

# Breath of Fresh Air

## The 15 Mile Walk

***Start/Finish at Conder Green - A full day's challenge for the leisurely walker which will take seven to eight hours. This route also offers a thoroughly enjoyable middle distance challenge to serious walkers which would take six to seven hours.***

Following the canal towpath towards Lancaster, when houses appear on the bank and just before the canal bends to the right, leave the canal. Turning left by the lodge house, go up the public road to the hamlet of Aldcliffe. On reaching the road junction, turn right to go down Aldcliffe Crossing Lane.

After about 80 metres, take the public footpath on the left, descending through fields to meet the old railway footpath (LCW) on the Lune estuary. Turning left follow the path all the way back to Conder Green.

