



Pendle Hill. Courtesy of Visit Lancashire.

## Rover and Ranger tickets

If you wish to do a selection of the walks within this guide and discover more of the spectacular Lancashire and Yorkshire countryside, Rover and Ranger tickets give you the freedom to explore all over the North for one set price.

One of the various tickets to choose from is the Cumbrian Day Ranger which allows you to explore the Bentham Line and three other scenic railway routes; the Cumbrian Coast, Furness and the world famous Settle-Carlisle lines. Enjoy breath-taking views of the Cumbrian Coast, Yorkshire Dales, Morecambe Bay, Lake District mountains and the Pennines.

Hop on and off all day for one set price. Rover and Ranger tickets are available from any staffed station in Great Britain. Find out more at [northernrailway.co.uk/tickets/explore-the-north-west](http://northernrailway.co.uk/tickets/explore-the-north-west)



Morecambe. Courtesy of Visit England.



Wenning Valley and Ingleborough. Courtesy of Jon Brook.

## Further information

Bentham Line train times can be found in: **Northern Timetable 7**. Available from any staffed railway station.

For train times, fares and to buy tickets visit [northernrailway.co.uk](http://northernrailway.co.uk) or any staffed station.

For service information contact National Rail Enquiries:

[nationalrail.co.uk](http://nationalrail.co.uk)  
03457 48 49 50

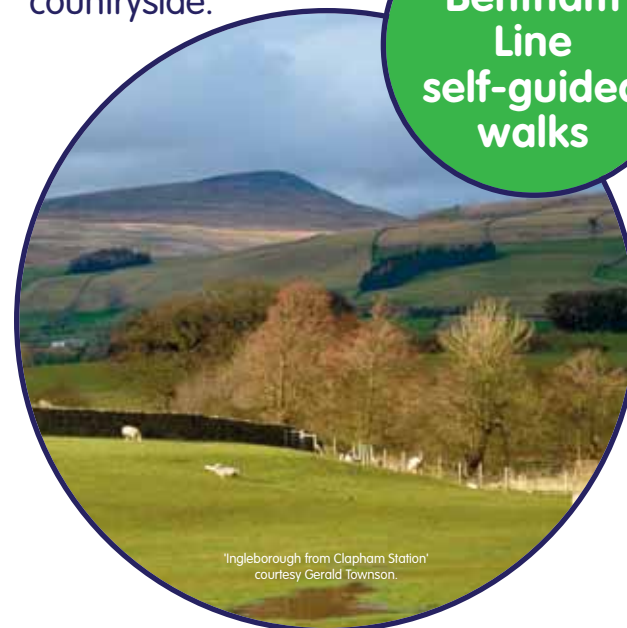
A guide to the scenic journey along the Bentham Line is available at local staffed train stations or to download at [communityrail Lancashire.co.uk/bentham-line-publicity](http://communityrail Lancashire.co.uk/bentham-line-publicity)



# Rail to Trail

A collection of walks for experienced and leisure walkers through spectacular Lancashire and Yorkshire countryside.

The Bentham Line self-guided walks



'Ingleborough from Clapham Station' courtesy Gerald Townson.

To download the featured walks visit [communityrail Lancashire.co.uk/walks/self-guided-walks](http://communityrail Lancashire.co.uk/walks/self-guided-walks)



Leeds - Lancaster - Morecambe Community Rail Partnership

**LASRUG**  
Lancaster and Skipton Rail User Group

[northernrailway.co.uk](http://northernrailway.co.uk)

### Walk 3: Morecambe to Bare Lane

(1.3 hours, 2.5 miles, easy)

Take the 'Flock of Words' poem path to the promenade, look out for the bird sculptures, tackle a maze on the stone jetty and see the RNLI hovercraft and inshore craft.

Pause alongside Eric Morecambe's statue and take in the spectacular views across the bay.



Courtesy of Gerald Townson.



Courtesy of Jack Warbrick.

### Walk 4: Bare Lane to Carnforth

(3 hours, 5.6 miles, moderate)

Countryside, canal and coastal views. Stop for refreshments by the Lancaster Canal and recall a 'Brief Encounter' at Carnforth station.

Bare Lane

Wennington  
Carnforth

Bentham  
Clapham

SETTLE

Giggleswick  
Long Preston

Hellifield

Gargrave

SKIPTON

Cononley

Steeton  
& Silsden

Keighley

Crossflatts

Bingley

Saltaire

Shipley

Frizinghall

BRADFORD  
Forster Square

LEEDS

Heysham Port  
for the Isle of Man

LANCASTER

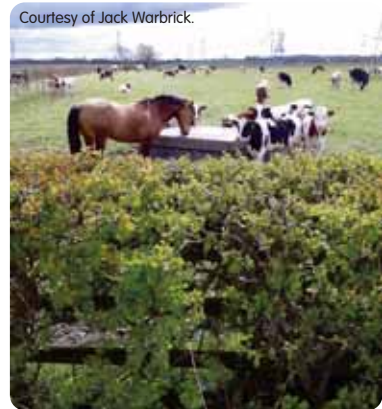
### Walk 2: Lancaster to Morecambe

(1.6 hours, 3.8 miles, easy)

Follow the 'Little North Western' Railway between Lancaster Green Ayre and Morecambe Promenade. Stop off at Lancaster Castle and the Maritime Museum, and stroll along Morecambe sands.



Courtesy of Gerald Townson.



Courtesy of Jack Warbrick.

### Walk 1: Heysham Port to Morecambe

(2.6 hours, 5.3 miles, moderate)

Enjoy the flora and fauna of Heysham Moss and Oxcliffe Levels before heading north to the resort of Morecambe.

### Walk 5: Wennington to Carnforth

(5.3 hours, 11.3 miles, strenuous)

This walk offers a taste of the history of the Lune Valley. Passing a medieval motte and bailey and World War II pillbox, then crossing the Lune by the ancient bridge at Gressingham before coasting home alongside the Lancaster Canal to reach Carnforth.



Courtesy of Ian Taylor.



Courtesy of Jon Brook.

### Walk 6: Wennington to Bentham

(2.3 hours, 3.9 miles, moderate)

Walk above the beautiful valley of the Wenning and past ancient mining sites before descending to the peaceful riverbank. Finally, heading up stream to Bentham and its traditional shops, inns and cafés.



Courtesy of Jon Brook.

### Walk 8: Clapham to Giggleswick

(4.6 hours, 9.4 miles, strenuous)

Following ancient trails through the charming Dales villages of Clapham, Austwick, Feizor and Giggleswick, with opportunities to sample fine Yorkshire hospitality. Over higher ground, take in splendid views and look out for the industrial heritage of limestone quarrying before finishing in Giggleswick.



Courtesy of John Bearpark.

### Walk 7: Clapham to Bentham

(2.5 hours, 5 miles, moderate)

Starting at Alan Bennett's Clapham, this is an ideal walk for seeing the Bentham Line landscape at work. Ingleborough towers above as you pass through working farms to reach the market town of Bentham.



Courtesy of Jon Brook.

### Walk 9: Giggleswick to Long Preston

(2.8 hours, 5.6 miles, moderate)

Cross the River Ribble Valley with views of Pen-y-Ghent, before ascending to take in the panoramic views including Pendle Hill, (witch country). Finishing in Long Preston village with its traditional May Day celebrations.

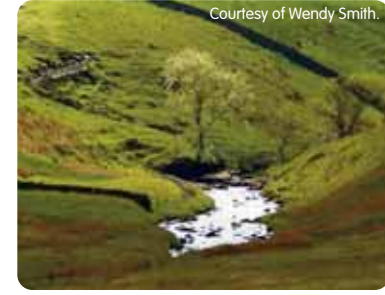


Courtesy of Gerald Townson.

### Walk 10: Long Preston to Hellifield

(2 hours, 3.8 miles, easy)

Beginning in Long Preston, through farms and along tracks edged with traditional dry-stone walls to the Midland Railway town of Hellifield, finishing at the magnificent listed station.



Courtesy of Wendy Smith.



Courtesy of Wendy Smith.

### Walk 11: Hellifield to Gargrave

(3.6 hours, 7 miles, moderate)

Heading out from the railway town and into the Aire Valley through lush countryside and ancient hamlets and close by the 'lost' station of Bell Busk. View Malham Moor and brush the Pennine Way as you descend to picturesque Gargrave, on the banks of the River Aire.

### Walk 12: Gargrave to Skipton

(2.3 hours, 5 miles, easy)

Enjoy the delightful Dales village of Gargrave and the wildlife along the Leeds-Liverpool Canal, on the way to the busy market town of Skipton with its fine medieval castle.