

Lancaster to Kendal



The Route

Where: Lancaster to Kendal

National Route Number: 6

Distance: 22 miles

Terrain: a mixture of traffic-free routes and quiet lanes, fairly flat through Lancashire and hillier through Cumbria

Public transport: railway stations at Kendal and Lancaster, Carnforth, Arnside and Oxenholme. The Carnthorpe Connect bus between Carnforth and Milnthorpe can carry up to two bikes.

Bike hire: Budgie Bikes in Lancaster will deliver - 01524 389410; Millennium Cycles, Staveley nr Kendal - 01539 821167

Maps: leaflet available from Lancashire County Council 01772 534609

OS maps: Landranger 97

Tourist information: Lancaster TIC 01524 32878, Kendal TIC 01539 725758

Towns to search for on Sustrans website mapping: Kendal, Milnthorpe, Warton, Hest Bank, Lancaster



The route begins at Lancaster's Millennium Bridge and crosses Ryelands Park before joining the Lancaster Canal, first opened in 1797 to service the mining industries. The towpath takes you through attractive canal-side villages with panoramic views across Morecambe Bay. At Hest Bank you can take a break on the seashore. Leaving the canal south of Carnforth, the route continues to Warton, home of George Washington's ancestors, and through quiet wooded lanes within an Area of Outstanding Natural Beauty including the pretty villages of Yealand Conyers and Yealand Redmayne. Nearby Leighton Hall and the Leighton Moss nature reserve are well worth a visit.

Just over the border into Cumbria, the marvellous views more than compensate for the climb to the attractive village of Beetham, where you can visit the Heron Corn Mill and Museum of Papermaking. The route continues downhill along a tree-lined lane through Dallam Park and into the market town of Milnthorpe. From there the route undulates along quiet lanes into the medieval market town of Kendal, where a traffic-free path along the line of the old canal takes you safely into the town centre via the footbridge at Gooseholme.

Route 6 continues to Windermere, mainly on quiet roads, and the route northwards from there is still under development.

