

Breath of Fresh Air

The 15 Mile Walk

Start/Finish at Conder Green - A full day's challenge for the leisurely walker which will take seven to eight hours. This route also offers a thoroughly enjoyable middle distance challenge to serious walkers which would take six to seven hours.

From Conder Green car park entrance, by the cafe, follow the coastal path over the river to Glasson Dock. Turn left at Lancashire Coastal Way (LCW) finger post, right past the public conveniences and left again at the Victoria Inn to cross over the road. Go past the large anchor and cross the bridge over the dock entrance and turn right at the cafe. Go left through The Dalton Arms car park and at the far end turn right and then immediately left at the anchor to go up Bodie Hill.

Continue left onto the main road, when this road bears left, turn right into Marsh Lane (farm track). Follow the LCW passing Old Glasson Caravan Park, through the gate and continue on the track across fields, with hedge on your right to Crook Farm. Turn left at the farm following LCW signs.

Follow the coastal path past Abbey Lighthouse Cottage, round Plover Hill (Plover Scar Lighthouse to your right) and on beyond the remains of Cockerlands Abbey to Bank Houses. Continue past Cockerham Sands and Bank End Caravan parks. Walk along the embankment top and turn right at the T-junction towards Patty's Farm Barn.

Follow the wide track towards farm buildings, before reaching them take the marked footpath to left, up steps across the embankment. Bear right over two stiles and a footbridge, to head across in front of the parachuting club, with runway on the left.

Keep straight across fields with ditch and fence to your left, over two footbridges to meet 'A' road. Turn left and then right up a path to Cockerham Church. Walk through the churchyard or the path to the left of the wall and on up the driveway past the village hall to Main Street (B5272).

Turn left into Cockerham village. Beyond the public house turn right up Willey Lane. Follow the lane past dwellings. The track bears left at a pond, then turn right at Uptown Barn conversions and go through a gate into the field. Head for the electricity pylon and pass through gate. Bear north-east towards distant church spire. Pass to the right of a small pond and go through another gate. As the fence bears right, head across the field towards the distant hall. Go over the footbridge and stile. Head towards line of old trees and a second footbridge. After crossing footbridge, turn immediately left and head for trees, crossing fields. Look for a gate on right with public footpath sign. Go through two gates alongside disused outbuildings. With Ellet Grange Hall over to the right, head for the old stables. Go through gate, cross driveway and over a stile to follow path with wall on the left and fence on right. Cross stile and continue with fence on left.

Cross another stile and bear left to pass just right of five large trees, down the field. Go past first canal bridge on the right and follow elevated path with fence on right, to emerge at the junction of the Glasson Branch and the Lancaster Canal.

Following the canal towpath towards Lancaster, when houses appear on the bank and just before the canal bends to the right, leave the canal. Turning left by the lodge house, go up the public road to the hamlet of Aldcliffe. On reaching the road junction, turn right to go down Aldcliffe Railway Lane.

After about 80 metres, take the public footpath on the left, descending through fields to meet the old railway footpath (LCW) on the Lune estuary. Turning left follow the path all the way back to Conder Green.

