



## A trip to the seaside - Milnthorpe & Arnside

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ROUTE

Cycle south from Kendal on Sustrans NCN 6 on quiet lanes enjoying views across low rounded hills to the Lakeland and Howgill fells. From Milnthorpe the route continues through tranquil woodland landscapes to Arnside on the Kent estuary. The return route along the estuary and reclaimed marshlands makes this a ride of real contrasts; attractive villages, historic parklands and coastal scenery all contained by distant Lake District and Pennine hills.

**Start/finish:** Peppercorn Lane Car Park, Kendal (additional car parking nearby at Parish Church and Dowker Lane Car Parks)

**Distance:** 26 miles (42 km)

**Grade:** Long - easy, all on-road

**Refreshments**

**Pubs:** Kendal, Milnthorpe, Arnside, Sandside, Heversham

**Cafés:** Kendal, Milnthorpe, Arnside

**1** Walk past Abbott Hall Art Gallery and across footbridge over River Kent. Cross Aynam Road by zebra crossing and turn R then L into Parr Street. Cycle uphill and turn L onto stone track at end of first terrace of houses on L. Descend and turn R onto shared footpath and cycle route on line of the former Lancaster Canal. Following NCN 6 signs, continue with care across two main roads to join Natland Road at oblique angle. Continue SA through Natland, following NCN 6 signs.

**2** Take next L, then R at top of hill, SA through Crosscrake, taking care on steep approach to X roads.

**3** At Stainton turn R immediately after crossing bridge at end of Lancaster Canal. Continue through Viver.

**4** At Woodhouse bear R then L. Turn R onto narrow lane and continue to Milnthorpe. SA across traffic lights, past River Bela.

**5** After crossing River Bela turn L through Dallam Park and ascend through avenue of trees turning L at gatehouse.

**6** Leave NCN 6 at next R (signed Storth /Arnside). After long straight descent turn L (signed Hazelslack/Silverdale), then R at T jct towards Arnside, entering village over level crossing and continuing to Promenade at centre of village.

**7** Retrace route out of Arnside, turning L under railway bridge and follow shore of estuary through Sandside.

**8** Recross the River Bela and turn immediately L (signed Cumbria Cycle Way and Cumbria Coastal Way). After right angle bend in level road carry SA over small bridge to crossroads on A6 at Heversham.

**9** Cross A6 with care, SA up hill to junction at church. R then L (signed Woodhouse / Crooklands).

**10** SA on approach to Woodhouse, then L, briefly rejoining NCN 6. Take next L at crossroads (signed Hincaster and Kendal).

**11** Continue through Hincaster and on approach to Sedgwick bear R onto single track road, then R at T jct and under canal bridge. Rejoin NCN 6 on approach to Natland and return to Kendal following outward route.

