



Dalton, the ancient capital of Furness. Dalton dates back to long before medieval times. It was the main centre after Furness Abbey.

Dalton Castle dates from the 14th century, it was built for protection from raiding Scots and used as a courthouse. It has many interesting features and is open from 2pm to 5pm on Saturdays from Easter to October.

The Parish Church, near the Castle, was built in the late 1800s. It has unusual chequerboard stonework. The stained glass windows may have come from Furness Abbey.

George Romney, the famous portrait painter was buried in the churchyard in 1802. He was popular alongside Reynolds. In London, he was said to be involved with Lady Hamilton whilst having a wife in Kendal.



WALKING FOR ALL



THE WALKS

1. Town, Church and Castle, 1½ miles on pavements. No gates or stiles.
2. Gill Dub, 1½ miles on pavements and grassy path.
3. Standing Tarn, 1½ miles on pavements, track and grass. Some stiles.
4. Parkers Pond, 2 miles on pavements and paths. Includes 36 steps up & 14 down.
5. Abbey Paths, 2 miles on a footpath with gates and pavements or on footpaths with gates and a field.

You can 'Walk your way to Health' on several weekly walks in the Furness area.

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Exploring the Ancient Capital of Furness

Five Gentle Walks Round Dalton



1. TOWN, CHURCH AND CASTLE

From Tudor Sq, go up Ulverston Rd and turn first right into Dale Terrace. Turn right again into Becks Rd. Admire the old Grammar School. (1746) At the end of Becks Rd, cross over and go down Little Fields. You come out onto Abbey Rd, cross and bear right into Church St, pass the Brown Cow, (or call in), go up the hill behind the church, explore the churchyard, then come out onto Market Place. Have a good look at the Castle then go up Skelgate, pass Clarence House then at Bleak House, just before the semis, turn right. As you walk down it becomes Chapel St, past the Methodist church, the old Co-op and up the hill past Chapel Street school, then turn right into Cavendish St. Follow the alley down to Broughton Rd and go right to Tudor Sq.

2. GILL DUB

From Tudor Sq, walk up Broughton Rd and bear left before the fire station onto James Terrace. Take the track up the valley following the Beck. Do not go on the A590, turn and follow the path to the far end of the field. It comes out by the road, then go right up a steep path which brings you onto the pavement of Broughton Rd. Cross over, then walk down the hill and turn left at the Bridge pub into Prince St which will bring you down onto Ulverston Rd. Turn right and you will be back at Tudor Sq.



Furness Abbey

3. STANDING TARN

From Tudor Sq walk up Ulverston Rd and Crooklands. Before the garden centre turn right at footpath sign down a grassy track. When you come to the road turn right, go a short distance then turn left onto a field. Have a look at Standing Tarn then come back out of the field and go left along the lane (Urswick Road). Walk until you meet the main road then turn left back to Tudor Sq.

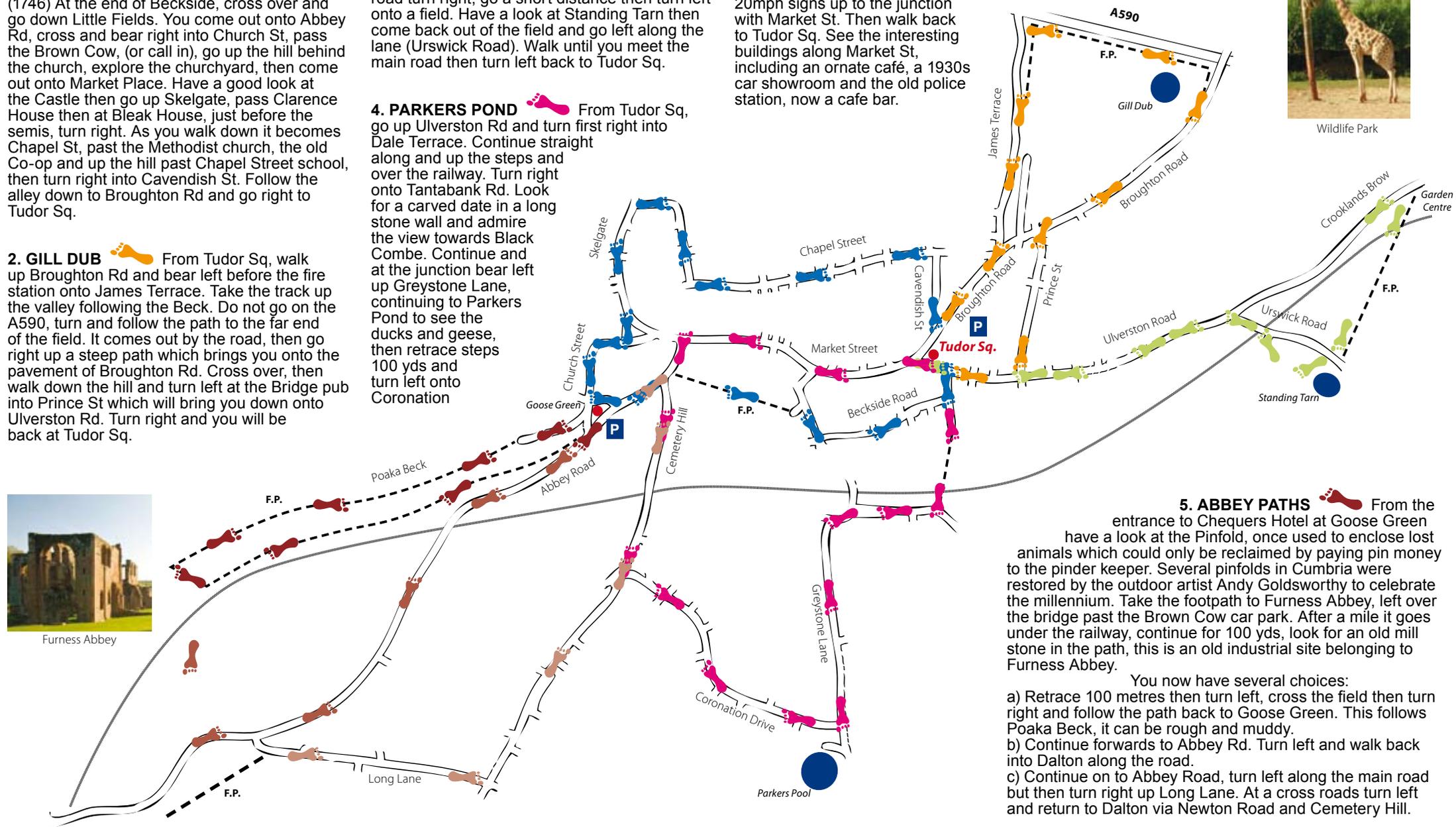
4. PARKERS POND

From Tudor Sq, go up Ulverston Rd and turn first right into Dale Terrace. Continue straight along and up the steps and over the railway. Turn right onto Tantabank Rd. Look for a carved date in a long stone wall and admire the view towards Black Combe. Continue and at the junction bear left up Greystone Lane, continuing to Parkers Pond to see the ducks and geese, then retrace steps 100 yds and turn left onto Coronation

Drive. At the far end, cross over and enter the cemetery. There are several paths to explore, after which walk downhill to the bottom gate. Cross carefully and walk past the 20mph signs up to the junction with Market St. Then walk back to Tudor Sq. See the interesting buildings along Market St, including an ornate café, a 1930s car showroom and the old police station, now a cafe bar.



Wildlife Park



5. ABBEY PATHS

From the entrance to Chequers Hotel at Goose Green have a look at the Pinfold, once used to enclose lost animals which could only be reclaimed by paying pin money to the pinder keeper. Several pinfolds in Cumbria were restored by the outdoor artist Andy Goldsworthy to celebrate the millennium. Take the footpath to Furness Abbey, left over the bridge past the Brown Cow car park. After a mile it goes under the railway, continue for 100 yds, look for an old mill stone in the path, this is an old industrial site belonging to Furness Abbey.

You now have several choices:

- Retrace 100 metres then turn left, cross the field then turn right and follow the path back to Goose Green. This follows Poaka Beck, it can be rough and muddy.
- Continue forwards to Abbey Rd. Turn left and walk back into Dalton along the road.
- Continue on to Abbey Road, turn left along the main road but then turn right up Long Lane. At a cross roads turn left and return to Dalton via Newton Road and Cemetery Hill.