The friends of Garstang Walking Festival

Would you like to support the future success and development of the Garstang Walking Festival?

The festival was launched over a decade ago by Wyre Council to encourage people to visit Garstang, enjoy the lovely countryside and also use and support local businesses and organisations.

The Friends were formed to support the Countryside Ranger team organised the festival and now the Friends are carrying out a co-ordinating role in delivering the 2018 festival.

The Friends are looking for people to help with various aspects of the festival such as becoming walk co-leaders or helping with all the administration associated with the booking of the walks, etc. So if you feel you may wish to help please contact Les on 01995 672230 or at les.fragle@wyre.gov.uk and he will happily explain what the Friends are about.

There is a small £1 joining fee to support the Friends and for this you will receive regular newsletters to keep you updated with what we are up to.

Celebratory Walking Festival Social

To celebrate the success of the Festival we will be holding a social event on Thursday 22 March 2018 at the Trite Barn, Garstang from 6pm and all are welcome to join us.

There will be music with contributions towards the cost of the walk. There will be an opportunity to book on the walks and activities.

For details of the event please visit the website www.visitgarstang.com and for regularly updated information about what’s going on in Wyre visit:

http://www.discoverwyre.co.uk

For information on Garstang also visit

www.visitgarstang.com

For information on the Forest of Bowland visit

www.forestofbowland.com

Walk Map

The map alongside shows the approximate locations of the meeting points for each walk or activity in the Festival. Note these may not necessarily be the start of the walk as for some walks transport (private or public) is used from the meeting point to the walk start.

Location Walk Number
1 Knott End G11
2 Poulton G12
3 Great Eccleston G13
4 St Michaels G14
5 Churchtown G31
6 Bibbrow G32
7 Catterall G33
8 Garstang G34
9 G2, Health Walk, G3, G4, G5, G6, G12, G13, G17, G22, G33
10 Wrea Green G16
11 Cleator G15
12 Glasson Dock G24
13 Scotforth G25
14 Nateby G26
15 Cloughton G36
16 Cadle Vale G35
17 Sizergh G5, Q24, Q40
18 Abbotswray G14, G25
19 Broughside G5, G16, G18, G19, G20, G21, G23, G26
20 Duncop Bridge G31, G39
21 Langdon Valley G42
22 Revold Point G38

Visit Garstang Walking Festival 2018

Moss, Meadows and Moorland

Welcome to the 2018 Walking Festival

Co-ordinated by the Friends of Garstang Walking Festival supported by Wyre Council.

The theme of the festival this year is Moss, Meadows and Moorland.

Walkers will be able to experience the best of springtime in the countryside around Garstang, the Forest of Bowland and the Fylde Plain.

Enjoy bluebell woods, wildlife, upland views, local history and also explore to the west of Bowland, the sea level and Moorland.

There are walks for all abilities throughout the week.

You can book your place on the activities (as well as accommodation) at the Visit Garstang Centre.

Visit Garstang Centre opening hours:
Monday – Saturday 10.30am – 4.30pm
By phone: Complete the Booking Request Form at www.visitgarstang.com/GarstangWalkingFestival or email: garstangtic@wyre.gov.uk
Or by post: Visit Garstang Centre, Cherestanc Square, Garstang, Lancashire, PR3 1EF

How to book and pay

Please pay over the phone using a debit card by calling the Visit Garstang Centre on 01995 602125 or if you want to pay by cash visit the centre, which is open 6 days a week, Mon-Sat. You can also pay by cheque made payable to WYRE COUNCIL and send your remittance to Countryside Walks Bookings, Visit Garstang Centre, Cherestanc Square, Garstang, Lancashire, PR3 1EF.

Any activity that requires booking should be paid for in advance and no refunds will be given.

Guided Walk price guide

A walk or activity with a £ symbol next to it will be charged, as follows:
- Free: Health walks and guided walks up to one hour
- £3.50 adults, £2.50 concessions and children - £2.50
- Half day walks over 4 hours
- £5.50 adults, £3.50 children and £3.50
- Full day walks over 4 hours
- £7.50 adults, £4.50 concessions and children - £3.50

For a few walks, £12 / £10 where transport is provided, as indicated.

Important information before your walk

- Please arrive at least 15 minutes before the start of all walks to allow for registration, putting boots on etc.
- The finish times of the walks are approximate as the duration may depend on the number of walkers, e.g. crossing stiles.
- If you cannot attend a walk please, if possible, let the Duty Ranger or Visit Garstang staff know in good time so if there are reserves on the list they can be given the chance to attend the walk.
- Unfortunately dogs are not allowed on guided walks unless stated in the walk description. This is because the walks are often on ground nesting birds. Dogs are allowed on the one hour health walks and self-guided, but dogs must be kept under close control at all times and on a lead on request by the leader, and you must clean up after them.
- On some walks public transport may be used and the need to bring money or bus pass with you will be highlighted in this leaflet. On some other walks transport will be provided which is why the cost of these walks is higher than for other walks.
- Please wear suitable clothing and footwear to cater for all weather conditions, including conditions unforeseen and bring a drink (particularly on the longer walks).
- Please bring any medication you may need during the walk.
- For some walks there may be items such as binoculars, camera, etc. to bring with you but they will be highlighted in this leaflet and a reminder will be given when you have booked a walk.
- If you have any medical conditions that the activity leader should be aware of, please tell the Duty Ranger or visit Garstang staff at the start of the activity. Check with your GP or health practitioner before you take part.
- Our health walks are a good starting point for people recovering from ill-health.

Photography used within this leaflet courtesy of Michael Coleman Photography and Albert Dewhirst.

2018 Walking Festival

Festival Long Distance Walks

Festival Long Distance ‘Knot to Tote’ Three Day Challenge

Saturday 5 to Monday 7 May

A series of three walks exploring Wyre from the seaward to the Bowland Fells. There are three-averaged walks for the seasoned walker and each walk is between 14 to 16 miles long.

A mendacious will be provided to get you to the start for days 1 and 2. For these three walks you will need to bring all weather clothing, walking boots, packed lunch and a drink.

In case of an emergency dial 999 and ask for Police and Mountain Rescue.

Visit Garstang Centre, Cherestanc Square, Garstang from 6pm and all are welcome to join us.

There will be music with contributions towards the cost of the walk. There will be an opportunity to book on the walks and activities.

For details of the event please visit the website www.visitgarstang.com and for regularly updated information about what’s going on in Wyre visit:

http://www.discoverwyre.co.uk

For information on Garstang also visit

www.visitgarstang.com

For information on the Forest of Bowland visit

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Walker's Map

The information contained within this publication is given in good faith on the basis of information submitted to Wyre Council. Wyre Council cannot guarantee the accuracy of the information in this publication and accepts no responsibility for any error or misrepresentation. Although efforts are made to ensure the accuracy of the publication at the time of going to press, changes can occur and it is advisable to contact the booking office prior to the event to confirm the information provided.

Walk Location

The Country Side Code

Respect, Protect, Enjoy

- Respect other people
- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available
- Protect the natural environment
- Leave no trace of your visit and take your litter home
- Keep dogs under effective control
- Enjoy the outdoors

Plan ahead and be prepared
- Follow advice and local signs
- Pack clothing, walking boots, packed lunch and a drink

Safety

When attending an activity please take the advice of the leader. We reserve the right to refuse to take people on activities if we feel they are unsuitably equipped for the activity.

If you intend to walk the event early please inform your leader for your own safety, come dressed to match the type of activity and weather with appropriate footwear and waterproof clothing.

Information on walking grades

To help you decide which is the walk for you, whenever possible an approximate time and terrain guide has been given for each walk.

Terrain Guide

Please note our Health Walks are graded from All to Moderate, most being Easy. Other walks vary.

All - relatively flat, surfaced paths, no stiles, suitable for wheelchairs and pushchairs, may include mud crossings.

Easy - relatively level ground, fields, lanes and tracks, possibly with some gentle slopes, stiles or livestock.

Moderate - uneven ground, fields, lanes and tracks with some moderate slopes, expect stiles/livestock.

Hard - uneven ground, fields, lanes and tracks with some steeper cliffs, expect stiles/livestock.

Very Hard - limited paths, rough walking, steeper slopes, expect stiles/livestock.

Full day walks over 4 hours

Easy – relatively level ground, fields, lanes and tracks, children - £2.50

Moderate – uneven ground, fields, lanes and tracks, children - £2.50

Very Hard – limited paths, rough walking, steeper slopes, expect stiles/livestock.

Free - Health walks and guided walks up to one hour

Half day walks 1 - 4 hours

Easy – relatively level ground, fields, lanes and tracks, children - £2.50

Moderate – uneven ground, fields, lanes and tracks, children - £2.50

Very Hard – limited paths, rough walking, steeper slopes, expect stiles/livestock.

Children under 5 years free

From the east - take the A59 to junction 31 of the M6. From the west - exit M55 at junction 1 (Preston). From the south - exit M6 at junction 32 (Preston). For either, follow signs for Garstang, taking the A6 north, for approx 7 miles.

From the north - exit M6 at junction 33 (Lancaster south). Follow signs for Garstang, taking the A6 south, for approx 6 miles.

From the north - exit M6 at junction 32 (Preston). From the west - exit M58 at junction 1 (Preston). For either, follow signs for Garstang, taking the A6 north, for approx 7 miles.

From the west - take A59 to junction 31 of the M6. Join the motorway and exit at junction 32, as per directions from the south.

By public transport

For details of train and bus times please ring 0871 200 2233 or visit www.firstbus.co.uk

The nearest railway stations to Garstang are Preston, Poulton-le-Fylde and Lancaster.

For bookings ring 01995 602125