

Visit Lake District, Cumbria

Rail Trails

FURNESS ABBEY IN THE VALE OF NIGHTSHADE

A mainly level off-road path with a slightly hilly section. The route takes you from Roose station on the outskirts of Barrow-in-Furness to the impressive remains of Furness Abbey. The route then goes on to Dalton, a charming town with its own castle.

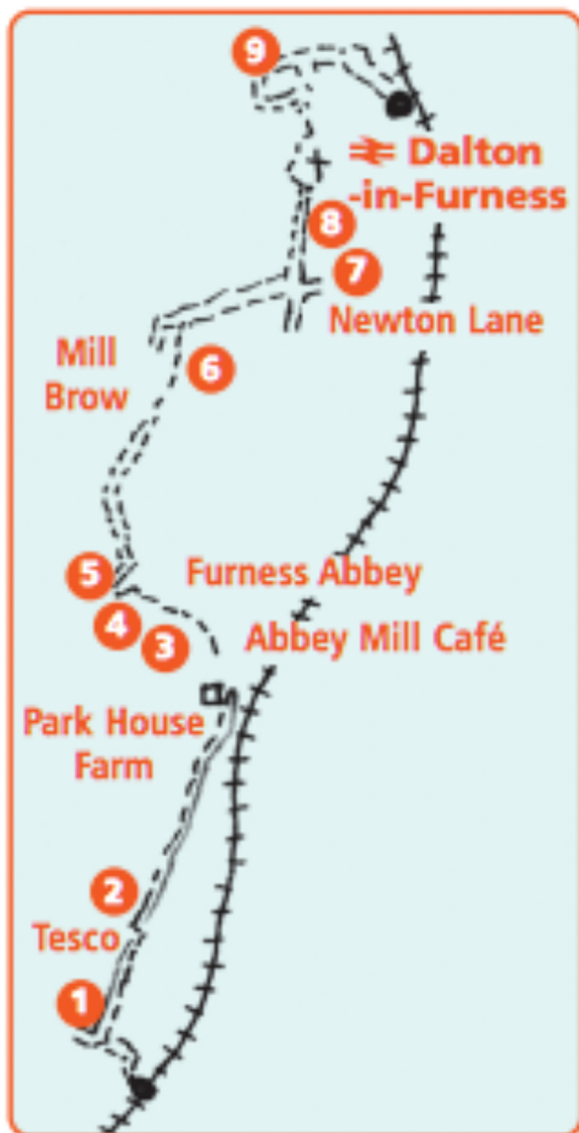
Start: Roose Station (GR SD220694)

Finish: Dalton Station (GR SD231737)

Distance: 6.9km (4.3 miles)

Time: 2 hours

Maps: OS Landranger 96, OS Explorer OL6



1. Exit Rose station on the supermarket side, walk north along Flass Lane, turn right onto the Abbey Greenway before the bridge over the Red River.
2. Take the Greenway to the north, crossing the river by a footbridge and north to Park House Farm. Take the concrete footpath past the storage sheds and through the gate onto a track rising gently ahead.
3. Go through a gate at the top for the first view of Furness Abbey and the natural amphitheatre called The Vale of Nightshade. The ruined abbey dates from the 1100's and was once the second most important Cistercian abbey in England. The site used to have its own station.
4. Walk across the amphitheatre floor, to a small, car park with toilets.
5. Turn right onto the public footpath and just after the start of the hill, take the footpath steps to the left, entering the Woodland Trust's Abbots Wood. On reaching the driveway, turn left and walk 500m through the woods, to the site of Abbotswood House.
6. Follow the path slightly uphill, crossing a bridge over the old sunken road to reach a stile at the north east edge of the wood, Cross the field heading for the Lodge House at the top of Mill Brow on the old main road. Exit a field gate to the right onto Long Lane.
7. Follow Long Lane to the Newton crossroads and turn left onto Newton Road towards Dalton,
8. After the pub, take the entrance left into Dalton Cemetery and follow one of the paths down to the northern gate. Turn left onto Abbey Road and after walking about 50m, cross the main road with care and take the minor road towards the Brown Cow Inn. Goose Green has the old town pinfold which is worth a look.
9. Climb the hill to the left of Dalton parish church and emerge at the top in the square by Dalton Castle, a National Trust property. Walk down Market Street, turning right into Station Road, Dalton Station being 50m on the right.



NORTHERN

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