



# 14 CUMBRIA ARNSIDE KNOTT

Distance: 6¼ miles/10km Time: 4 hours Grade: Moderate



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FEATURE  
ON PAGE 44



View from Arnside Knott.

PHOTO: STEVE GOODIER



## CHOSEN BY... STEVE GOODIER

This walk starts on the promenade at

Arnside and follows beach and clifftop paths to reach the superb viewpoint of Arnside Knott. The views from the top are magnificent with Morecambe Bay, the Lancashire coast and the Lake District fells all being visible. Save this walk for a sunny day and remember to check tide times, as the beach can be dangerous around high tide (see [tidetimes.org.uk](http://tidetimes.org.uk)).

## 1 Start

Keeping the sea R walk along the promenade to end. Continue ahead on sea wall – signposted for New Barns

Bay. At a junction beside Arnside Beach Hut (L) drop to the beach and continue past the Coast Guard Station. As the beach nears a line of houses and green area cut L away from the sea (near a lifebelt). Reach a track and go R to New Barns Caravan site.

## 2 1½ miles/2.4km

Go ahead into the site signposted for 'Far Arnside'. Shortly cut L to pass barrier and continue down a track. At a fork go R for 'Far Arnside via beach'. Stay ahead on the track eventually descending to re-join the sea. Go L along the shore passing by small cliffs. Follow the beach to just before rocky Arnside Point headland. Here a path leaves

## PLAN YOUR WALK



## ROUTE

**Start/parking** Car park near Arnside railway station, grid ref SD458789, postcode LA5 0HG. Roadside parking along the prom

**Is it for me?** Mostly well-signed paths, tracks, lanes. Some unfenced clifftop paths, a long stretch of beach walking would be dangerous at high tide. A few steep ascents

**Stiles** 1

## PLANNING

**Nearest town** Milnthorpe

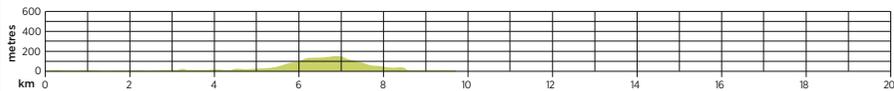
**Refreshments** The Albion Inn (01524 761226) and Ye Old Fighting Cocks (01524 761176) at Arnside

**Public toilets** On the lower promenade Arnside

**Public transport** Furness line trains to Arnside ([northernrailway.co.uk](http://northernrailway.co.uk)). Bus 552 from Kendal ([klch.co.uk](http://klch.co.uk))

**Maps** OS Explorer 7; Landranger 97

## GRADIENT PROFILE



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■ OS Explorer map 7 ■ Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)

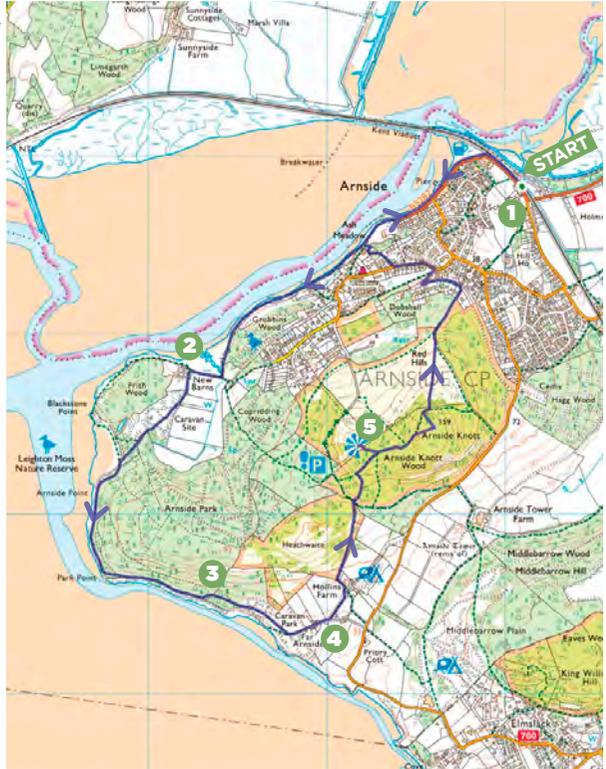
the beach to slope up the cliffs through rocks to a junction with a better path. Go right on this to work a way above the sea and through trees. When the path becomes wider continue to rise steadily to a track and sign for Far Arnside/Silverdale.

**3** 3 miles/4.8km  
Pass through a gate and continue to an access road for a caravan site. Go ahead following the upper road and the footpath sign. At a junction stay ahead through the site. At a footpath sign for 'Far Arnside 130 yards' curve L continuing through the site to go ahead on a lane. Continue to a footpath junction L for 'Arnside via The Knott.'

**4** 3½ miles/5.6km  
Go L through a gate following the path beyond to cross a stile. Go L for 'Arnside'. Pass through a gate to curve right and rise on a path to a path junction. Go ahead to a gate/signpost. Go ahead for 'Arnside Knott'. Rise to a path junction/bench/National Trust marker. Cut R uphill on a wide path to reach a path junction/marker post. Go L rising to pass through a gate/wall. Continue ahead to viewpoint.

**5** 4¼ miles/6.8km  
Re-trace your steps through the gate to the signposted path junction.

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Go ahead continuing to a bench. Take a path R to cut L on a path you meet. Rise to the trig on the summit of Arnside Knott. Descend L to a path junction by a National Trust post. Go R to pass through a gate - descend the path beyond. Descend with wall R to pass through a kissing gate in wall corner. Descend beyond, passing through a kissing gate to reach a lane. Go L cutting back R to road junction. Go L soon

taking a track R for 'The Promenade'. At the track end go R by the gate to a house. Go L at a path junction descending to the sea. Go R back to the start. **CW**

**VIEW THE WALK ON OS MAPS ONLINE:**  
[walk1000miles.co.uk/cwroutes](http://walk1000miles.co.uk/cwroutes)

IN ASSOCIATION WITH



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DATE WALKED  
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TIME TAKEN  
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YOUR RATING  
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