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THE BOLTON-LE-SANDS & HEST BANK LOOP

Take in the beautiful sea views of Morecambe Bay and the Silverdale coast, visible from both the Towpath Trail and the seafront on this flat and enlivening loop!

This scenic route starts on Main Road, Bolton-le-Sands and allows you to enjoy the beautiful views across the bay and over to the Lake District fells in the distance.

TRAVEL INFORMATION

Arriving by Bus: There are a number of services that run through Bolton-le-Sands. To plan your route visit [Stagecoach](#) for timetables and fares.

Arriving by Car: Parking is available on Main Road, Bolton-le-Sands (what three words/// kind.upstarts.headboard).

WALK IT! AT A GLANCE



TIME
1 hour 45 mins



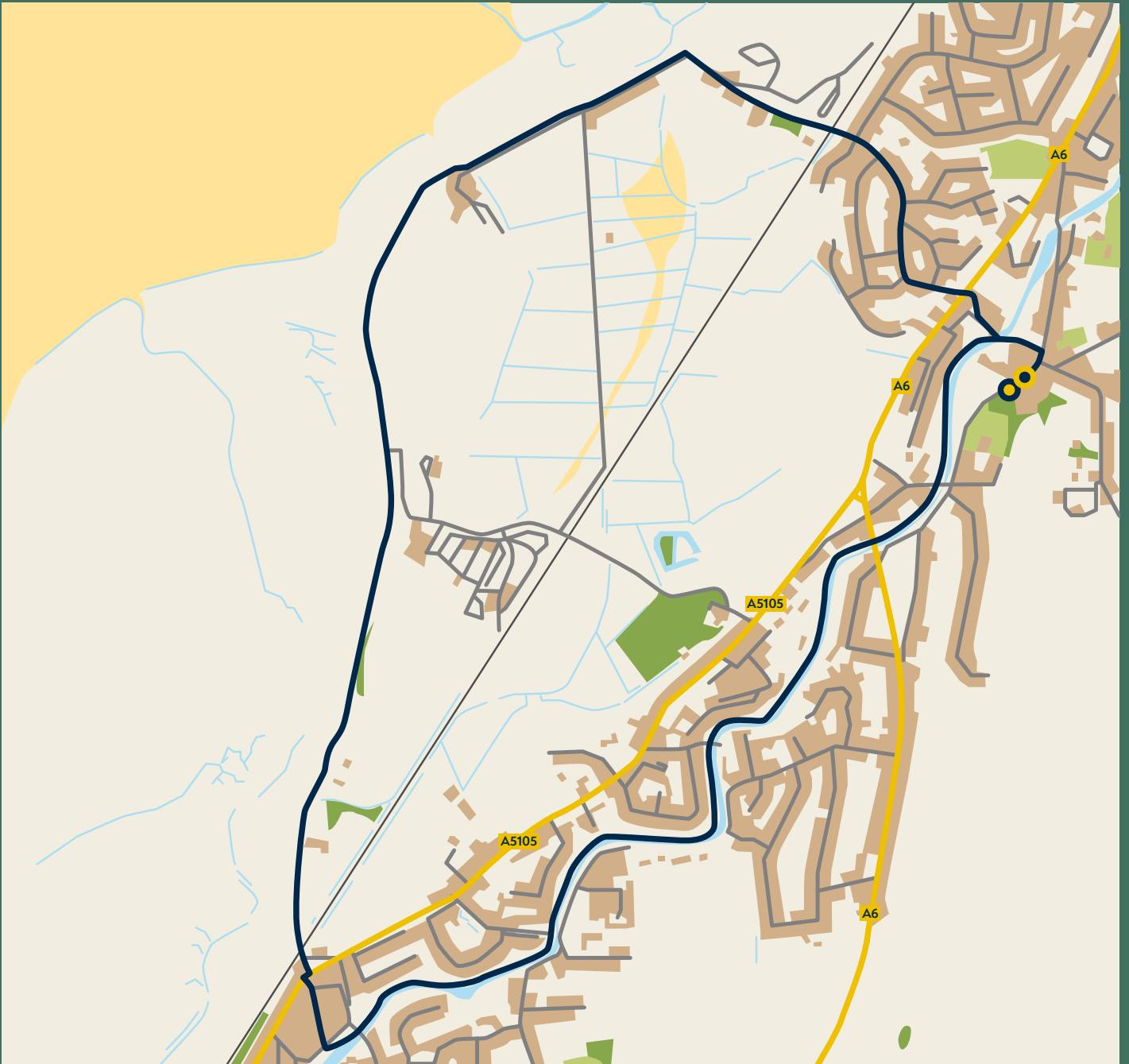
DIFFICULTY
Moderate



DISTANCE
4.17 miles



TERRAIN
Flat



Please note the map shown is for illustrating the route - for a more accurate map we would recommend using [AllTrails.co.uk](https://www.alltrails.co.uk)

THE BOLTON-LE-SANDS & HEST BANK LOOP ROUTE

Follow the points below and tick them off as you go!

1. Park on Main Road then walk down St Michael's Lane passing St Michael's Cottage, taking car crossing over the bridge before joining the Towpath Trail on your left.

2. Once on the towpath turn right, away from the bridge. Continue on the towpath for approx. 2km admiring the gardens and sea views!

3. Leave the Towpath at the sign for Hest Bank Leisure Mornings - taking the path to the right which leads to the pavement.

4. Stop at The Hest Bank pub over the bridge to your left and/or continue down the pavement taking your first right onto Station Road.

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Follow the points below and tick them off as you go!

5. Continue to the end of Station Road, then cross the Coastal Road at the pedestrian crossing.

6. Continue towards the seafront by carefully crossing the level crossing at the micro pub.

7. Turn right past The Shore Cafe either via the road or the pebble beach.

8. Continue along the beach towards the headland for approx. 1.8km walking around the headland and visiting the praying hands shell sculpture on the edge of Red Bank Farm campsite.

9. Continue past the campsite and join the path adjacent to the car park for approx. 500m.

10. Turn right off the path (at the bin and passing place) to rejoin St Michael's Lane. Continue up the hill passing Sandside Caravan Park on your left.

11. Take care crossing at the rail crossing and continue weaving through the residential area until you meet the main road to cross at the pedestrian crossing.

12. After crossing turn right and immediately left up St Michael's Lane, passing the row of cottages on St Michael's Grove. Walk up and over the canal bridge back to your starting point.



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TOWPATH TRAIL**

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