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THE CARNFORTH LOOP

Enjoy this section of the Towpath Trail and explore Carnforth Town Centre and the infamous Brief Encounter Heritage Centre at the Train Station.

TRAVEL INFORMATION

Arriving by Bus: Stagecoach run the following services:

- Kendal - Carnforth: 555 and 755
- Lancaster - Carnforth: 49 and 55

Visit [Stagecoach](#) for timetables and fares.

Arriving by Car: Park in the large layby on Lancaster Road (what three words ///headset.valued.attention) to the south of Carnforth.

Arriving by Train: There are regular services from Kendal (via Oxenholme) and from Lancaster to Carnforth. Visit [Trainline](#) for timetables and fares.

Arriving by Bike: This route is suitable for cyclists, however bike racks are available at Carnforth Train Station should you wish to walk.

WALK IT! AT A GLANCE



TIME
1 hour



DIFFICULTY
Easy



DISTANCE
2.19 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 CARNFORTH LOOP ROUTE

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

PLEASE NOTE:

If arriving via train or bus to enjoy this route, pick up the trail from the most convenient place for you and/or continue along the Towpath Trail towards Bolton-Le-Sands to catch a bus back from there.

2. Continue on the Towpath Trail for approx. 1.7km passing the Canal Turn Pub on your left.

1. From the layby parking area, join the Towpath by following the path towards the canal bridge, walk under Bridge 126 towards Carnforth.

3. At the play area and Bridge 128 leave the Towpath Trail and follow the sign up the small hill towards Kellet Road. Turn left, following the signs for the Town Centre.

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4. Cross at the North Road junction, continuing past the terrace houses then cross at the Town Centre pedestrian crossing to continue onto Market Street.

5. Walk towards the Train Station and Heritage Centre at the end of Market Street.

FUN FACT: The Heritage Centre is located under the tunnel on the other side of the train tracks and was famously featured in the classic 1945 film 'Brief Encounter' directed by David Lean and starring Celia Johnson and Trevor Howard.

6. After looking round the centre, exit towards the Royal Station Hotel. Turn right onto Haws Hill then continue upwards past the terraces until you reach a T junction with the library in front of you.

7. Cross the road then pass the library on your left and continue down the hill taking care to cross Alexandra Road.

8. Continue for approx. 100m past the Tesco entrance opposite.

9. Turn left at The Canal Turn car park entrance to rejoin the Towpath Trail.

10. Turn right onto the Towpath Trail to return to the layby and/or to continue further and catch the bus back from Bolton-le-Sands.



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TOWPATH TRAIL**

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Making life better by water

The Towpath Trail between Kendal and Lancaster is a unique place for walking, cycling, paddling and general rural enjoyment!

The Towpath Trail aspires to be fully accessible, welcoming and enabling all users to enjoy the Towpath Trail between historic Kendal and Lancaster.

Discover more at lancastercanaltowpathtrail.co.uk

