

**Trip Report: Cumbria**

**Date:** 30th August 2013

**Group:** Mike H (leader) John, Heather, Lynda, Tess, Lynn, Lesley, Amanda, Colin, Jim G

**Route:** Silverdale and Arnside

**Total Distance:** 9.5 miles

**Total Ascent:** 1952 ft

**Weather:** Unknown

Silverdale is designated an Area of Outstanding Natural Beauty and despite having many interesting walks, it is usually very quiet with most people zooming past this area to get the Lake District.

After an early 7.30 departure and a clear M6 the group arrived at the RSPB car park in good time to meet up with Lynda and her friend Tess. Tess joined us initially as a guest and became a fully paid-up Bum half way round the walk.

From the starting point the first part of the walk was along an easy woodland path to reach open marshland. To avoid boggy ground the group made its way along a rocky path with overhanging vegetation. Here we had our first crisis of the day - Amanda was attacked by brambles, cutting her arm, resulting in blood-letting. We considered calling Bay Rescue but luckily Jim had the necessary Elastoplast. The route then continued along the marsh past an old smelt mill chimney to reach Jenny Brown's Point. From here there are views across the Bay from Morecambe and Heysham to Grange and the South Lakes.

Rather than walking along the shore line the group followed a narrow cliff top path with hazardous erosion in places. A slight detour was made off the path to visit the Giant's Seat, a large slab of limestone with a walled back - a commanding position to view the bay. The cliff top path used to descend into a deep inlet, Cow's Mouth, where drovers used to land their animals. Unfortunately, since the leader last used this path it had been fenced off and become overgrown. So not wanting to shirk a challenge the group climbed the fence and bush-wacked down a steep gully into the inlet. With comments such as 'this was meant to be an easy walk', the group continued along the bay to reach Silverdale. The walk along the shore from Silverdale passes The Cove where there is a large circular hole in the cliffs, which had to be explored.

The group headed in-land from Silverdale Cove, through woodland to reach Arnside Knott - the highest point on the walk at 522ft! From here (on a good day) there are great views across the Kent estuary to the South Lakes. We just got the view of the railway across to Grange from

Arnside. Descending the Knott, the group continued to Arnside Tower. Now a ruin the tower was built in the 15<sup>th</sup> century as a defence against marauding Scots!!

The route continued through Eaves Wood, passing some over friendly ponies, crossing the same train line a few times, before getting back to our starting point.

The journey back home was marred by the M6 being blocked in two places. By the time we reached the Yew Tree, we were in desperate need of our usual rehydration. My thanks to our drivers, John and Colin, who had to contend with detours and very heavy Friday traffic.

Mike H