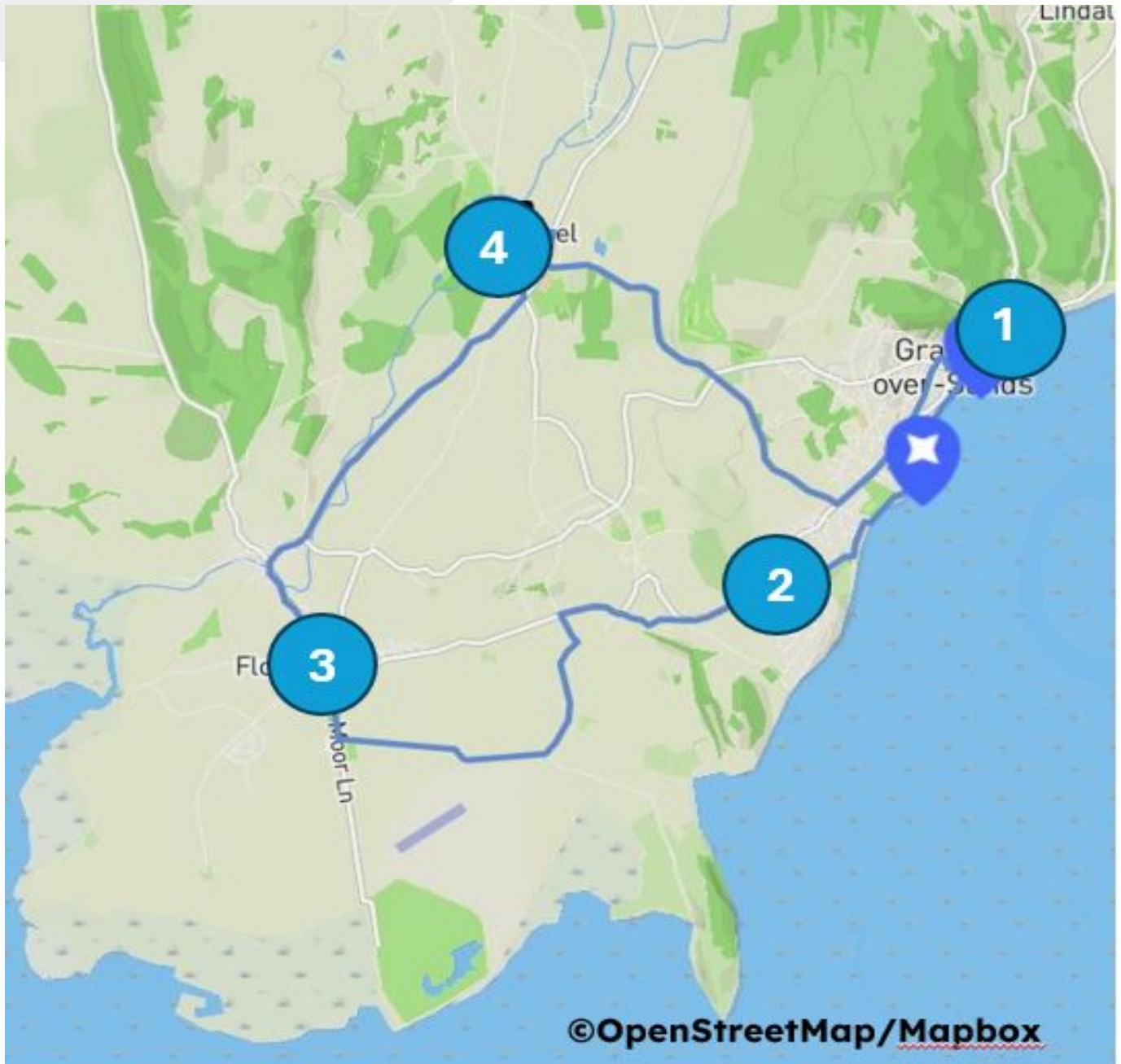




Ways Around The Bay

Cycle Route
Grange, Flookburgh and
Cartmel loop

Moderate
10.8 miles / 17.5 km
2-3 hours



Route overview

Enjoy stunning views of the Bay and nearby Humphrey Head whilst cycling along quiet flat lanes. Discover the picturesque village of Cartmel and the fishing heritage of Flookburgh.

Start/finish: Grange Railway Station, Hampsfell Rd, LA11 6EH

What3Words: //baroness.length.superbly (station entrance/exit)

How to get there: Regular mainline connections **by rail** to Lancaster or Carlisle connecting with the scenic Furness Railway line to Grange. National Rail enquiries: 08457 484950, trainline.com

By car - 20 min drive from M6, J36. Nearest car park to station at Main St.



Ways Around The Bay

Cycle Route

Grange, Flookburgh and Cartmel loop

We advise using OS Explorer map of The English Lakes, South Eastern area (OL7) in conjunction with these directions.

Accessibility

Grange Promenade can be busy with walkers, dogs and children - please be considerate to other users and ride slowly. There are two significant uphill and downhill on this route - be careful on descents; uphill may be demanding, option to walk if needed.

Directions

1. Starting from Grange-over-Sands train station, head under the tracks (to your right as you exit the station) to join the promenade. Head along the promenade, with the Bay on your left. Once you have passed the old lido buildings, the path passes under the rail tracks. Continue along the edge of the Memorial Playing Fields. Join Cart Lane and take the first left to continue along Cart Lane. Turn right onto Carter Road and follow up the steep hill until it joins Allithwaite Road - turn left and continue to climb.
2. Continue along Allithwaite Road. Approaching the residential roads of Allithwaite, look out for Jack Hill on your left - take this turning to leave the main road and follow this pleasant but steep lane downhill until you reach The Pheasant on your right. Here you will rejoin the B5277 Flookburgh Road. Follow the road as it gently climbs again. Take care through the single carriageway priority zone. Turn at the next left, down Wraysholme Road. After a while, the road crosses the railway line. Beware and follow level crossing instructions. Take the right hand Willow Lane. At the next junction, turn right onto Moor Lane and continue to the village centre of Flookburgh.
3. Turn left onto Main Street following it as it bears right onto Station Road. Go past Cark Station and after passing the Engine Inn on your left, turn right up a gentle incline. Follow this lovely road as it flattens out, leaving Cark behind. Bear left on the first road as you're coming into Cartmel and this lane will take you into the heart of this historic village, past the Priory and on to the village square.
4. Take Cavendish Street (right out of The Square) and follow it to the right as it becomes Priest Lane. Head along the lane until the junction and turn right, passing the primary school. As you approach the Green, turn left along the edge of it and then bear left onto Hags Lane. This lane takes you out of Cartmel and a steep descent finally brings you down to the junction with Kents Bank Road (B5277). Turn left and continue until it bears left at the park garden junction. Ride along Grange's high street, pass the library on your left and follow the road as it bears sharply to the right onto Hampsfell Road and down to the roundabout. Bear left along Main Street, then after the parade of shops, bear right at the roundabout, arriving back at the station on your right.

Don't miss

Views of the Bay from the Prom

Enjoy the ever-changing view as the tide travels back and forth across the estuary. Look out for the amazing bird life which includes starlings, waxwings, curlew, bittern, oystercatchers, greylag geese and marsh harrier.

Flookburgh fishing

Delve into the fishing heritage of the Bay and look out for local fishermen trawling for shrimps attached to the back of a boat or tractor. Explore more at recordingmorecambebay.org.uk

Cartmel - a gourmet destination

A foodie paradise, steeped in culture and rich with history. Visit the Priory at the heart of the village, surrounded by picturesque English countryside.