



### Barrow Tourist Information Centre

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[www.barrowtourism.co.uk](http://www.barrowtourism.co.uk)

For further details of public transport contact traveline, telephone 0871 200 2233

Produced by  
Barrow-in-Furness  
Borough Council

### How to find us

## STEP INTO THE COUNTRYSIDE...

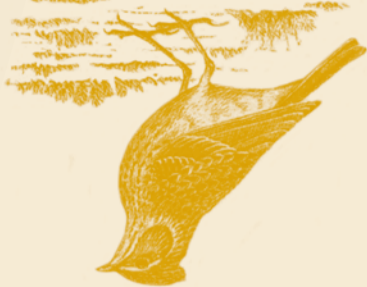
This leaflet describes some of the main places to visit within easy reach of Barrow. It opens out to show a map and description of the sites and their locations.



Arctic tern



Sea campion



Skylark



Ragwort

Very few towns in Britain are as fortunate as Barrow-in-Furness in being surrounded by attractive and accessible countryside. The Lake District and Morecambe Bay are only a bus ride away, but by walking or cycling from the heart of the town it is also possible to discover coastal wildlife sites, ancient woods and rolling pastures. Barrow's past, its history of settlement and the ebb and flow of its industries, have created other interesting places too, such as quarries and reservoirs which are now an important part of the countryside we value.

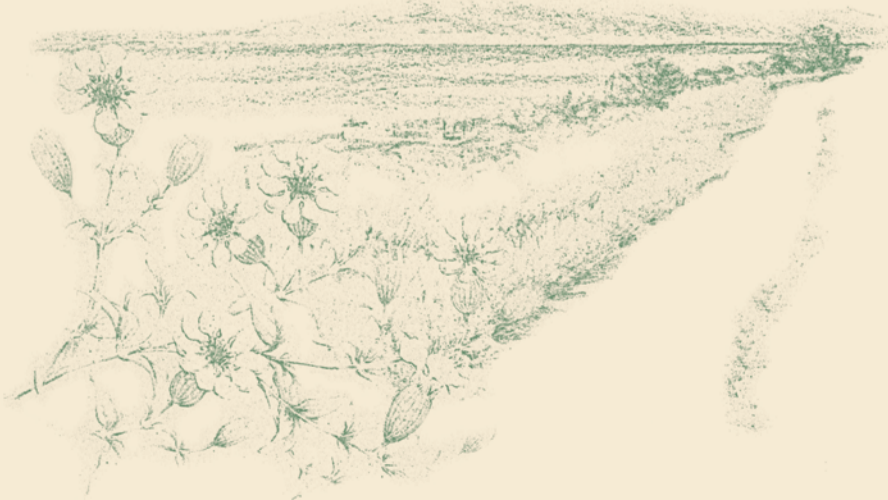
Of course, not all the best beaches, woods and meadows are in nature reserves. It is possible to explore Barrow's surrounding countryside, and to enjoy fresh air and faraway views, by following rights of way such as footpaths and bridleways. Some of these paths are well-known or form part of popular trails such as the Cumbria Coastal Way and the Haemate Trail. Others are short-cuts or forgotten byways, ribbons of hedgerows linking farms and old settlements. Leaflets describing official trails are available from local Tourist Information Centres, and details about the rights of way network, can be gathered by looking at maps at council offices. The countryside has never been so accessible.

Access to all the featured sites is free to local residents

# Wildlife

## on Barrow's doorstep

### A GUIDE TO NATURE RESERVES IN & AROUND BARROW-IN-FURNESS



The sites are all owned and managed with conservation in mind but vary in facilities and access.

### Places to visit - how to get there

**South Walney Nature Reserve**  
Follow Carr Lane for 4 miles past Biggar Village. Join an unmetalled road from the entrance to South End Caravan Park, follow the track for 1 mile to the Nature Reserve car park.

**North Walney National Nature Reserve**  
From Earnse Bay car park walk along the coast for one mile to the reserve. (Number 4/4a bus to West Shore).

**Sandscale Haws Nature Reserve**  
From Park Road, near the bypass roundabout follow Oak Lea Road to the Reserve car park.

**Abbotswood**  
Car Park and toilets are situated at the Amphitheatre, Furness Abbey, near the Custodian's Cottage. Turn right out of the car park to find the entrance to the wood. Alternatively, get the train or bus to Roose and follow Flass Lane to the new Roose Greenway Route, past Parkhouse Farm to the amphitheatre. (Number 4/4a Holbeck Farm bus to Roose Bridge).

**Millwood**  
Enter the woodland from Millwood Lane off Park Road. Alternatively follow the footpath from the car park and picnic area at Goose Green, Dalton, alongside Poaka Beck, under the railway line into the Goldmire Valley.

**Ormsgill Quarry**  
From a car park on Cliffe Lane in Hawcoat Village there are paths crossing Hawcoat Fields that lead to the quarry. Paths run down either side of the quarry brow and take you into Ormsgill. (Number 1 Furness Hospital bus to the Bay Horse).

**Ormsgill Reservoir**  
Walk approximately 1 mile up Holker Street from Barrow Railway Station. (Number 3/3a Ormsgill bus to Tally Ho).

Barrow-in-Furness...  
where the lakes meet the sea

# Barrow-in-Furness

## Places to visit



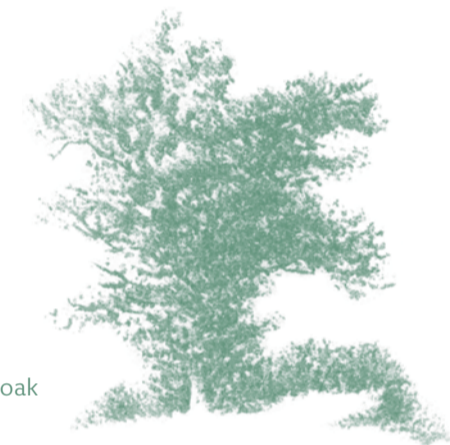
Dune pansy



Herring gull



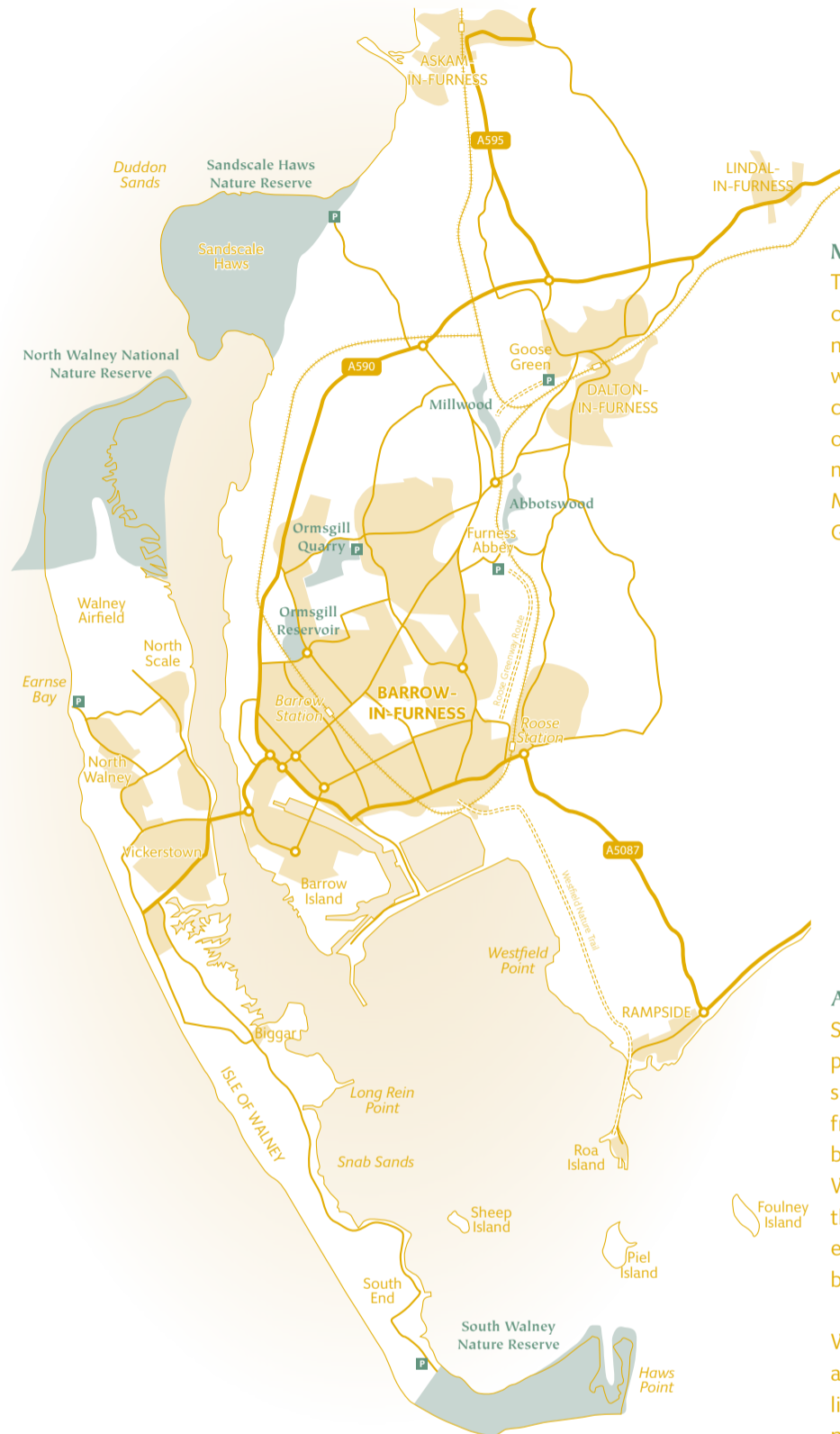
Woodcock feather



English oak



Elm leaf



### Sandscale Haws

Tel: 01229 462855

Coastlines can come and go with changes in tides and winds. The National Trust nature reserve at Sandscale Haws is a growing landscape; sand is deposited on the shore and is blown into a broad ridge of spectacular dunes. Behind these ‘yellow dunes’ are slacks or marshy hollows and a series of more stable ‘grey dunes’. The mix of wildlife habitats is unique. Flowers abound, including specialties like the dune pansy, sea holly and sea bindweed. In the spring, pools of water in the slacks are the breeding sites of natterjack toads and great crested newts, and in the summer when the slacks dry out there are drifts of marsh orchids and clouds of blue butterflies. It is possible to walk from the Trust car park at the end of Hawthwaite Lane to the shore, then along the beach south to Lousy Point. There are fine views across Duddon Sands to the Lakeland hills, and over to Walney Island. The tidal saltmarshes are the feeding grounds of migrant wading birds and wintering sea-duck. From Lousy Point there are several paths leading through the dunes back to the car park, shop and toilets.



Dunlin

### North Walney

Tel: 015395 31604

South of Sandscale Haws, but cut off from it by Scarth Hole and the Walney Channel, lies North End Haws, the tip of Walney Island. This is a National Nature Reserve managed by English Nature. Mudflats and saltings, shingle ridges, grey dunes and heathland, slacks and old gravel workings make up the wildlife habitats of North Walney. Again this is a place for special flowers able to cope with hot sunshine and biting winds. Specialities of the dry dunes include sea spurge and sea holly, the scented burnet-rose and the unique Walney geranium, a variety of bloody cranesbill. Because the dune slopes create their own sun-soaked micro-climate they attract a range of fascinating insects, including robber-flies and sand wasps, fox-moths and grayling butterflies.

The salt-marsh is carpeted by drifts of sea lavender and thrift, and in the winter it is the haunt of wading birds such as the redshank, dunlin, grey plover and bar-tailed godwit.

For more details contact Natural England at:  
Roudsea Wood NNR Base, Fish House Lane,  
Haverthwaite, Cumbria. LA12 8PE



Sand wasp

### South Walney

Tel: 01229 471066

This important reserve, managed by the Cumbria Wildlife Trust, makes up the southern spur of Walney Island and includes a variety of habitats such as mudflats and sand dunes, saltmarshes and saline lagoons. The reserve is famous for breeding, wintering and migrating birds. In the summer there are huge colonies of lesser black-back and herring gulls; South Walney is also the most southerly breeding site of the eider duck. Autumn migration time sees the arrival of wind blown migrants from America, North Africa or even Siberia. Anything from a black stork to a paddyfield warbler. And winter is the season for sea-duck and flocks of waders, roosting and feeding on the saltings.



Eider

A series of paths and trails, and six observation hides (one with wheelchair access) makes South Walney a popular and accessible place for visitors. The reserve is open every day from 10.00 am to 5.00pm (4.00pm in winter). A small fee is charged for a permit, available at the car park\*. Dogs are not allowed at any time on the reserve.

\* Local residents can obtain a free permit from Barrow Town Hall on production of a council tax statement.

### Millwood

This is a crescent-shaped wood on the western side of the Goldmire Valley. Ash and sycamore make up most of the tree canopy, and the ground is covered with dog’s mercury, bluebells and ferns. The wood curves around a flat area that is marshland or open water in winter and is then visited by herons, mallards, lapwing and snipe. A footpath links Millwood with nearby Abbotswood, and the Goose Green picnic area at Dalton.

### Abbotswood

Set above Furness Abbey, this is an attractive patchwork of mixed woodland on the steep east slope of the Vale of Nightshade, only two miles from the centre of Barrow. There are thickets of bracken and hazel, and shadowy patches of yew. Wood anemones, primroses and bluebells carpet the verges through stands of oak, ash and wych elm; great spotted woodpeckers drum overhead; blackcaps sing from the rowans.

Waymarked routes extend through the nineteen acres of Abbotswood and there are footpaths which link the Abbey with Millwood and Dalton. and a new Greenway Route to Roose Station.

### Ormsgill Quarry and Reservoir

Many of the older buildings in Barrow are built of St Bees sandstone won from Ormsgill Quarry. The site is now an attractive local feature providing a panoramic viewpoint over the town and the Cumbrian coast. Birds such as kestrels and barn owls have been recorded from the quarry and at the southern end of the site there is a fragment of woodland with wych elm and sycamore.

A path crosses Hawcoat Fields and goes through Ormsgill Quarry, linking into Schneider Road. A short way to the south you will find Ormsgill Reservoir. This is a well-known refuge for water-birds; in the winter the old reservoir attracts flocks of pochard, tufted duck and mergansers, and in the summer there are nesting swans and grebes. A path runs around the reed-lined shore, but children especially should not go too close to the water’s edge, and should avoid the swans and geese.