



 Westmorland
& Furness
Council

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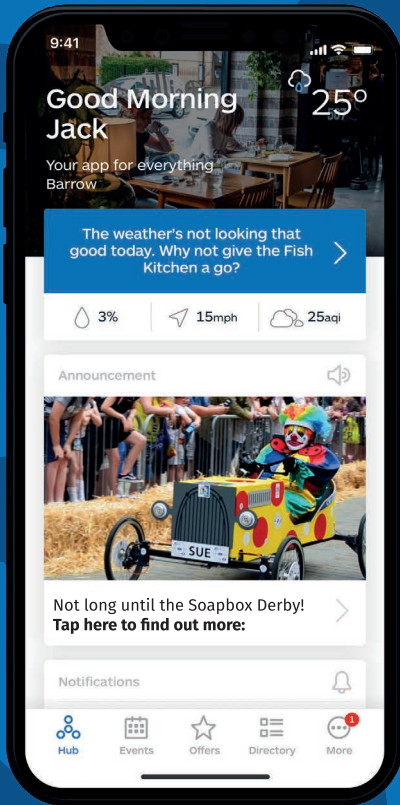
visitbarrow.org.uk

VISIT Barrow

There's **more** than meets the eye



Barrow BUZZ



Discover local
offers, events,
news and **much
more with
Barrow Buzz**



Search **"Barrow Buzz"** in the stores



Welcome to **Barrow-in-Furness**

Barrow-in-Furness is steeped in heritage, brimming with exciting attractions and offers great choice and value when it comes to accommodation.

With over 60km of coastline, this historic borough enjoys an enviable location **on the doorstep of the Lake District National Park.**

From the heart of town, you can be by the sea in a matter of minutes. Easy walking and cycling routes provide access to **internationally renowned wildlife sites**, beautiful sandy beaches, and fascinating reminders of **Barrow's historical and industrial heritage.**



Barrow is located at the tip of the Furness peninsula in Cumbria, North West England.

WELCOME



Shop & enjoy Barrow's town centre

Discover **shopping, dining and nightlife** in the heart of Barrow-in-Furness.

From well known high street brands to unique independent boutiques and specialist stores, the town centre offers **something for everyone**.



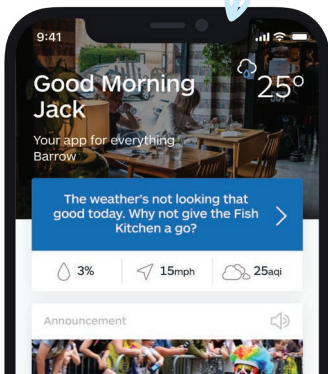


Browse **vibrant streets** filled with local businesses and favourite retailers, then unwind in one of Barrow's cafés, trendy eateries or lively bars.

Whether you're searching for the perfect purchase, a relaxing meal or a great night out, you'll find **plenty to enjoy** in Barrow town centre.

Looking for offers and events in the town centre? Download the Barrow Buzz App from the app store now!















**Barrow
BUZZ**

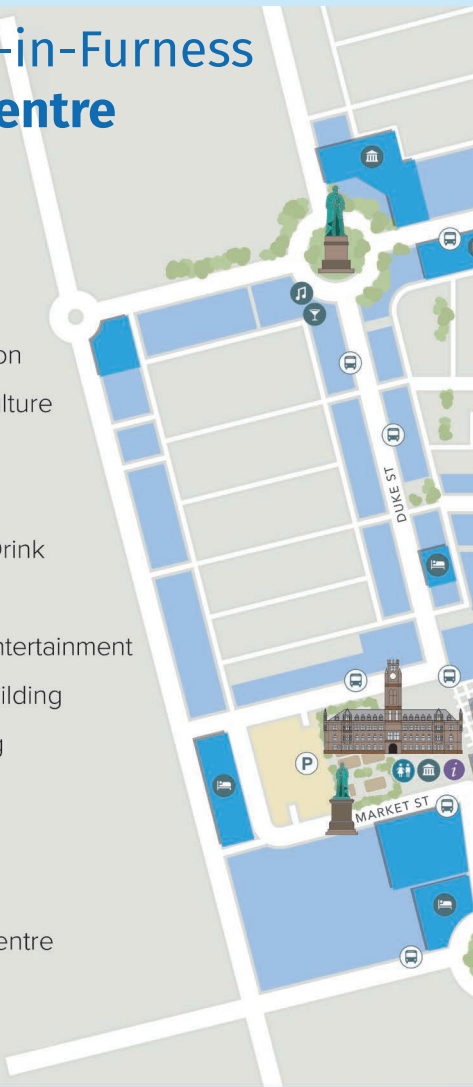


BARROW TOWN CENTRE

Barrow-in-Furness Town Centre

KEY

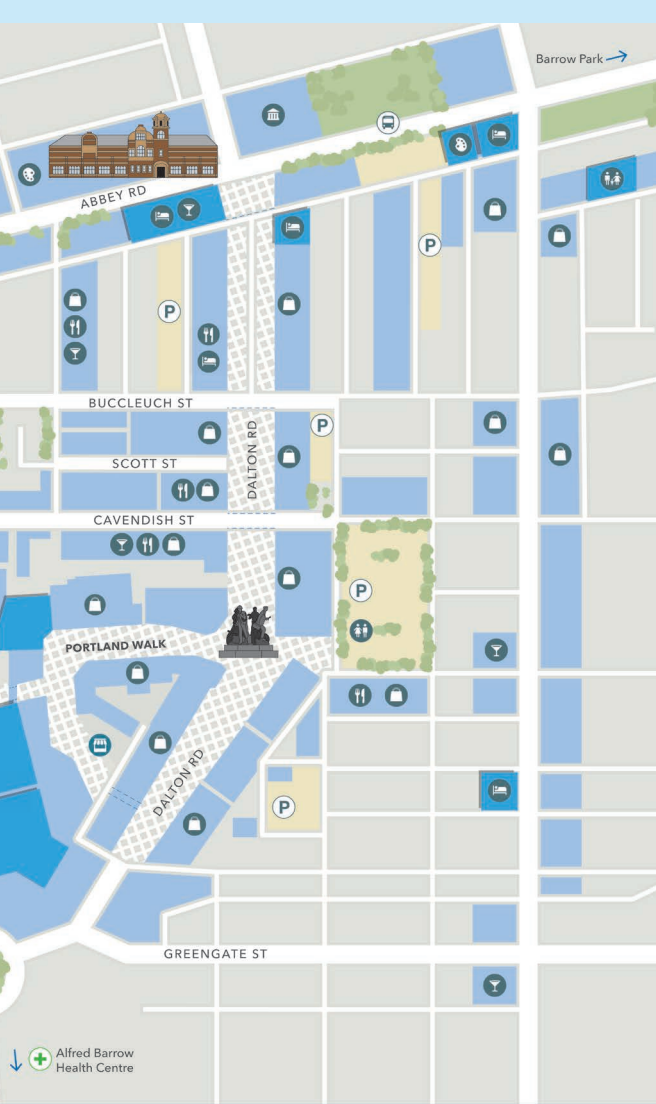
-  Information
-  Arts & Culture
-  Bar / Pub
-  Family
-  Food & Drink
-  Market
-  Music / Entertainment
-  Public Building
-  Shopping
-  Toilets
-  Parking
-  Bus Stop
-  Health Centre



Getting here:

VISITING BY ROAD - From M6 motorway, exit at Junction 36 and continue along A590 signposted Barrow.

VISITING BY BUS - Stagecoach in Cumbria operates a comprehensive bus service in-between towns and through the Lakes. Download their timetable from stagecoachbus.com



VISITING BY TRAIN - Whether travelling south from Carlisle or west from Lancaster, the railway offers a scenic coastal journey to Dalton-in-Furness and Barrow-in-Furness. Enjoy stunning views and wildlife spotting along the way. For information and tickets see northernrailway.co.uk

COACH OPERATORS - Bus stops on Duke Street near the Town Hall, which has an accessible café and toilet facilities.

Time to get active in & around Barrow

There is **so much going on** in and around Barrow, with indoor and outdoor activities for all ages.

From coastal cycling and scenic walks to watersports and parks, Barrow-in-Furness is **packed with ways to stay active.**

Explore miles of coastline, enjoy stunning views across Morecambe Bay, try kitesurfing on Walney Island, or relax and play in Barrow Park and its welcoming leisure spaces.





CYCLING - With 60km of coastline to explore, Barrow-in-Furness is a **popular cycling destination**, and in 2018 welcomed the Tour of Britain with a stage start from the historic town hall.

Whether you are seeking an easy ride along the coast or something more strenuous, there are **plenty of routes to enjoy**.

Download route information for free from: visitbarrow.org.uk/cycling

WALKING - From the England Coast Path on Walney Island to the historic Cistercian Way, the Furness Peninsula offers **fascinating walks to suit all abilities**.

Enjoy **spectacular scenery and unrivalled views** over Morecambe Bay, across Walney Channel and to the Lake District fells. Why not pause for morning coffee or lunch at one of the many traditional pubs and cafés around the peninsula?

Discover more: visitbarrow.org.uk/walking





SPORTS FACILITIES

Barrow Park Leisure Centre

Greengate Street, Barrow-in-Furness, LA13 9DT
Tel: 01229 871146 | barrowleisure.co.uk

Gym, swimming pool, fitness classes and children's activities. Please check website before visiting - booking may be required.

Earnse Bay Kitesurfing

Walney Island, Barrow-in-Furness
Tel: 07562 103409 | earnsebaykitesurfing.co.uk

Kitesurfing tuition and more - booking required.



Barrow Park

Abbey Road, Barrow-in-Furness, Cumbria, LA13 9BD

An amazing **45-acre public park** in the centre of Barrow-in-Furness. Designed by Thomas Mawson in 1908 and listed as Grade II on the Register of Historic Parks and Gardens.

The park contains a large boating lake, mini railway, skate park and various playgrounds. Large sections of Barrow Park have been redeveloped and include a pavilion, café, band stand and display glasshouse. **The park has gained Green Flag status.**



Round House Hub & Cafe Play Area

Biggar Bank Road, Walney, Barrow-in-Furness, Cumbria, LA14 3YE

Overlooking the Irish Sea, the Round House play area is a **popular coastal spot for families**, featuring pram accessible walks and a cafe nearby.

Reconnect with nature

With the Duddon Estuary on one side and Morecambe Bay on the other, the Furness Peninsula is a truly special place where you can **reconnect with nature and enjoy new experiences.**

So special is its landscape that Barrow is ranked in the top three boroughs in England for the **quality of its natural heritage assets.** Discover stunning beaches, spectacular seascapes, and unique nature reserves.

Learn more: visitbarrow.org.uk/nature-reserves

North Walney Nature Reserve

A patchwork of sand dunes, dune heath, salt marsh and mudflats play host to **rare species**, from invertebrates to **natterjack toads** and a whole host of birds, especially waders.

The reserve can only be accessed on foot. There is a car park at Earnse Bay, from where you can follow The England Coast Path to the reserve (approx. 3 miles)





South Walney Nature Reserve

Walney Island, Barrow-in-Furness, LA14 3YQ
cumbriawildlifetrust.org.uk

The southern end of Walney was once an industrial hub; today, it is a **peaceful nature reserve**.

Numerous birds flock to lagoons left by sand and gravel extraction; while conveniently located wildlife hides allow close observation of birds.

Huge numbers of gulls breed here as well as the **southernmost colony of eider ducks** in Britain.

DID YOU KNOW?

Cumbria's only grey seal colony lives on the reserve, and can often be seen at high tide.





DID YOU KNOW ?

The island is formed entirely of pebbles brought from the Lake District by glaciers.

Foulney Island Nature Reserve

Roa Island, Barrow-in-Furness LA13 OQL
cumbriawildlifetrust.org.uk

A long, narrow spit of land projecting into Morecambe Bay, the 'island' is now a bird sanctuary, mainly for breeding terns (arctic, common and little) that travel vast distances to nest on the island's shingle banks. Access to the reserve is from the car park on the Roa Island causeway.

Please note that the causeway is inaccessible during high tides and no attempt should be made to return to the car park until the tide turns.

Sandscale Haws National Nature Reserve

Hawthwaite Lane, Barrow-in-Furness, LA14 4QJ
nationaltrust.org.uk

Experience windswept beaches and wonderful views across the Duddon Estuary. Listen to the calls of wading birds in the winter and the croaking of natterjack toads in the spring.

BEACHES

Barrow has some of the best beaches in Cumbria, with miles of flat sands and expansive views – perfect for a relaxing day out.

Roanhead

Sandy beach 2 miles (3km) northwest of Dalton. Ideal for beach combing, although strong currents make it unsuitable for swimming. Footpaths lead into Sandscale Haws Nature Reserve. Small car park and toilets.

Earnse Bay

Barrow's most popular beach and a centre for kite surfing. From here, a shoreline walk goes to North Walney Nature Reserve. Car parking and toilets. Home to The Earnse Hub, aimed at connecting local communities to open spaces, nature and education.

cumbriawildlifetrust.org.uk

Biggar Bank

Beautiful sand and pebble beach on the west coast of Walney Island. Ample parking at Thorny Nook car park.



DID YOU KNOW ?

Walney Island is said to have helped inspire the magical world of Thomas the Tank Engine's Island of Sodor!

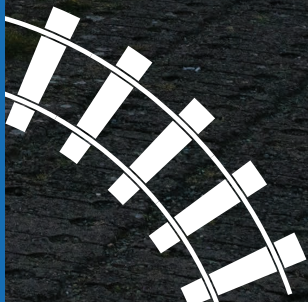


Walney Island, just off the coast of Barrow-in-Furness, is often thought to have helped inspire the **Island of Sodor** from **Thomas the Tank Engine**.

The creator, Reverend W. Awdry, spent time in the area, and it's easy to see how the mix of coastline, railways, and local character could have sparked ideas.

While Sodor itself is completely fictional, its location and feel aren't too far off Walney, which makes the island the perfect place to explore for Thomas fans (both young and old!)

Can you imagine the **whistle of a steam engine** coming around the corner?





WALNEY ISLAND

Take a walk through history

Barrow-in-Furness has a rich and fascinating heritage shaped by industry, innovation and centuries of history.

From Viking settlements and Cistercian monks to its world-renowned shipbuilding legacy, the town has played an important role in Britain's story for generations.

Visitors can explore this heritage at attractions including the Dock Museum, Furness Abbey and Piel Island.

You can even walk through history by following the Barrow-in-Furness section of the Cistercian Way - the route taken by monks in the 12th Century.

Discover more: visitbarrow.org.uk





*DID YOU KNOW ?
The museum is home to the
Dickens Medal, awarded to
Tommy, a pigeon from Dalton!*

The Dock Museum

North Road, Barrow-in-Furness, LA14 2PW
Tel: 01229 876400 | dockmuseum.org.uk

Discover Barrow's heritage by visiting the Dock Museum, which **delves into the area's past** as far back as the Viking Settlements.

Built over an amazing Victorian dry dock, the museum tells the story of Barrow and its industrial achievements, with interesting displays on the important role the town played in World Wars I & II.

Outside, there is a children's adventure playground, and walkways that link with the former dockside area.

Café and gift shop. Free admission. Open Wed – Sun 11am to 4pm. Last admission 3.30pm.



Furness Abbey

Barrow-in-Furness, Cumbria, LA13 0PJ
Tel: 01229 823420 | english-heritage.org.uk

Founded in 1127, **Furness Abbey** was one of the wealthiest Cistercian abbeys in England until it was 'dissolved' by Henry VIII in 1537.

Today Furness has some of the **finest monastic ruins in England**. Visitor centre with displays on monastic life and artefacts found on the site.

Admission charge. See website for opening times.

DID YOU KNOW?

US president Theodore Roosevelt visited Furness Abbey as an 11 year old boy while travelling through the Furness Peninsula with his family!





Abbey Mill Coffee Shop

Abbey Approach, Barrow-in-Furness, LA13 0PJ
Tel: 01229 877739 | abbeymillcafe.co.uk

Serving a large selection of hot & cold beverages, food, cakes & ice creams in a picturesque setting featuring open fields, woodlands, and the Abbey grounds.

See website & social media for opening times.



Photo credit: English Heritage



HERITAGE



*DID YOU KNOW ?
On the island is the Ship Inn, where
the landlord (known as the 'King of
Piel') can bestow the title 'Knight of
Piel Island' on visitors.*

Piel Castle

Piel Island, Barrow-in-Furness, LA13 0QN
english-heritage.org.uk/visit/places/piel-castle

This 14th century stronghold on Piel Island, built by Furness Abbey as a warehouse to store grain and wool, was also the centre of a **lucrative trade in smuggling** (organised by the monks).

The Piel Ferry is a small passenger ferry that runs from Roa Island to Piel Island daily from Easter to October.





*DID YOU KNOW?
Built between 1882 and
1887, the Town Hall cost
£67,875 to construct!*

Barrow Town Hall

Duke Street, Barrow-in-Furness, LA14 2LD

A beautiful **Victorian Gothic building**, opened 1887. Walk round the exterior and enjoy the view of the central clock tower.

Town Hall Coffee Shop

Opening times: Monday-Saturday 10am-3pm

Hearty food, light bites and great coffee in the **beautiful surroundings** of Barrow Town Hall. Outdoor seating available in the Town Hall Courtyard.



Lively & inspiring Barrow culture

Barrow offers a **lively events** programme and an **inspiring arts and culture scene** that is rooted in the local community.

Discover more: visitbarrow.org.uk



Barrow Town Hall - The Forum Barrow On Tour

Duke Street, Barrow-in-Furness, LA14 2LD
theforumbarrow.co.uk

Theatre and arts venue. Hosts art exhibitions and a **varied programme of music, dance, comedy and drama** from local and national touring companies. See website for current programme.

Signal Film & Media

Cooke's Studios, 102-104 Abbey Road,
Barrow-in-Furness, LA14 5QR
signalfilmandmedia.com

An award-winning charity **creating opportunities for all** to take part in art, film & heritage activities in Barrow-in-Furness. See website for current programme.

Photo credit: Signal Film and Media





Theatre Factory

Cooke's Studios, 102-104 Abbey Road,
Barrow-in-Furness, LA14 5QR
theatrefactory.org

Drama, animation, writing, digital and sound. Theatre Factory makes stories with **people of all ages and backgrounds**. See website for current programme.

North West Music Academy

125 Duke Street, Ramsden Square,
Barrow-in-Furness, LA14 1XA
northwestmusicacademy.org

World class music education, training, performance and recreation in the heart of Barrow-in-Furness. See website for current programme.





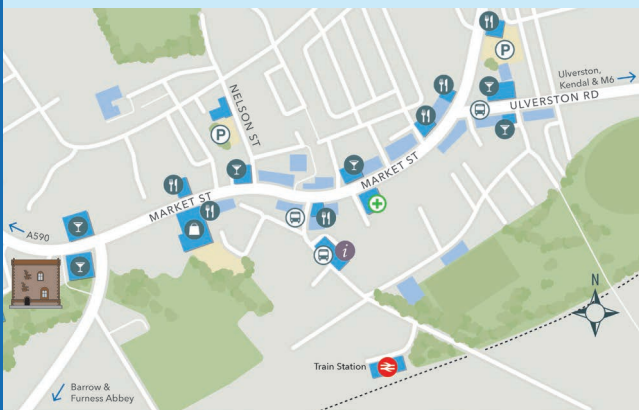
A market town with a rich history

The market town of **Dalton-in-Furness** is located just to the north-east of Barrow-in-Furness.

Market Street, with its charming old buildings, is renowned for its traditional public houses, independent shops and the **historic Dalton Castle** which towers above the Market Place.

Enjoy shopping in the heart of this friendly community. From gift shops, to the local florists and the home and garden centre, you'll receive a **warm welcome**.

Take a break in a cosy cafe or grab a coffee in a beautifully restored Italian coffee bar. Enjoy the views and take a walk along Market Street to the historic Market Place and Dalton Castle.



Dalton Castle

Dalton-in-Furness, LA15 8AX
nationaltrust.org.uk/dalton-castle

Dalton Castle is a pele tower which was built by the monks of Furness Abbey in the 14th century. It was used as a courthouse and **acted as a prison for over 300 years!** Please check the website for opening times.

St Mary's Church

Just behind the Castle stands St Mary's Church, with an **impressive gothic design** and medieval stained-glass panels. In the graveyard lies **George Romney**, the famous 18th century portrait painter who was born in the town and became one of the most notable painters of his era.

High Haume Glamping

High Haume Farm, Dalton-in-Furness, LA15 8JP
highhaumeglamping.co.uk

High Haume Farm and its Camping Pods enjoy **panoramic views** of the Duddon Estuary and the southern Lake District hills. See website for facilities and bookings.





Barrow BID organises a range of exciting events in Barrow-in-Furness throughout the year.

You could discover **dinosaurs roaming wild** around the town centre on Dino Day or teams **racing through the streets** at the **Soapbox Derby**...

There's something for everyone to enjoy - see the website for more info, dates and lots of photos.

Find out more: barrowbid.co.uk/whats-on

