



Section 5: Through Furness Woodlands and Foothills



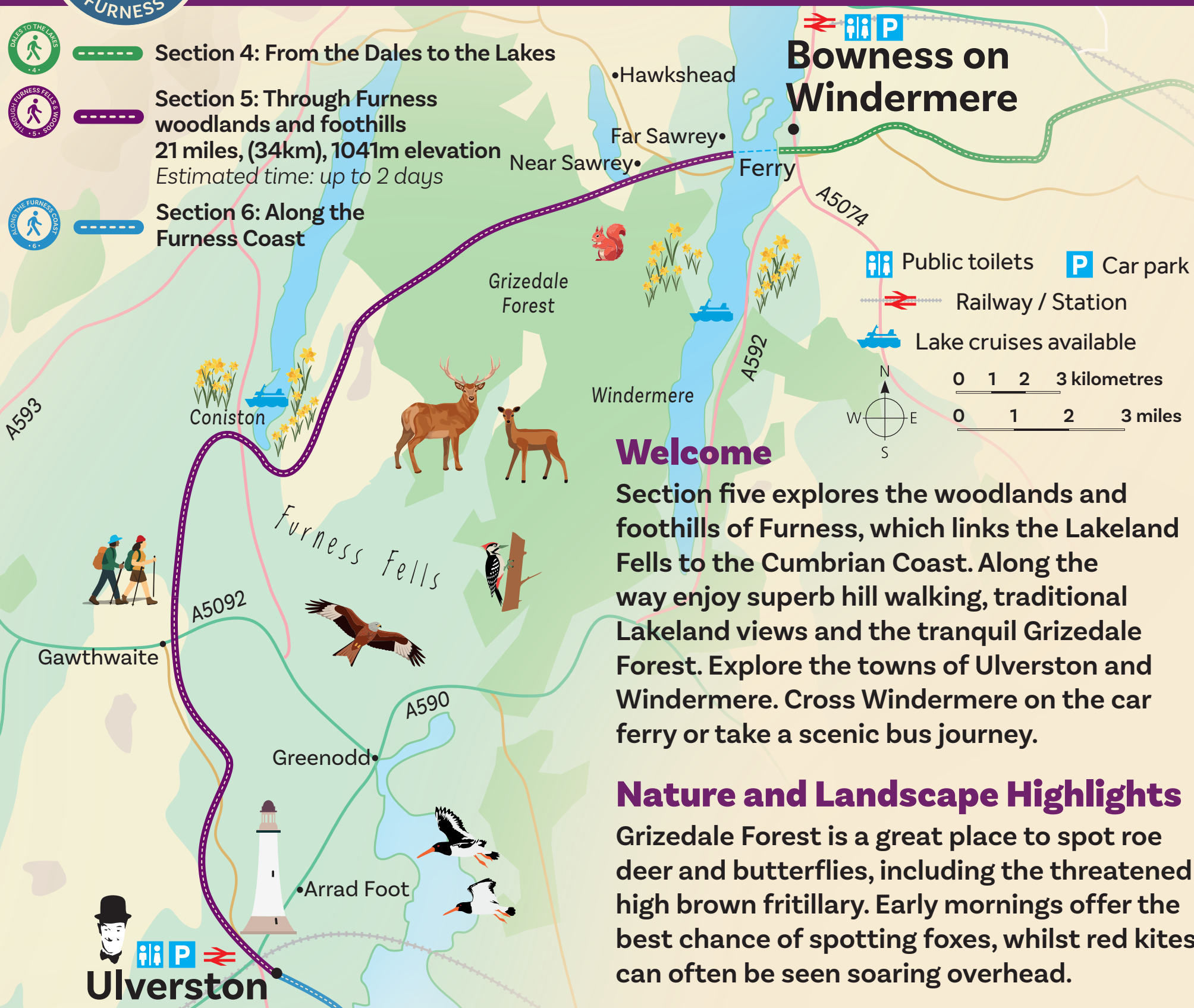
Section 4: From the Dales to the Lakes



Section 5: Through Furness woodlands and foothills
21 miles, (34km), 1041m elevation
Estimated time: up to 2 days



Section 6: Along the Furness Coast



Bowness on Windermere

Welcome

Section five explores the woodlands and foothills of Furness, which links the Lakeland Fells to the Cumbrian Coast. Along the way enjoy superb hill walking, traditional Lakeland views and the tranquil Grizedale Forest. Explore the towns of Ulverston and Windermere. Cross Windermere on the car ferry or take a scenic bus journey.

Nature and Landscape Highlights

Grizedale Forest is a great place to spot roe deer and butterflies, including the threatened high brown fritillary. Early mornings offer the best chance of spotting foxes, whilst red kites can often be seen soaring overhead.

History and Culture Highlights

This section walks in the footsteps of some literary and historic greats; passing through landscapes that inspired Beatrix Potter, Arthur Ransome, and John Ruskin. Take a short detour to visit Potter's farmhouse retreat (Hill Top) at Near Sawrey, or explore Ruskin's former residence (Brantwood) on the shore of Coniston Water. Ulverston is also the birthplace of another well-know person: Stan Laural of Laural and Hardy fame.



Remember the Countryside Code

Respect other people:

- Consider the local community and other people
- Leave gates and property as you find them and follow designated public paths

Protect the natural environment:

- Leave no trace of your visit and take your litter home
- Keep dogs under control

Enjoy the outdoors:

- Plan ahead and be prepared

For more information on staying safe in the great outdoors visit www.adventuresmart.co.uk

For more information about the walk, features, responsibilities and liabilities visit: www.westmorlandfurnessway.co.uk



Please donate to help care for the landscapes you've enjoyed and protect them for the walkers, wildlife and communities who will follow.



The Westmorland and Furness Way has been delivered by:

 Westmorland & Furness Council