

Walney Island



The Walney Island run will start at the Lancaster Services formally known as Forton Services. LA2 9DU.

Meet at 10am for a 10.30am start. We will then head out for Quernmore then on through the lovely villages to Crossgills and towards Caton along Caton Moors and then following the B6254 over towards Kirby Lonsdale there we will stop for a half an hour coffee or toilet break, on new road car park, it is pay and display, you may also wish to walk through the village. After leaving Kirby Lonsdale we will be heading up towards Kendal driving through some picturesque B roads. From there we will be heading towards the Lake District, along the A590 towards Grange-over-Sands continuing on the B5278 and then on towards the coast of Burrow-Furness, where you will view an amazing site of the coast of Morecombe Bay and the Rea Island. From here we will be moving on to the island of Walney where there is an hour and half stop for lunch at the pub, King Alfred. The pub serves hot and cold food all day long, at great value and also a Sunday Roast. After lunch we will be taking a small drive around the Island until we arrive at a viewpoint near the beach, hopefully if the weather is good you should be able to see a spectacular view. Then heading out of Walney Island we will drive towards Lake Windermere where we will be stopping at the Glebe road car park opposite The Oaks Cafe for a final cup of coffee before heading home, and this is where the run will end.

Let's hope you have enjoyed the day and have a safe journey home

Jimmy Akhtar (07908658329)

WALNEY RUN

1	Trip Zero on slip road Join the M6	2	Exit junc 33 	3	
miles 0.0		miles 1.3		miles 1.7	
Km 0.0		Km 2.1		Km 2.7	
Rster 0.0		Rster 1.3		Rster 1.8	

4	Bay Horse Rd 	5		6	
miles 2.6		miles 2.8		miles 3.0	
Km 4.2		Km 4.5		Km 4.8	
Rster 2.7		Rster 2.9		Rster 3.1	

7		8		9	
miles 3.1		miles 3.8		miles 5.9	
Km 5.0		Km 6.1		Km 9.5	
Rster 3.2		Rster 3.9		Rster 6.1	

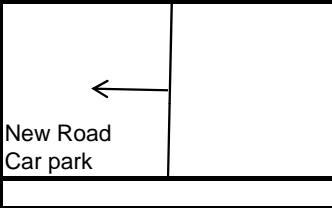
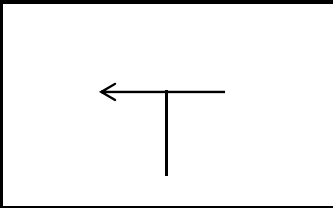
10	Stop Sign Rigg Lane 	11	Rigg Lane 	12	Littledale Road
miles 7.4		miles 7.8		miles 9.0	
Km 11.9		Km 12.6		Km 14.5	
Rster 7.7		Rster 8.1		Rster 9.3	

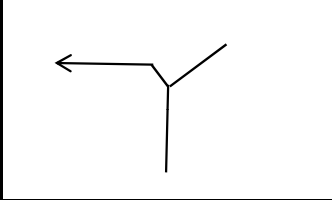
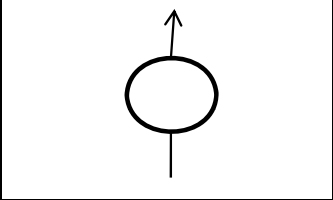
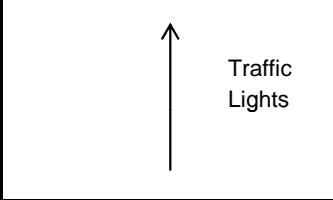
13	Cattle grid 	14	Cattle grid 	15	
miles 10.0		miles 10.2		miles 10.8	
Km 16.1		Km 16.4		Km 17.4	
Rster 10.4		Rster 10.6		Rster 11.2	

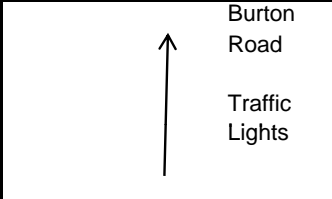
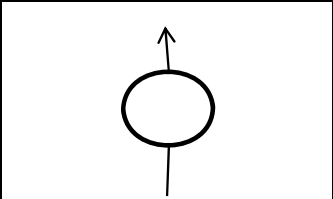
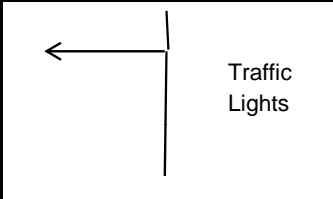
16	Caton 	17	Unsuitable For HGV 	18	
miles 11.0		miles 12.7		miles 13.0	
Km 17.7		Km 20.4		Km 20.9	
Rster 11.4		Rster 13.2		Rster 13.5	

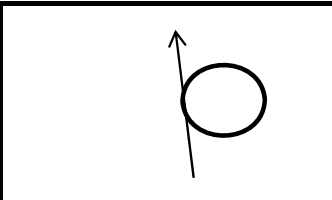
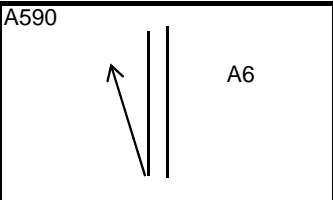
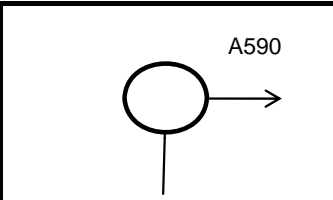
19		20		21	
miles 13.5		miles 13.9		miles 14.6	
Km 21.7		Km 22.4		Km 23.5	
Rster 14.0		Rster 14.4		Rster 15.2	

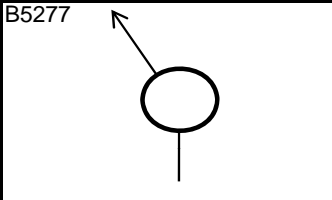
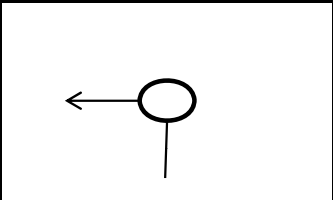
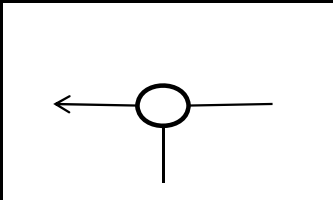
22		23	B6254 	24	
miles 16.1		miles 18.3		miles 25.7	
Km 25.9		Km 29.5		Km 41.4	
Rster 16.7		Rster 19.0		Rster 26.7	

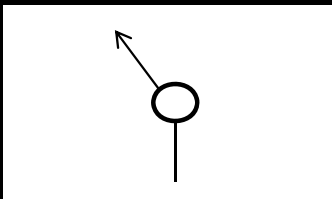
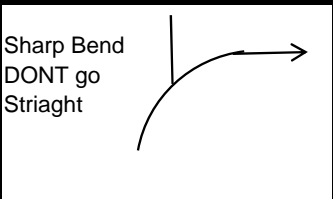
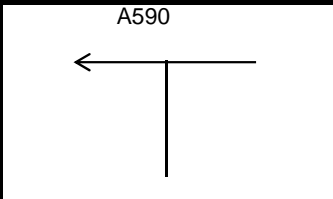
25	 <p>New Road Car park</p>	26	<p>30 Minute short break Trip Zero Before leaving Car</p>	27	
miles 25.9		miles 0.0		miles 0.0	
Km 41.7		Km 0.0		Km 0.0	
Rster 26.9		Rster 0.0		Rster 0.0	

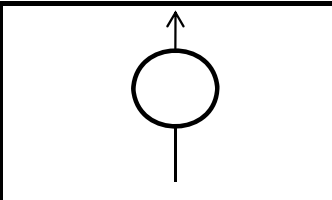
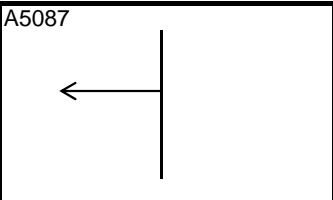
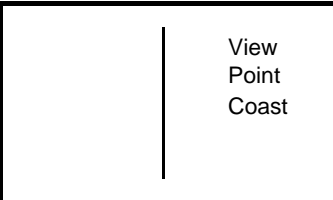
28		29		30	 <p>Traffic Lights</p>
miles 0.2		miles 10.4		miles 10.5	
Km 0.3		Km 16.7		Km 16.9	
Rster 0.2		Rster 10.8		Rster 10.9	

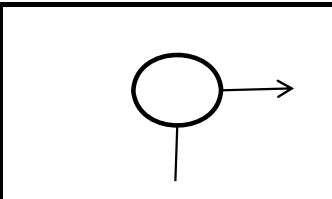
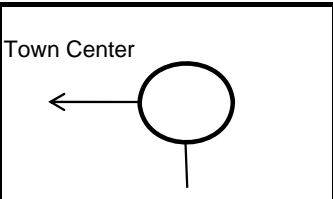
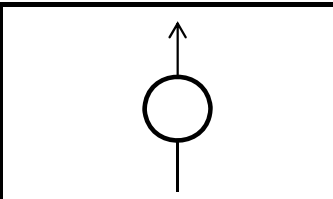
31	 <p>Burton Road Traffic Lights</p>	32		33	 <p>Traffic Lights</p>
miles 10.7		miles 11.1		miles 11.3	
Km 17.2		Km 17.9		Km 18.2	
Rster 11.1		Rster 11.5		Rster 11.7	

34		35	<p>A590</p>  <p>A6</p>	36	 <p>A590</p>
miles 12.2		miles 14.3		miles 14.4	
Km 19.6		Km 23.0		Km 23.2	
Rster 12.7		Rster 14.8		Rster 14.9	

37	<p>B5277</p> 	38		39	
miles 20.5		miles 21.7		miles 23.5	
Km 33.0		Km 34.9		Km 37.8	
Rster 21.3		Rster 22.5		Rster 24.4	

40		41	<p>Sharp Bend DONT go Striaight</p> 	42	<p>A590</p> 
miles 23.8		miles 27.2		miles 33.2	
Km 38.3		Km 43.8		Km 53.4	
Rster 24.7		Rster 28.2		Rster 34.5	

43		44	<p>A5087</p> 	45	 <p>View Point Coast</p>
miles 38.2		miles 38.6		miles 47.6	
Km 61.5		Km 62.1		Km 76.6	
Rster 39.6		Rster 40.1		Rster 49.4	

46		47	<p>Town Center</p> 	48	
miles 48.1		miles 50.5		miles 52.5	
Km 77.4		Km 81.3		Km 84.5	
Rster 49.9		Rster 52.4		Rster 54.5	

49		50	Walney Island 	51	Traffic Lights
miles 52.6 Km 84.7 Rster 54.6		miles 53.0 Km 85.3 Rster 55.0		miles 53.3 Km 85.8 Rster 55.3	

52	King Alfred Drinking & Eating 	53	Lunch Break 1 Hour and 30 Minutes Trip Zero	54	Main Road
miles 53.6 Km 86.3 Rster 55.6		miles 0.0 Km 0.0 Rster 0.0		miles 0.0 Km 0.0 Rster 0.0	

55	Carr Lane 	56		57	 View Point Beach
miles 0.4 Km 0.6 Rster 0.4		miles 1.7 Km 2.7 Rster 1.8		miles 2.2 Km 3.5 Rster 2.3	

58	Continue Left 	59	 Traffic Lights	60	
miles 2.4 Km 3.9 Rster 2.5		miles 4.0 Km 6.4 Rster 4.2		miles 4.3 Km 6.9 Rster 4.5	

61	Traffic Lights A590 	62	Traffic Lights 	63	Kendal
miles 4.7 Km 7.6 Rster 4.9		miles 5.3 Km 8.5 Rster 5.5		miles 8.3 Km 13.4 Rster 8.6	

64	 A590	65		66	 Traffic Lights
miles 9.3 Km 15.0 Rster 9.7		miles 10.3 Km 16.6 Rster 10.7		miles 13.9 Km 22.4 Rster 14.4	

67	 A590	68	 A590	69	A592
miles 14.0 Km 22.5 Rster 14.5		miles 14.6 Km 23.5 Rster 15.2		miles 22.5 Km 36.2 Rster 23.4	

70	 Glebe Road	71	 Car Park End Of Run	72	Park At the Car Park Coffee At The Oaks Cafe
miles 29.8 Km 48.0 Rster 30.9		miles 30.0 Km 48.3 Rster 31.1		miles 0.0 Km 0.0 Rster 0.0	