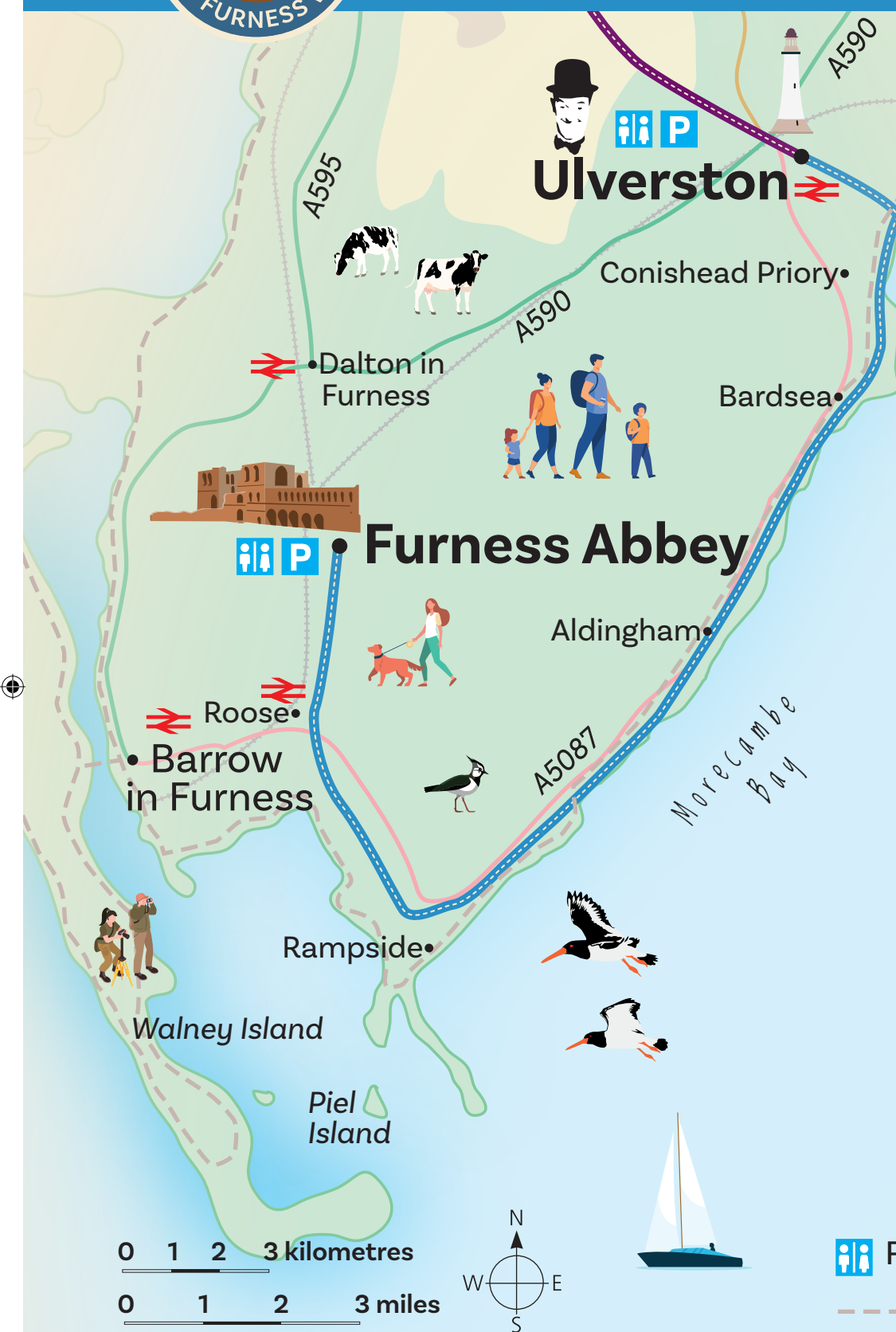




Section 6: Along the Furness Coast



Welcome

The final stretch of the Westmorland and Furness Way follows the King Charles III England Coast Path National Trail between Ulverston and Barrow, offering spectacular, ever-changing views of Morecambe Bay before concluding at the historic Furness Abbey. Built in the 12th century by Cistercian Monks the abbey was once the largest and wealthiest monastery in north-west England.

Nature and Landscape Highlights

Morecambe Bay is England's largest continuous area of saltmarsh, intertidal sandflats and mudflats. It is an important habitat for wildlife, supporting wading birds including redshank and oystercatchers, many species of duck, and a rich diversity of aquatic life.



Section 5: Through Furness woodlands and foothills



Section 6: Along the Furness Coast
17 miles, (27km), 135m elevation

Estimated time: up to 2 days



Public toilets



Car park



Railway / Station

--- King Charles III England Coast Path

History and Culture Highlights

Religion and industry have shaped this coast for centuries. In the 17th century, Ulverston became the birthplace of the Quaker movement with the founding of a meeting house at Swarthmoor Hall. Conishead Priory near Bardsea is home to a Buddhist temple and retreat – it's grounds and cafe are open to visitors. At the end of the route, you will reach Barrow-in-Furness, famous for its maritime history and modern-day submarine building industry.

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

Remember the Coastal Code

Respect other people:

- Leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment:

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control
- Avoid disturbing wildlife on land or at sea by not approaching, feeding or damaging habitats

Enjoy the outdoors:

- Plan ahead and be prepared

Scan the QR code for full details:



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