

Rail Trails

MILLOM PARK AND THE DUDDON ESTUARY

From low fells to wide open salt marshes and with picturesque hamlets thrown in for good measure this walk from Millom has something for everyone.

The first part of the walk is a refreshing stride out along the edge of the Duddon Estuary with the chance for a spot of lunch. In the afternoon the second leg explores the woods and paths of Millom Park.

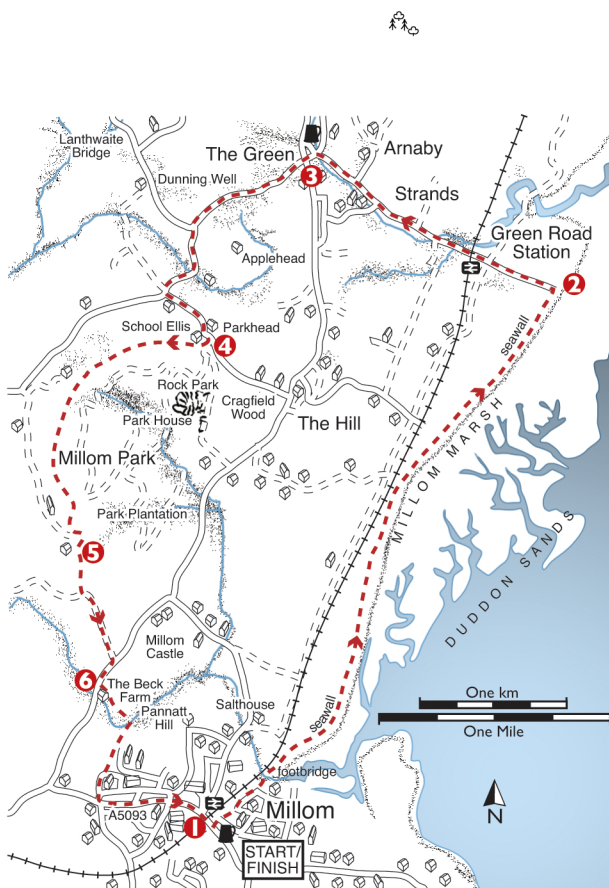
Start/finish: Millom Station (GR SD 172 802)

Distance: 13.8km (8.6 miles)

Time: 4.5 hours

Height gain: 237m

Maps: OS Landranger 96, OS Explorer OL 6.



1. Turn left out of the station, and then turn left again. Walk past the supermarket follow the road to the corner before the fire station. The Cumbria Coastal Path leaves the road at the gap on the left of the corner. Join it and cross the footbridge to gain the seawall. Follow the path along the top of the wall for 4km until you reach the bridleway for The Green.

2. Turn left and follow the bridleway down the seawall to a lane and access point. Follow the lane to the level crossing and Green Road Station (to shorten the walk trains can be caught back to Millom). Continue past the station and follow the lane to The Green.

3. Carefully cross the A5093 and join the road on the other side. Follow the road for 1.5km to crossroads (ignoring the first road on the right to Lanthwaite Bridge). At the crossroads turn left and follow the road for 500m to the entrance to Millom Park just past School Ellis.

4. From the entrance to Millom Park there are a number of choices, straight head is the Rock Park, an outdoor geology museum, and to the left is the lower loop path. The main walk follows the upper loop (right) and has the advantage of three optional viewing points.

Follow the upper loop around the northern and western edge of the park until you come to a path junction at the southwestern boundary.

5. Turn left and follow the path and then track down to the road. Turn right on to the road and follow it for 150m to the start of a path on the left.

6. Join the path and follow it around the back of Beck Farm and then down the field edge to a path junction. Turn right and follow the path past the houses to join the A5093. Turn left and head back to Millom Station.