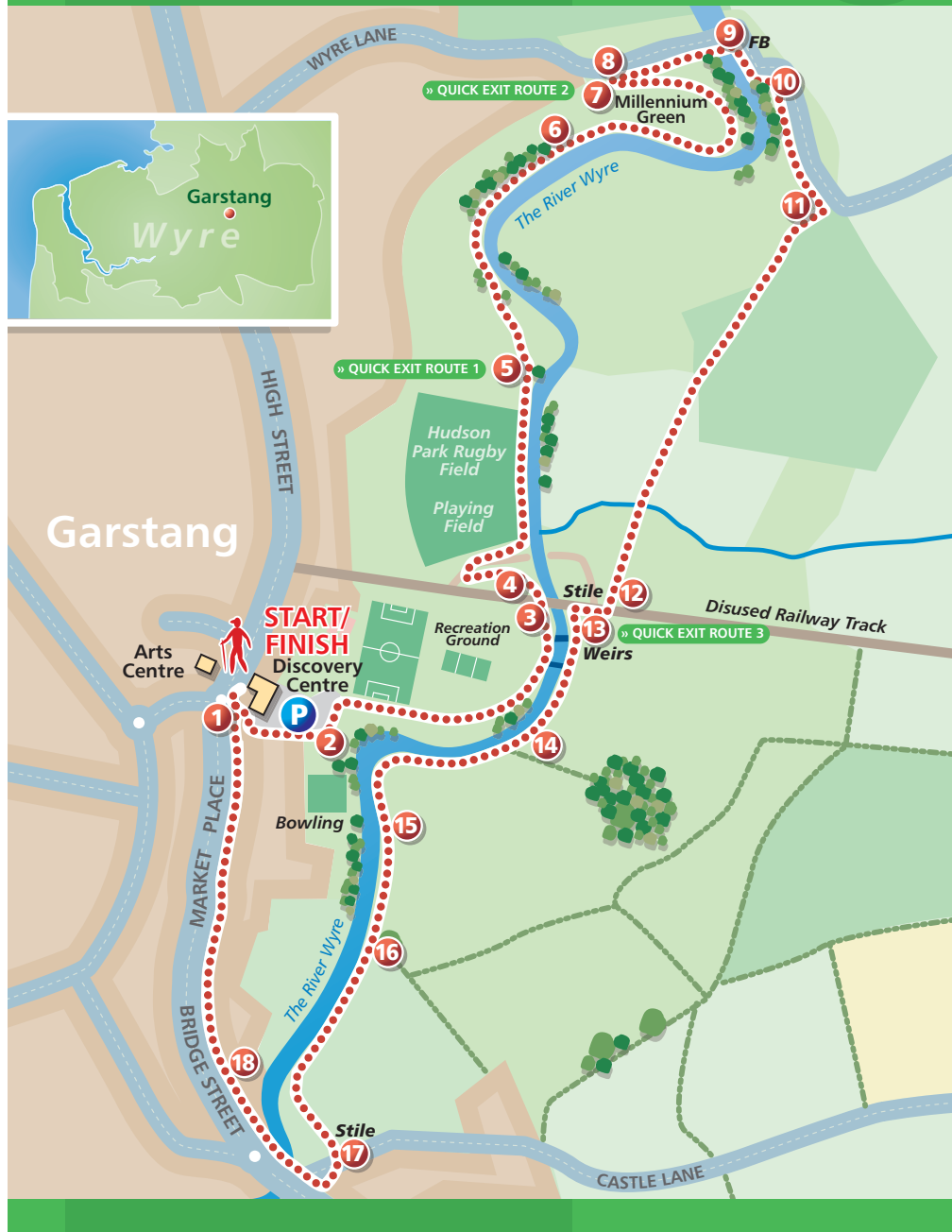


GARSTANG Health Walk

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Please note, this map may not be completely accurate to scale, and is intended only as an illustrated guide to the highlighted walk.

GARSTANG Health Walk

There are 3 Quick Exit points on this route, all indicated. There are plenty of benches along the Millennium Green but none once you have crossed the river. Please make sure all participants are fully aware of the number of stiles and muddy fields to go through. Some assistance may need to be given crossing the stiles and down a steep, grassy slope.

Time: 1 hour

Start and finish: Entrance to the Discovery Centre, Garstang

- 1 From the entrance, walk through the car park towards the river using the path that runs past the toilets.
- 2 Turn left at the end and walk along the path, keeping the river on your right and cricket pitch on your left.
- 3 Pass underneath the water intake. You can now either go up and over the old railway line using the steps straight ahead or follow the ramp up to your left.
HAZARD: Low branches
- 4 On the other side of the railway line go through a gate (an information board is on your left).
- 5 Cross the footbridge and turn left and continue following the footpath.
HAZARD: Bridge can be slippery

» QUICK EXIT ROUTE 1

After the footbridge there is a bench, turn right and follow the path around the bridge, then walk back to the Discovery Centre.

- 6 Walk past the hand and compass to your left. Turn left through a gate with a statue of a Dipper at the entrance and walk along the footpath towards the lane at the back of the Green.

» QUICK EXIT ROUTE 2

Continue around the footpath until you come back to the gate, then walk back the way you came to the Discovery Centre.

- 7 Go through the gate at the end that has a wooden post with a yellow number 7 painted on it.
- 8 Turn right onto the lane, then bear left down a footpath with a hedge on either side (follow the yellow way marker).
HAZARD: Road crossing rarely used but ensure all walkers are warned of potential vehicles.

- 9 Cross the footbridge next to the ford and turn right at the end.
- 10 Walk through a gate and follow the lane straight on. Cross a stile to the right on a bend and follow the hedge to the right.
- 11 Head for the stile straight ahead, cross it, then head for another stile to the left and cross this line.
- 12 At the end of the field below the old railway line is another stile at the bottom of a slope. Cross this then go up and onto the old railway line and turn right.

» QUICK EXIT ROUTE 3

Turn right on top of the old railway line, and either go down the steps to the left towards the water intake or use the ramp further along, also on your left. Walk back to the Discovery Centre.

- 13 A few metres along is a stile into a field on your left, but down a steep grassy slope.
- 14 Cross the stile and follow the fence along the line of the river (on your right), heading towards the church.
- 15 Cross another stile and follow the track straight ahead, close to the fence on your left.
- 16 Cross another stile and follow the river, avoiding the low branches on your right. Head towards the yellow house.
- 17 Turn right and walk over the road bridge.
- 18 After about 50 metres turn right off the road following the waymarker. This will bring you onto a path running alongside the river and back to the car park at the rear of the Discovery Centre. Alternatively, carry on along the main road, keeping right and through the centre of the town and to the Discovery Centre entrance.