

Kendal to Lancaster Canal Walk

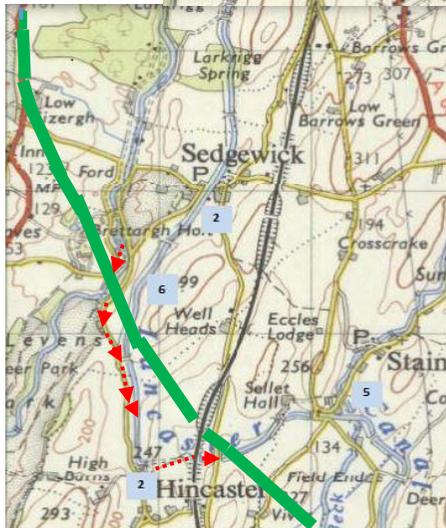
This is an easy and level walk which may be followed as a series of **day-walks** or alternatively as a **long-distance path**.

Start at Kendal War Memorial. Walk through the Market Square and down to New Road and the riverside. Turn left up-river and cross to the footbridge and follow signs to the Castle. The former canal towpath begins adjacent to the recycling centre. Follow the signs to Tewitfield.

The canal is now easily followed all the way to Lancaster with minor diversions usually where the motorway(s) cross and sometimes obstruct.

The **first diversion** is at A590 flyover as the route uses a minor road until just before the Hincaster Tunnel.

The canal has been filled or incorporated



into gardens or pasture as far as just prior to **Stainton**. From Stainton there is a section which is navigable as far as the M6. *Boat trips are offered at times by the Lancaster Canal Trust*. Thereafter the canal has water, but obstructions to navigation and to the towpath by M6 motorway and a minor road until below the Tewitfield locks. The canal is then navigable to Lancaster (and Preston).

After a minor diversion at Crooklands, where the M6 crosses, the next is at Duke's Bridge 155. Take the steps up to the road, cross the M6 and follow the path alongside the M6 to reach the road, turn right and return to the towpath to Holme through a gate on the left.

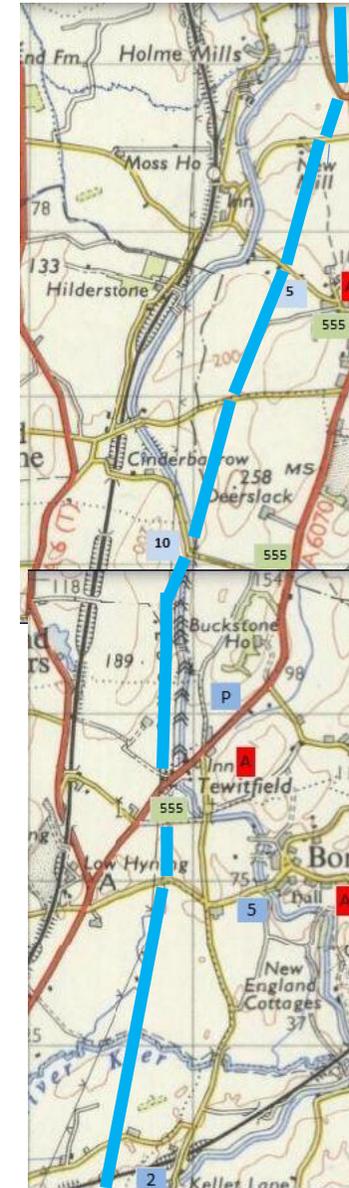
All of the towpath in Cumbria is a Public Footpath, but in Lancashire, though not mapped as a public right of way, passage on foot is permitted and from Carnforth passage on a cycle too.

Initially urban in Kendal the route becomes peaceful and rural, passing through or close to a series of villages and later towns until it finally crosses the River Lune to make its way into the centre of Lancaster.

*The walk can be divided into **sections** of various lengths; and to facilitate this the places where there is access to*



public transport, parking, and/or over-night accommodation are clearly indicated in this guide



At Cinderbarrow Lane join the minor road to cross M6 and rejoin the towpath on the other side signed Tewitfield.

Tewitfield is the most northern end of the navigable section, though there are plans and intent to restore the more northern section of the canal in due course.

*Most **buses** are hourly or more frequent with some exceptions in the first section between Kendal and Crooklands. Timetables should be checked in advance. Access points with parking are also marked. There is also a summer waterbus between Carnforth and Lancaster.*

From the locks at Tewitfield, along the navigable section, the canal becomes busier as it passes into a more

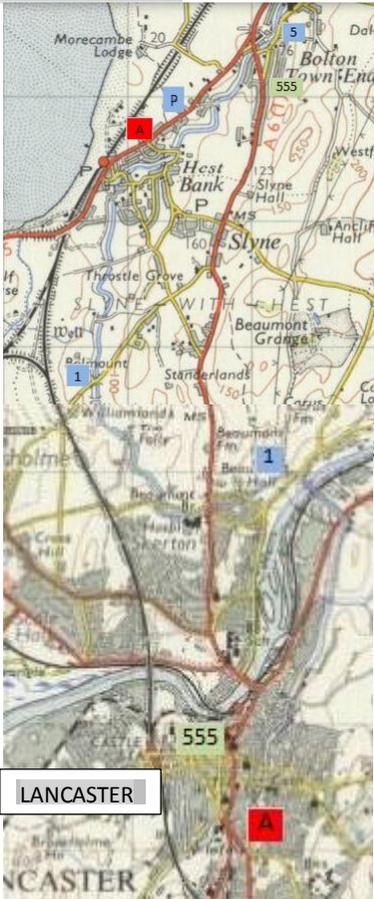
heavily populated area. Passing under the motorway interchange M6/M601 it runs through the centre of **Carnforth, Bolton-le-Sands and Hest Bank**, with extensive views to the west and across Morcambe Bay.



This section of the towpath is shared with cyclists. After **Beaumont** the canal then turns across the aqueduct over the River Lune and going through

Newton, and other suburbs, where there are many signed exits, passes **Lancaster Cathedral** to reach the A6 opposite the main wharfside at the southern end of the central one-way system. From here there is access to bus, rail, shops and all other services.

Turning north along the A6 leads to the Railway and Bus Stations.



Parking/exit with no. of places **5**

Accommodation **A**

Buses with service numbers **555**

Distances: (there are numerous shorter options)

Kendal to Crooklands: 13.4km, 8.4ml

Crooklands to Burton aqueduct: 7.8km, 4.9mls

Burton Aqueduct to Carnforth: 10.2km, 6.4mls

Carnforth to Lancaster(A6): 13.7km, 8.6mls



This walk has been created by Kendal Ramblers on behalf of Kendal Town Council 2015

Maps derived from OS 1" seventh series sheet 89 1955

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Many leaflets and books of Walks in South Lakeland are published by Kendal Ramblers and may be obtained from bookshops or via Kendal Ramblers Website: www.kendalramblers.weebly.com/

See also: www.lancastercanaltrust.org.uk



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Kendal to Lancaster

Canal Walk



Start: **Kendal Market Place**

Grid Reference: **SD515927**

Distance: **28.26 miles 45.48km**

Height change: **160ft 50m**

This is an easy walk which is easily divided into sections and completed in 2-3 days or as several day-walks of various lengths. It is therefore suitable for all walkers and countryside lovers including children. It includes peaceful countryside and wildlife as well as an intriguing view of the historic past.

Links for public transport, overnight accommodation, sustenance and parking are indicated.