

EXPLORE!

PROMENADE CIRCULAR WALK

LYMESTONE BOUTIQUE



2 miles | **60 mins** | **Paved / compacted paths**

1. Take a left out of Lymestone, walking along Kents Bank Road.
2. At the junction, continue following Kents Bank Road for another 0.2 miles, walking past the first station as you walk along.
3. Turn left onto Tricketts Drive, continuing along the footpath before taking a sharp left which leads to the pedestrian tunnel onto the Promenade.
4. Walk the mile long promenade with views over the Bay towards Arnside Knott, up the estuary towards the hills of the Lake District and further out over the sands to Morecambe and Heysham. During your walk along the promenade, you will see what remains of the Grange Lido and whilst the pool has been closed since 1993, refurbishment works have been ongoing since 2023.
5. Once you have reached Grange train station along the promenade, you can either walk through the pedestrian tunnel and walk through the train station car park or continue to the end of the promenade, before walking over the railway bridge and joining the road to walk back to the train station.
6. Walk towards Lindale Road, bearing left.

7. Follow Lindale Road, walking towards the roundabout, and turn left onto Main Street.
8. You will see the Ornamental Gardens on the left side of Main Street where the paths take you right around the pond and there are plenty of seats available for you to rest or to simply enjoy the views.
9. Continue along Main Street to discover a mix of charming independent shops and cosy cafés which are ideal for a little break as you explore.
10. As you near Grange library, turn left onto Kents Bank Road and follow the road to return to Lymestone.

Tips: Suitable for all abilities and pushchairs. Although the low tide exposes vast sands, stay on the promenade and do not venture onto the bay without an accredited guide.