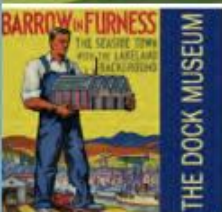


VISIT Barrow



Piel Ferry and Piel Island



THE DOCK MUSEUM



Barrow Market



Safari Zoo



The Forum



Roanhead beach



visitbarrow.org.uk

[f /visitbarrow](https://www.facebook.com/visitbarrow)



WELCOME TO BARROW-IN-FURNESS

Barrow-in-Furness is steeped in heritage, brimming with exciting attractions and offers great choice and value when it comes to accommodation. With over 60km of coastline, this historic borough enjoys an enviable location on the doorstep of the Lake District National Park.

From the heart of town, you can be by the sea in a matter of minutes. Easy walking and cycling routes provide access to internationally renowned wildlife sites, beautiful sandy beaches, and fascinating reminders of Barrow's history and industrial heritage.



1. Safari Zoo
2. Dalton Castle
3. Furness Abbey
4. The Dock Museum

5. The Forum
 6. Piel Island / Castle
- 🌿 Nature Reserve



Town Centre Shopping

In the spacious, pedestrianised town centre you'll find a wonderful blend of high street names, independent boutiques, and specialist shops. The centrally located indoor market is one of the largest in Cumbria, packed with treasures to discover.

While shopping, take a moment to admire the town's Victorian heritage. On Duke Street, you'll find beautiful sandstone buildings, with the impressive town hall standing proud in the centre.

Stay over and enjoy some of the best nightlife in Cumbria. From theatre productions and performances by national and internationally recognised artists at The Forum, to trendy eateries and lively bars, Barrow offers plenty to keep you entertained.

Barrow Borough Council and local businesses have worked hard to put COVID-19 safety measures in place.



BARROW-IN-FURNESS TOWN CENTRE

KEY

- Information
- Accommodation
- Arts & Culture
- Bar / Pub
- Family
- Food & Drink
- Market
- Music / Entertainment
- Public Building
- Shopping
- Theatre
- Toilets
- Parking
- Multi-Story Parking
- Bus Stop
- Health Centre



GETTING HERE

VISITING BY ROAD

From M6 motorway, exit at Junction 36 and continue along A590 signposted Barrow.

VISITING BY BUS

Stagecoach in Cumbria operates a comprehensive bus service in-between towns and through the Lakes. Download their timetable from stagecoachbus.com

VISITING BY TRAIN

Whether travelling south from Carlisle or west from Lancaster, the railway offers a scenic coastal journey to Dalton-in-Furness and Barrow-in-Furness. Enjoy stunning views and wildlife spotting along the way. For information and tickets see northernrailway.co.uk

COACH OPERATORS

Bus stops on Duke Street near the Town Hall and The Forum, which has an accessible café and toilet facilities.

ACTIVITIES

GET READY TO EXPERIENCE NEW & EXCITING ACTIVITIES

There is so much going on in and around Barrow with indoor and outdoor activities for all ages.



Cycling on Walney Island
Cycle England

ACTIVITIES

Cycling

With 60km of coastline to explore, Barrow-in-Furness is a popular cycling destination, and in 2018 welcomed the Tour of Britain with a stage start from the historic town hall.

Whether you are seeking an easy ride along the coast or something more strenuous, there are plenty of routes to enjoy. Download route information for free from visitbarrow.org.uk/cycling

Walking

From the England Coast Path on Walney Island to the historic Cistercian Way, the Furness Peninsula offers fascinating walks to suit all abilities. Enjoy spectacular scenery and unrivalled views over Morecambe Bay; and across the Walney Channel and the Duddon Estuary to the Lake District fells. Why not pause to enjoy morning coffee or stop for lunch at one of the many traditional pubs and cafés around the peninsula? Discover more:

visitbarrow.org.uk/walking



ACTIVITIES



Sports Facilities

BARROW PARK LEISURE CENTRE

Greengate Street, Barrow-in-Furness, LA13 9DT
Tel: 01229 871146 | barrowleisure.co.uk

Gym, swimming pool, fitness classes and children's activities. Please check website before visiting – booking may be required.

Water Sports

EARNSE BAY KITE SURFING

Walney Island, Barrow-in-Furness
Tel: 07562 103409 | earnsebaykitesurfing.co.uk

Kitesurfing tuition – booking required.

Golf

BARROW GOLF CLUB

Hawcoat, Barrow-in-Furness, LA14 4QB
Tel: 01229 825444 | barrowgolfclub.co.uk

18-hole golf course set in parkland.

FURNESS GOLF CLUB OLD LINKS

Central Drive, Walney Island, Barrow-in-Furness,
LA14 3LN | Tel: 01229 471232

furnessgolfclub.co.uk

18-hole golf course, founded in 1872.

ACTIVITIES

Horse Riding

SEAVIEW RIDING SCHOOL

25 Biggar Village, Walney, Barrow-in-Furness,
LA14 3YG | Tel: 01229 474251

Horse riding and pony trekking. All ages and abilities catered for. Registered riding centre for the disabled.

Family and Leisure

Barrow is a wonderful place to visit with children and has plenty to offer whatever the weather.

BARROW PARK

Abbey Road, Barrow-in-Furness, Cumbria, LA13 9BD

An amazing 45-acre public park in the centre of Barrow-in-Furness. Designed by Thomas Mawson in 1908 and listed as Grade II on the Register of Historic Parks and Gardens.

The park contains a large boating lake, mini railway, skate park and various playgrounds. Large sections of Barrow Park have been redeveloped and include a pavilion, café, band stand and display glasshouse. The park has gained Green Flag status.

LAZER QUEST & ESCAPE ROOM

331 Rawlinson Street, Barrow-in-Furness, LA14 1BS
Tel: 0333 242 3838 | lqbarrow.co.uk

escapebreakfree.co.uk/escape-room-barrow

Sci-fi action adventure for all ages in a state of the art, multi-level, UV filled laser arena. Admission charge.

LITTLE SUBS SOFT PLAY

Unit 2, 331 Rawlinson Street, Barrow-in-Furness,
Cumbria, LA14 1BS | littlesubs.co.uk

URBAN EXTREME

Barrow-in-Furness, LA14 2NW
Tel: 01229 343232 | urbanextreme.co.uk

Indoor skate park ideal for children; suitable for all abilities on scooters, skateboards and BMX.

DALTON-IN-FURNESS

A HISTORIC MARKET TOWN

The historic market town of Dalton-in-Furness predates medieval times and was once the most important town on the Furness Peninsula, thanks to the establishment of the nearby Furness Abbey in the 12th century.



DALTON CASTLE

Situated in the heart of Dalton, the Castle was used as a dungeon and courthouse for Furness Abbey.

ST MARY'S CHURCH

Just behind the Castle stands St Mary's Church, with an impressive gothic design and medieval stained-glass panels. In the graveyard lies George Romney, the famous 18th century portrait painter who was born in the town and became one of the most notable painters of his era.

SAFARI ZOO | www.southlakessafarizoo.com
Rhinos, tigers, giraffes, lions and bears living in the heart of the Lake District... this is something you need to see for yourself!

Much more than your usual zoo, Safari Zoo is home to some of the most rare and endangered animals in unique natural environments. Get as close as physically possible to experience the most amazing species with which we share our planet.

DALTON-IN-FURNESS

The market town of Dalton-in-Furness is located just to the north-east of Barrow-in-Furness. Market Street, with its charming old buildings, is renowned for its traditional public houses, independent shops and the historic Dalton Castle which towers above the Market Place.



Enjoy shopping in the heart of this friendly community. From gift stores selling eco-friendly and personalised gifts, to the local florists and the home and garden centre, with its colourful seasonal displays, you will receive a warm welcome.

Try lovingly handmade food in a cosy café or grab a coffee in a beautifully restored Italian coffee bar. There are plenty of places to indulge in a sweet treat too, from artisan chocolates to delicious milkshakes. And if you are ready to work off some calories afterwards take a walk along Market Street to the historic Market Place and Dalton Castle.

RECONNECT WITH NATURE

With the Duddon Estuary on one side and Morecambe Bay on the other, the Furness Peninsula is a truly special place where you can reconnect with nature and enjoy new experiences. So special is its landscape that Barrow is ranked in the top three boroughs in England for the quality of its natural heritage assets. Discover stunning beaches, spectacular seascapes, and unique nature reserves.

Discover more: visitbarrow.org.uk/nature-reserves



The Duddon Estuary

NORTH WALNEY NATIONAL NATURE RESERVE

gov.uk/government/organisations/natural-england

A patchwork of sand dunes, dune heath, salt marsh and mudflats play host to rare species, from invertebrates to natterjack toads and a whole host of birds, especially waders. The reserve can only be accessed on foot. There is a car park at Earnse Bay, from where you can follow The England Coast Path to the reserve (approx. 3 miles).



SOUTH WALNEY NATURE RESERVE

cumbriawildlifetrust.org.uk/nature-reserves

Walney Island, Barrow-in-Furness

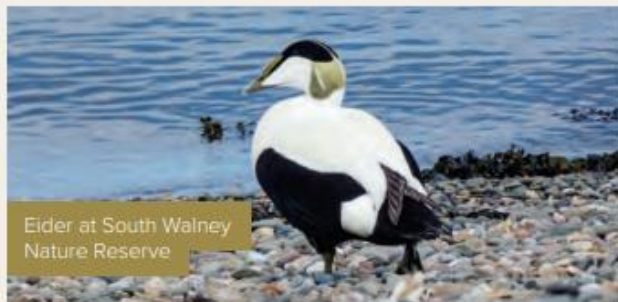
Tel: 01229 471066 (warden)

The southern end of Walney was once an industrial hub; today, it is a peaceful nature reserve. Numerous birds flock to lagoons left by sand and gravel extraction; while conveniently located wildlife hides allow close observation of birds. Huge numbers of gulls breed here as well as the southernmost colony of eider ducks in Britain. Cumbria's only grey seal colony lives on the reserve, and can often be seen at high tide.

Admission charge (CWT members exempt).

Toilets on site. Assistance dogs only.

Reserve open from 10am to 5pm (4pm in winter).



Eider at South Walney Nature Reserve

WALK THROUGH HISTORY

The Furness peninsula's incredible heritage is present at every turn. Walk through history by following the Barrow-in-Furness section of the Cistercian Way - the route taken by monks in the 12th Century. Discover more: visitbarrow.org.uk



Dock Museum

**DOCK MUSEUM**

dockmuseum.org.uk

North Road, Barrow-in-Furness, LA14 2PW

Tel: 01229 876400

Discover Barrow's heritage by visiting the Dock Museum, which delves into the area's past as far back as the Viking Settlements. Built over an amazing Victorian dry dock, the museum tells the story of Barrow and its industrial achievements, with interesting displays on the important role the town played in World Wars I and II.

Outside, there is a children's adventure playground, and walkways that link with the former dockside area. Café and gift shop. Free admission.

Open Wed – Sun 11am to 4pm. Last admission 3.30pm.

**FURNESS ABBEY**

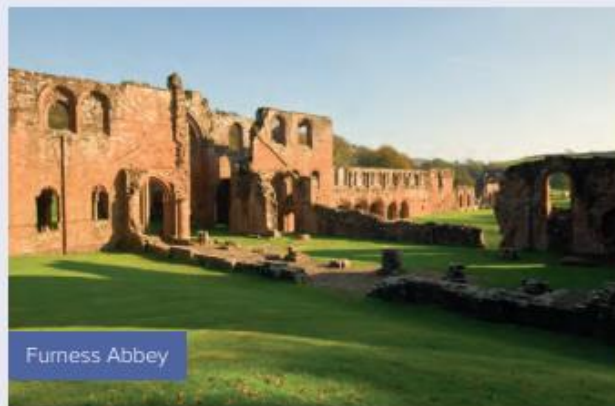
english-heritage.org.uk/visit/places/furness-abbey

Barrow-in-Furness, LA13 0PJ

Tel: 01229 823420

Founded in 1127, Furness Abbey was one of the wealthiest Cistercian abbeys in England until it was 'dissolved' by Henry VIII in 1537. Today Furness has some of the finest monastic ruins in England. Visitor centre with displays on monastic life and artefacts found on the site.

Admission charge. See website for opening times.

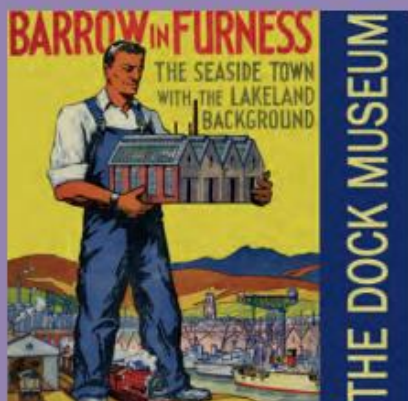


Furness Abbey

HISTORY

A PROUD HISTORY OF INDUSTRY & INNOVATION

The earliest settlers to the Furness Peninsula were drawn to its rocky limestone outcrops and striking coastline. Although the Romans seem to have bypassed the area, the Vikings occupied Barrow and Walney Island.



The establishment of Furness Abbey in 1127 had a major impact on the area. By the early 13th century, the Abbey was the second largest monastery in England, controlling much of Low Furness. Piel Castle was built around 1327, by fortifying an existing dwelling, for protection of the Abbey. The ruins of both Furness Abbey and Piel Castle can be visited today.

The Furness Railway arrived in 1846, the Walney Channel was dredged, and Barrow-in-Furness was poised for take-off. Within 40 years, Barrow went from being a small village to a large industrial town with a railway, docks, iron / steelworks, and a thriving shipyard.

Today, the steel industry has disappeared, but shipbuilding is still at the economic core of the town, with BAE Systems continuing to build submarines for the Royal Navy in the huge Devonshire Dock Hall that dominates the southern part of town.

ARTS & CULTURE

LIVELY & INSPIRATIONAL

Barrow offers a lively events programme and an inspiring arts and culture scene that is rooted in the local community. Discover more:

visitbarrow.org.uk/visitbarrow-events



THE FORUM

www.theforumbarrow.co.uk

28 Duke Street, Barrow-in-Furness, LA14 1HH
Tel: 01229 820000

Barrow's main theatre and arts venue. Hosts art exhibitions and a varied programme of music, dance, comedy and drama from local and national touring companies. Café and licensed bar. See website for current programme.

ART GENE

www.art-gene.co.uk

A unique independent arts centre and international research facility. Hosts art exhibitions. See website for current programme.

SIGNAL FILM AND MEDIA

www.signalfilmandmedia.com

Signal Film and Media is an award-winning charity that creates opportunities for all to take part in film and digital art activity. See website for current programme.

WILDLIFE & NATURE

FOULNEY ISLAND NATURE RESERVE

cumbriawildlifetrust.org.uk/nature-reserves

A long, narrow spit of land projecting into Morecambe Bay, formed entirely of pebbles brought from the Lake District by glaciers. The 'island' is now a bird sanctuary, mainly for breeding terns (arctic, common and little) that travel vast distances to nest on the island's shingle banks. Access to the reserve is from the car park on the Roa Island causeway. Please note that the causeway is inaccessible during high tides and no attempt should be made to return to the car park until the tide turns.



Roa Island Causeway

SANDSCALE HAWS NATIONAL NATURE RESERVE

nationaltrust.org.uk/sandscale-haws-national-nature-reserve

Enjoy the wildness and beauty of this precious place. Experience its windswept beaches and wonderful views across the Duddon Estuary. Listen out for the calls of wading birds in the winter and the croaking of natterjack toads in the spring.

WILDLIFE & NATURE

BEACHES



Barrow has some of the best beaches in Cumbria, with miles of flat sands and expansive views – perfect for a relaxing day out.



ROANHEAD

Sandy beach 2 miles (3km) northwest of Dalton. Ideal for beach combing, although strong currents make it unsuitable for swimming. Footpaths lead into Sandscale Haws Nature Reserve. Small car park and toilets.

EARNSE BAY

Barrow's most popular beach and a centre for kitesurfing. From here, a shoreline walk goes to North Walney Nature Reserve. Car parking and toilets.

BIGGAR BANK

Beautiful sand and pebble beach on the west coast of Walney Island. Ample parking at Thorny Nook car park.

HERITAGE



PIEL CASTLE, BARROW-IN-FURNESS

english-heritage.org.uk/visit/places/piel-castle

This 14th century stronghold on Piel Island, built by Furness Abbey as a warehouse to store grain and wool, was also the centre of a lucrative trade in smuggling (organised by the monks). On the island is the Ship Inn, where the landlord (known as the 'King of Piel') can bestow the title 'Knight of Piel Island' on visitors. The Piel Ferry is a small passenger ferry that runs from Roa Island to Piel Island daily from Easter to October.



Piel Ferry

HERITAGE

DALTON CASTLE

nationaltrust.org.uk/dalton-castle

Dalton-in-Furness, LA15 8AX

Dalton Castle is a pele tower which was built by the monks of Furness Abbey in the 14th century as a courthouse and acted as a prison for over 300 years!

Opening times – please check the website for reopening date. The castle's interior is currently closed to the public, however the building itself stands in the centre of Dalton-in-Furness and can still be admired from the outside.



Barrow Town Hall



TOWN HALL

Duke Street, Barrow-in-Furness, LA14 2LD

Tel: 01229 876543

A beautiful Victorian Gothic building, opened 1887. Walk round the exterior and enjoy the view of the central clock tower.



Dino Day



Transport Festival



Askam beach, looking towards the Lake District



Grey seals

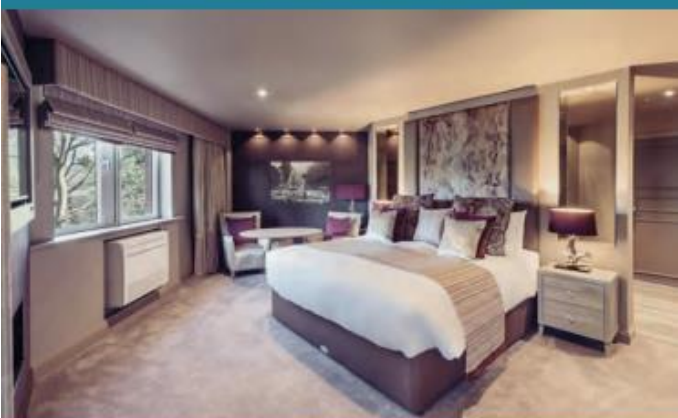


Barrow Market



Furness Abbey

ACCOMMODATION



There is so much to see and do in Barrow-in-Furness, so why not book a stay? From luxury hotels to B&Bs and from campsites to self-catering apartments there is plenty of choice. Discover more: visitlakedistrict.com/accommodation

Visiting Barrow in your motorhome?
For more information and to book visit barrowbc.gov.uk/visitors/motor-caravans and visitlakedistrict.com/vanlife

WELCOME BACK FUND Please be responsible when you visit. Keep up-to-date with the latest HM Government and Coronavirus guidelines to protect yourself and others. Above all stay safe and enjoy your visit.

Welcome Back to High Streets is supported by HM Government and ERDF. This leaflet was produced by Cumbria Tourism on behalf of Barrow Borough Council as part of Welcome Back Fund activity.



HM Government

Cumbria Tourism

At the heart of our visitor economy



European Union
European Regional
Development Fund



**BOROUGH OF
BARROW
IN FURNESS**

Disclaimer: All information is correct at the time of print. No responsibility can be accepted for information which is incorrect. The inclusion of any establishment does not imply a recommendation.

BUCKET AND SPADE

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