

# Wyre Self-Guided Trails: Garstang, Barnacre and Grize Dale

## Start point

At the circular “Villa de Garstang” mosaic in  
Cherestanc Square Garstang Post Code: PR3 1EF  
OS Grid Reference: SD 4915 4529

## Distance and time

15.8 km (10 miles) 4.5-6.5 hours

## Maps

OS Landranger 102 1:50000) or OS Explorer OL41 (1:25000)

## Terrain Grade: Moderate

The route follows roads, farm tracks, fields and footpaths. There are some sustained, but fairly gentle uphill sections. There are stiles, gates and steps, and paths can be wet and muddy after rain.. There may be animals in the fields and farm-yards. Dogs should be kept on a short lead at all times.

**This walk is not suitable for tramper vehicles**

## About this walk

The first half of this walk has a distinctly watery theme, beginning along the river Wyre and then along the course of its tributary, Grizedale brook; through the beautiful Grize Dale valley to the reservoirs in the hills above Garstang, which provide drinking water for the Fylde. On a clear day there are fabulous views across Wyre to Blackpool, Morecambe Bay and the Lake District – even to the Isle of Man and the Welsh hills. The route returns to Garstang through pasture land, and via the course of the old Pilling railway line, now a haven for wild flowers and butterflies in summer.

## Route Description

1. SD 4915 4529 Stand on the “Villa de Garstang” mosaic facing the stone seat, turn to your right and walk to Park Hill road (10m). Cross the road at the pedestrian crossing and go down the alleyway ahead, to reach High Street. Turn left and proceed to the mini roundabout at the entrance to the High Street car park on the right. Walk through the car park to the picnic area in front of the river, and then along the path between the football field and picnic area, with the river on the right. Pass under a bridge next

to the river and over the embankment ahead, via two sets of concrete steps, to the Millennium Green.

2. SD 4958 4561 Proceed through the Millennium Green to the gate at its north end leading onto Wyre Lane. Turn right to where a path leaves the lane on the left, between two hedge lines. Follow this over the river footbridge, turn left and continue along the river to a kissing gate and then another kissing gate at the top of Broom Hill. Go through the gate and continue along the left field boundary. Eventually the path leaves the boundary and leads across the field to a gate leading onto Hazelhead Lane.
3. SD 5029 4692 Cross the lane and bear right, then left, into the yard of a small factory next to the railway. Go diagonally across the yard cross the railway footbridge, and the motorway and bridge beyond it. Follow the track straight ahead, over a stile and beside Long Crossey Wood, over a stile by a farm gate, to join Higher Lane.
4. SD 5102 4711 Turn left along the lane and just past the barn conversion called 'Throstle Nest Farm' on the left, take the path on the right up Grize Dale. Continue along this path by the stream for 1.8 km (1.1 miles) through three gates, to Grizedale Reservoir. Walk past the reservoir and locate the concessionary path to Grizedale Bridge on the right. Follow this path beside the reservoir and then along the stream which feeds it, through a gate and over a footbridge, along the boardwalks and eventually to a gate leading out of the wood. Continue on to a footbridge and some stone steps up to a farm track. Turn right along the track, through three farm gates to the Grize Dale Bridge car park on Delph Lane.
5. SD 5356 4910 Turn Right (South) along Delph Lane, uphill, to locate a gated farm track on the right just past the roadway entrance to Barnacre and Grizedale Reservoirs (United Utilities). Access the farm track via a stile next to the field gate and follow this, passing through two gates, past some aerials on the left, to the crossing of four tracks. Turn right at the crossing and follow the track over a stile and straight past Moor House (on the right), ignoring the lane on the left. After 120m the track turns sharp right, through a pedestrian gate and follows the right hand field boundary for a further 130m before turning sharp left in front of a field gate. Continue with the field boundary on your right, over two more stiles past a small wood on the right, to a sharp right turn in the track with a public footpath sign pointing to the left over a stile.
6. SD 5197 4711 Take the footpath left across the stile and follow the right hand field boundary to a further stile. Cross this and walk straight across the field ahead, aiming for the large barn to the left of the farm buildings. Leave the field by the farm track which goes downhill, to the left, across a stream, through a farm gate, and head for the farm buildings. Proceed through the farm yard, in front of the large barn and with the farmhouse to your right, to join the farm access track.
7. SD 5222 4660 Follow the farm access track for 270m (300 yards), past a single storey barn conversion, to a double stile on the right. Cross the stiles and go straight across the field, over a stile, and across the next field with the field boundary on you right. Carry on through a kissing gate and on beside the wood, over a stile, to a kissing gate in the bottom corner of the field leading to a junction in the road.
8. SD 5142 4608 Take the middle route (Delph Lane), heading for Barnacre Church ahead. Go past the church to a path up some steps on the left. Go over 2 stiles, another stile on the left, and then immediately through a small gate on the right, and along by a stream on the right to a stile leading onto the road.
9. SD 5131 4573 Turn right along the road, past Clarksons Farm, then straight on through a pedestrian gate to the motorway bridge

at the end of the lane (ignore the track / footpath on the left). Continue over the motorway and railway bridges then bear left through a gap into a field. Initially follow the right-hand field boundary, with a Castle Wood on the right. After 100 m bear left to cross the field diagonally and go through a metal pedestrian gate at the right-hand edge of a small wood on the far side of the field.

10. SD 5045 4541 Go through the gate and turn immediately right, avoiding the steep steps ahead, and continue straight along the course of the old railway for 850m (half a mile), through a gate, to the bridge over the river Wyre. Go over the bridge and down the steps on the left to join the riverside path. Turn right and walk around the cricket pitch, to reach a picnic site and car park near a bend in the river. Walk back through the car park to High Street, turn left and return to Cherestanc square via Stoops Weind, identified by the metal plaque in the pavement.

If you need to speak to someone about this route or report a problem use the following Wyre Council contacts:

Address: Civic Centre, Breck Road, Poulton-le-Fylde, Lancashire, FY6 7PU  
Telephone: 01253 891000  
E-mail: [mailroom@wyre.gov.uk](mailto:mailroom@wyre.gov.uk)

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