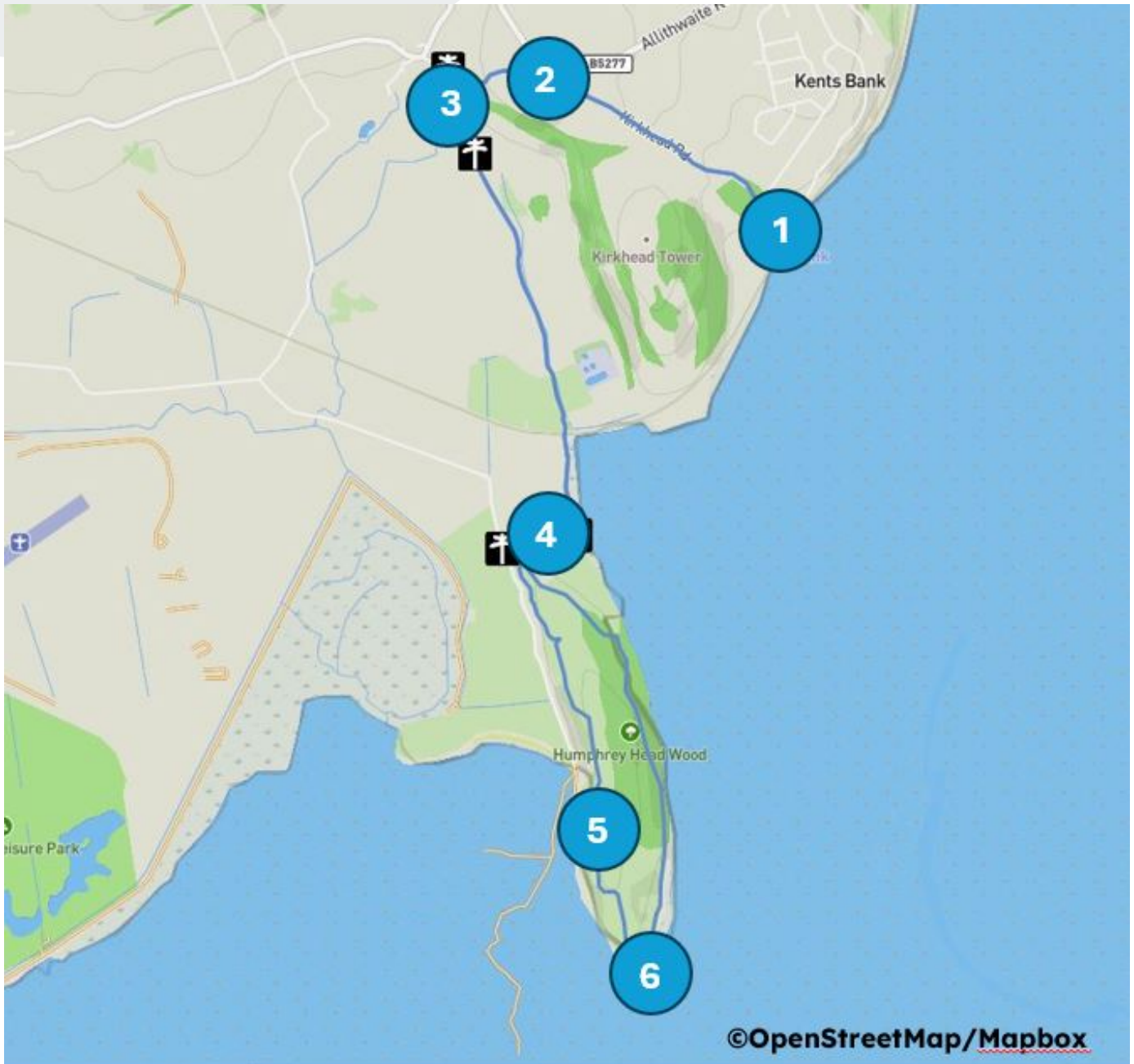




# Ways Around The Bay

**Walking Route**  
**Humphrey Head**  
from Kents Bank Station

**Moderate**  
**5.7 miles / 9.2 km**  
**2.5 hours**



## Walk overview

**Walk around a distinctive limestone headland offering far-reaching views across Morecambe Bay.**

**Spot an abundance of unusual plants, geological features and estuary birdlife on this beautiful Nature Reserve.**

**Start/finish: Kents Bank Station**  
on the Furness Line Railway, near  
**Grange-over-Sands.**

**What3Words:** fizzle.payout.enrolling

## How to get there

**By train:** Furness Line from Ulverston, Lancaster, Barrow, Grange-over-Sands, Arnside, Carnforth and Carlisle. *More info at [trainline.com](http://trainline.com)*

**By bus:** X6 service to Grange from Kendal/Barrow or 530 Cartmel-Grange-Kendal.



**Morecambe  
Bay**  
Partnership

Registered Charity: 1173489

[waysaroundthebay.org.uk](http://waysaroundthebay.org.uk)





# Ways Around The Bay

## Walking route

### Humphrey Head from Kents Bank Station

*We advise using OS Explorer map **OL7** in conjunction with these directions. Stay safe and dress for the weather conditions. Stout footwear recommended.*

#### Directions

- 1. Kents Bank Station to Jack Hill**  
From the station, walk up the road away from the coast until you reach the main road. Turn left, then immediately left again on to Jack Hill.
- 2. Jack Hill to Blenkett Wood Lodge Park**  
Walk down the lane which eventually goes downhill very steeply. After about 200m, turn left at the entrance to Blenkett Wood Lodge Park on to a track. If you've got to the Pheasant Inn, you've gone too far.
- 3. Footpath to the coast**  
After 200m past some farm buildings, turn right on to the footpath to the coast where you'll pass through several fields and under the railway line. Keep to the left of the next field until you come to a gate beside the farmhouse. Turn left onto the foreshore and then immediate right to pass in front of the house. Avoid the soggy saltmarsh by staying close to the wall, turning right at the end of the wall to follow the footpath uphill past the Outdoor Centre.
- 4. Outdoor Centre to trig point on the headland.**  
Once you've passed the centre, you'll descend until you reach the tarmac lane. Turn left here, then immediately left again where you see the **Cumbria Wildlife Trust** nature reserve sign. Follow the public footpath to the right by the telegraph pole. Keep right and enjoy the open meadow and far reaching views from the clifftop until you reach the trig point which is easily seen in the distance. **Beware of the steep drops** and keep dogs on leads to keep them and livestock safe.

- 5. Trig point and return along the woodland path.**  
From here, descend south to the tip of Humphrey Head where you can access the sands for spectacular views of the headland. *Don't be tempted to go far or return via the foreshore which can be dangerous and risks disturbing rare birds and plant species.*
- 6. Rejoin the path you arrived on**  
Wend your way round the promontory keeping right through the meadow. Soon you'll arrive at the entrance to Humphrey Head Wood for the return leg of your walk.  
Enjoy glimpses of the stunning saltmarsh as you walk through the oak woodland until the path bears left and eventually re-joins the footpath you arrived on. From here, re-trace your steps all the way back to the station.

#### Don't miss...

**The 360 degree view of Morecambe Bay's spectacular beauty** from the trig point at the summit of the rocky headland.

This spot is the only true sea cliff in the area, and is reputed to be where the last wolf in Cumbria was killed in the 14th Century.

Look out for **shelduck, curlew** and **redshank** on the saltmarsh. If you're lucky, you might see **peregrine falcons hunting for birds in flight.**

#### Accessibility

Generally easy walking on firm grassland, gravel and tarmac. **There are two steep road ascents that some may find challenging.**

Humphrey Head is a nature reserve with grazing cattle, so please keep dogs on a lead to keep all humans, animals and nature safe.

