

Breath of Fresh Air

The 22 Mile Walk

The full 22 mile route offers the serious walker a varied, rewarding full day challenge which will take nine to ten hours.

From Conder Green car park entrance, by the cafe, follow the coastal path over the river to Glasson Dock. Turn left at Lancashire Coastal Way (LCW) finger post, right past the public conveniences and left again at the Victoria Inn to cross over the road. Go past the large anchor and cross the bridge over the dock entrance and turn right at the cafe. Go left through The Dalton Arms car park and at the far end turn right and then immediately left at the anchor to go up Bodie Hill.

Continue left onto the main road, when this road bears left, turn right into Marsh Lane (farm track). Follow the LCW passing Old Glasson Caravan Park, through the gate and continue on the track across fields, with hedge on your right to Crook Farm. Turn left at the farm following LCW signs.

Follow the coastal path past Abbey Lighthouse Cottage, round Plover Hill (Plover Scar Lighthouse to your right) and on beyond the remains of Cockersands Abbey to Bank Houses. Continue past Cockerham Sands and Bank End Caravan parks. Walk along the embankment top and turn right at the T-junction towards Patty's Farm Barn. Follow the wide track towards farm buildings, before reaching them take the marked footpath to left, up steps across the embankment. Bare right over two stiles and a footbridge, to head across in front of the parachuting club, with runway on the left.

Keep straight across fields with ditch and fence to your left, over two footbridges to meet 'A' road. Turn left and then right up a path to Cockerham Church. Follow the canal for a further one and a half miles to the Lune Aqueduct. After viewing the aquaduct descend steep steps immediately before the bridge to a disused railway line on the banks of the River Lune. Follow the pathway back through Riverside Park and past Skerton Bridge into the city centre.



Staying on the riverside path pass under a subway next to Greyhound Bridge and proceed to the Millenium Bridge (pedestrian). Follow the road along St. George's Quay, under Carlisle Railway Bridge and beyond along New Quay Road. After passing the end of warehouses on the industrial estate, take the riverbank footpath (LCW), follow this along the flood embankment to reach a stile near Aldcliffe Crossing. Cross the stile to follow the disused railway track back to Conder Green.

Walk through the churchyard or the path to the left of the wall and on up the driveway past the village hall to Main Street (B5272). Turn left into Cockerham Village (public conveniences on car park). Beyond the public house turn right up Willey Lane. Follow the lane past dwellings. The track bears left at a pond, then turn right at Uptown Barn conversions and go through a gate into the field. Head for the electricity pylon and pass through gate. Bear north east towards distant church spire. Pass to the right of a small pond and go through another gate. As the fence bears right, head across the field towards the distant hall. Go over the footbridge and stile.

Head towards line of old trees and a second footbridge. After crossing footbridge, turn immediately left and head for trees, crossing fields. Look for a gate on right with public footpath sign, go through two gates along side disused outbuildings. Pass Ellet Grange Hall to right and head for the old stables. Go through gate, cross driveway and over a stile to follow path with wall on the left and fence on right. Cross stile and continue with fence on left.

Cross another stile and bear left to pass just right of five large trees, down the field. Go past first canal bridge on the right, and follow elevated path with fence on right, to emerge at the junction of the Glasson Branch and the Lancaster Canal. Cross the bridge and follow canal towpath for approximately five miles, passing Galgate and into Lancaster City centre.