

Morecambe Bay 3 Day itinerary...

...Let's go.

Visit Lake District, Cumbria



Highlights: food,
culture, walking,
wildlife, cycling

Days: Three

Locations: Ulverston,
Barrow, Cartmel,
Grange, Arnside

Immerse yourself in cultural attractions, enjoy the great outdoors and indulge in delicious food as you explore the beautiful surroundings of Morecambe Bay. Starting in Ulverston before heading over to Cartmel and Arnside, there's lots to discover on this rich and varied 3-day itinerary.

Day One: Ulverston

A vibrant town with a lively arts scene, Ulverston also has a packed calendar of festivals and events. Start off with [The Coro](#) for a music or theatre production, then head to the [Laurel and Hardy Museum](#) to find out more about this famous comic duo – Ulverston being the birthplace of Stan Laurel.

Just outside town, [Swarthmoor Hall](#) is a charming 17th century country house and also the original home of the Quaker movement. Take in the recently restored atmospheric old hall and wander the woodland trails, formal gardens and wildflower meadow.

Ready to try something different? Visit [The Buddhist Temple for World Peace](#) to enjoy some quiet reflection, use different botanicals to make your own spirit at the [Shed One](#) Distillery, or try glassblowing and create your own piece of art with [Cumbria Crystal](#).



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Day One: Barrow

Discover the remarkable story of the Furness area with a visit to the fascinating [Dock Museum](#) in Barrow. From Vikings and Victorians to the Second World War and submarine building, an interesting array of objects and interactive exhibits brings local heritage to life.

For lovely nature and stunning views across Morecambe Bay, enjoy some fresh air at the [South Walney Nature Reserve](#) – a site looked after by the Cumbria Wildlife Trust. Home to the only grey seal colony in Cumbria, the reserve is also a fantastic place for bird watching.



Day One: Backbarrow

As you head east around Morecambe Bay, make a stop at Backbarrow near Newby Bridge for more brilliant places to visit. View an extensive collection of motorbikes, motor cars and more at [The Lakeland Motor Museum](#) – and learn about the development of road transport throughout the twentieth century. Look out for special events and fun activities for kids too. You could also take on a challenge and solve a mystery with [Cliffhanger Escape Rooms](#) or jump onboard the [Lakeside & Haverthwaite Railway](#) for some gorgeous views.



Day Two: Cartmel

With a rich heritage dating back to Medieval times, Cartmel is a pretty spot with some beautiful buildings such as the 12th century Cartmel Priory. The village also boasts an excellent reputation for food & drink thanks to two Michelin-starred restaurants owned by renowned chef Simon Rogan. You can find excellent local produce at [‘Our Shop by Simon Rogan’](#) and take advantage of the home delivery service [‘Home by Simon Rogan’](#) so you can carry on enjoying some of this brilliant food once you are back home.

More tasty, local food and drink can be found at [The Cartmel Village Shop](#) – home of the iconic Cartmel Sticky Toffee Pudding. It's also a great place to pick up sandwiches and hot drinks for your day out.

For outdoor activities, [All About Alpacas](#) offers scenic walking treks or educational meet and greets while [Lakeland Segway](#) will take you on a tour of the lovely countryside around the village – no experience needed but plenty of fun guaranteed.

Over the summer months, head to the famous [Cartmel Racecourse](#) for a thrilling day out. Get close to the action and enjoy the jump racing as well as the festival atmosphere.



Day Two: Around Cartmel

South of Cartmel, there's [Holker Hall & Gardens](#) – a beautiful historic house with formal and woodland gardens. A lively programme of events includes live theatre and music, bustling markets and family friendly days out. Visit to experience the elegance and loveliness of the Victorian era as well as the warmth and welcome of a much-loved family home.

Just north of Cartmel, stop by Greenbank Farm to meet some beautiful Friesian horses on a [Meet the Horses Tour](#) or head to [Predator Experience](#) for a magical bird or animal experience with a focus on conservation.

Nearby, Grange-over-Sands is a charming seaside town known for its Victorian architecture, ornamental gardens and many cosy cafes. Also suitable for wheelchairs and prams, its long promenade is the perfect place for a stroll while you take in the vast views over Morecambe Bay. Check for the latest updates on the [new active travel hub](#) which plans to offer mobility scooter and E-bike hire.



Day Three: Around Arnside

As you continue around Morecambe Bay, why not stop at [Foulshaw Moss Nature Reserve](#). Another site looked after by the Cumbria Wildlife Trust, look out for the magnificent Ospreys that use the area as a nesting site.

Continue to the charming [Levens Hall, Gardens & Kitchen](#) – delve into the intriguing history of the impressive Elizabethan house, stroll through the world's oldest topiary gardens and enjoy a delicious lunch in the café.

Your final stop is Arnside, a popular resort town with lovely views and architecture – think seaside cafes, bakeries, independent shops and tasty fish and chips. It's a great place to relax, wandering along the historic promenade and watching the sun go down.

Set in the [Arnside & Silverdale National Landscape](#), this area is also good for walking thanks to a fantastic trail network. A refuge for birds, rare butterflies and alpine plants, look out for spectacular limestone pavements, ancient woodlands and meadows.



Seeking an active way to experience Morecambe Bay? The [130km Bay Cycle Way](#) is relatively flat and suitable for all. From Walney Island, Barrow-in-Furness to Glass Dock, Lancashire, the route is a great way to enjoy the views, with plenty of opportunities to stop for a brew or visit the local sites.

Other activities include golf, with [packages available through Golf Lake District](#).



Places to eat and drink

Cartmel is a well-known foodie destination thanks to its two Michelin-starred restaurants – [L'Enclume](#) and Rogan & Co. For those with a sweet tooth, the village is home to the delicious [Cartmel Sticky Toffee Pudding](#). There's also the café at [Coffee & Stays](#).

Many of the area's top hotels offer delicious food & drink experiences. [Enjoy lunch, dinner](#) or [afternoon tea](#) at the Netherwood Hotel & Spa or stop by the [Riverside Restaurant](#) at Whitewater Hotel near Backbarrow.

Cultural attractions also have interesting places to eat. Visit the [Lake District Food Hall](#) or [The Courtyard Cafe](#) while at Holker Hall or stop by [The Tearoom](#) before jumping on the Lakeside & Haverthwaite Railway. You could also chill out with an [Afternoon G&Tea plus Distillery Tour](#) at Shed One in Ulverston.

Finally, Booths supermarket, found in [Milnthorpe](#) and [Ulverston](#), are well known for stocking a great range of fantastic local brands.



Accommodation

For Cartmel, take a look at [Coffee & Stays at Cartmel Square](#) – home to beautiful boutique rooms and its own coffee shop. [Our Rooms by L'Enclume](#) are unique rooms located around the village – book and guarantee yourself a space in the world famous 3 Michelin-starred restaurant L'Enclume.

Grange-over-Sands offers some fine hotels and country houses in lovely secluded settings – [take a look here](#). If you are looking for spa facilities, then the [Netherwood Hotel](#) is a great choice.

There are options for tents, motorhomes and static caravans at [Greaves Farm](#) while [Woodlands Pine Lodges](#) and [Old Park Wood](#) have some lovely holiday homes. Self-catering includes [Wall Nook Cottages](#), [Ellenboro House](#) and [The Lakeland Cottage Company](#).

Spend time with a beautiful Friesian horse or miniature Shetland pony and share a self-catering stable for the night at [Greenbank Farm](#). Here you'll also find [a beautiful 7 bedroom Grade II listed farmhouse](#) for quality accommodation.

Around Newby Bridge, there's the [Whitewater Hotel & Leisure Club](#) and [The Swan Hotel & Spa](#) while the [Abbey House Hotel & Gardens](#) is a superb spot for Barrow.

Between Silverdale and Arnside, there's [Hollins Farm Holiday Park](#) with a holiday cottage and glamping pods along with space for tents and motorhomes. Nearby in Arnside there's [the Kentwood Guest House](#).