English Heritage.

DALTON CASTLE

Situated in the heart of Dalton, the Castle was used as a dungeon and courthouse for Furness Abbey. Open Saturday afternoons from Easter to the end of September.

SOUTH LAKES SAFARI ZOO

Hand feed penguins and giraffes. Enjoy a safari experience on foot at this amazing conservation park. Visit Santa and his reindeers during Christmas.



ACCOMMODATION

Quality Assessed Accommodation 2014

PREMIUM HOTELS

- a CLARENCE HOUSE COUNTRY HOTEL | 01229 462508**
Mount Pleasant, Dalton-in-Furness, Cumbria, LA15 8BQ
www.clarencehouse-hotel.co.uk | AA 4 star and 2 AA rosette
- b ABBEY HOUSE HOTEL & GARDENS | 01229 838282**
Abbey Road, Barrow-in-Furness, Cumbria, LA13 0PA
www.abbeyhousehotel.com | AA 4 star and 1 AA rosette
- c THE CLARKES HOTEL | 01229 820303**
Rampside, Barrow-in-Furness, Cumbria, LA13 0PX
www.clarkeshotel.co.uk | AA 3 star

HOTELS

- d MICHAELSON HOUSE HOTEL | 01229 820904**
45-47 Fairfield Lane, Barrow-in-Furness, Cumbria, LA13 9AN
www.michaelsonhouse-hotel.co.uk | Awaiting inspection
- e PREMIER INN | 0871 527 9430**
North Road, Barrow-in-Furness, Cumbria LA14 4PN
www.premierinn.com | AA Budget Hotel
- f TRAVELODGE | 0871 984 6281**
Cocken Villa, Walney Road, Barrow-in-Furness, Cumbria, LA14 5UG
www.travelodge.co.uk | Assessed by Visit Britain Budget hotel brand

GUEST ACCOMMODATION

- g MAINDEE GUEST HOUSE | 01229 830403**
75 Abbey Rd Barrow-in-Furness, Cumbria, LA14 5ES
www.maindeeguesthouse.com | Assessed by Quality Cumbria

SELF CATERING

- h STABLE COTTAGE | 01229 826969**
Glenfield House, Stank, Barrow-in-Furness, Cumbria, LA13 0LR
Assessed by Quality Cumbria

CARAVAN PARKS

- i SOUTH END CARAVAN PARK | 01229 472823**
Walney Island, Barrow in Furness, Cumbria LA14 3YQ
www.walneyislandcaravanpark.co.uk | C&CC members

CAR PARKING

PAY by phone
RingGo
01229 790012

PARKING DEALS
Only £3 for 3 hours on short stay car parks. Only £3 for 4 hours on long stay car parks