

STANAH 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.

STANAH Health Walk



Time: 1 hour

**Start and finish: Wyre Estuary
Country Park**

- 1** Walking from the cafe picnic area follow the broad beige avenue across the visitors centre car park. At the far edge of the car park continue walking along the stone path for approx 25 yards. Cross the road that leads to Stanah House Caravan Park and join the footpath on the other side. Walk straight on until you reach the access road which leads to the Drumlin car park, cross over the road and rejoin path.
- 2** Take the lower path known as the riverside path and continue along there, passing by Cockle Hall Picnic area approx $\frac{1}{2}$ mile, (you may wish to stop here for a short break). Continue along the path for approx $\frac{1}{2}$ mile until you reach a creek on your left hand side where there is a access gate on your right hand side (the footpath turns to a southeasterly direction). This is known as Ramper Pot.
- 3** Walk through the gate and continue along the track approx 250 yards, where you will join onto a lane (Underbank Road), bear right and follow lane for approx $\frac{1}{2}$ mile, passing by Stanah House Farm on your right hand side onto Stanah Road.
- 4** At the bottom of Stanah Road take a right onto River Road and walk along footpath back into the Wyre Estuary Country Park, and back to the cafe.