

# VISIT Barrow

THERE'S MORE WALKING THAN MEETS THE EYE

## WALKING IN BARROW ABBAY CIRCULAR WALK



FURNESS ABBEY IN THE WINTER

DISTANCE: 3 MILE

DIFFICULTY: FLAT/EASY

SUITABILITY: ALL (PUSHCHAIR & DISABLED FRIENDLY)

TRAFFIC: LIGHT MOSTLY TRAFFIC FREE

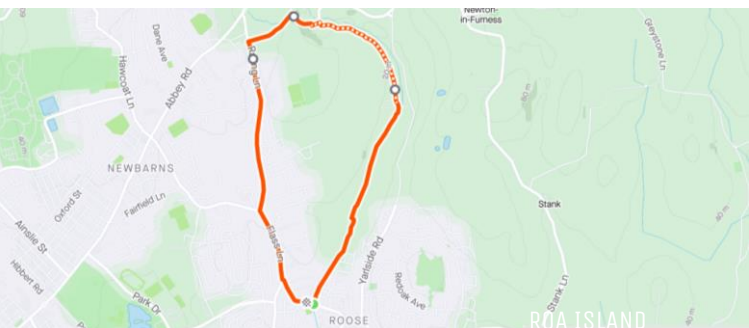
[VISITBARROW.ORG.UK/WALKING](http://VISITBARROW.ORG.UK/WALKING)

# WALKING IN BARROW

## ABBEY CIRCULAR WALK

DISTANCE: 3 MILE

DIFFICULTY: PUSHCHAIR/DISABLED FRIENDLY



The start and finish of this route is near the Red River club on Flass Lane, but you can start and finish the route anywhere on the circular route.

1. The entrance to Millbeck path is on the opposite side of the road to the Red River club and the path runs along the side of the beck (Red River)
2. Follow the path. There may be some gates to open along the way, so take some hand sanitiser to clean your hands
3. Go through Park House Farm and up the hill, keeping the railway line on your right.
4. Over the hill you will be able to see Furness Abbey.
5. Go past the Abbey Mill Coffee Shop and onto Manor Road. You can explore round Furness Abbey here and it is a great place for a rest (or a sledge in the winter months)
6. Head left on Manor Road and follow it up to Rating Lane.
7. Turn left at Rating Lane and follow the road right down to a roundabout, (there is a Co-Op near the roundabout)
8. At the roundabout take the first left onto Flass lane and follow Flass Lane to the start/finish point.

