

Breath of Fresh Air

The 7 Mile Walk

Lancaster City and Aldcliffe

Start/Finish at New Quay. A slightly more testing, enjoyable and comfortable walk which at a leisurely pace will take three to four hours.

If arriving by car, park at New Quay next to the river, having passed along St. Georges Quay, otherwise just walk out of town along the south bank of the river.

Proceed to the end of the roadway and continue along the cycleway. Keep straight on the cycleway which is a disused railway line, heading south, until you arrive at the former site of Aldcliffe Crossing, where you turn left onto the lane.

Follow the lane inland until you reach the hamlet of Aldcliffe. On meeting a road at the top of the lane, turn left and continue to meet the canal. You now follow the canal northwards through the city, as far as the Lune Aquaduct, and return to the start along the riverside

