

Furness Haematite Trail (FHT)

Loop 6 - Loop from Thwaite Flat returning via The Dock Museum, Barrow – 10½ miles

Thank you for downloading this guide.

The guide is in 3 sections.

- A map showing the FHT Loop 6 route.
- Walk Instructions – Thwaite Flat to The Dock Museum – which follows Section 6 of the full FHT.
- Walk Instructions – Returning from The Dock Museum Thwaite Flat – the Loop 6 return route.



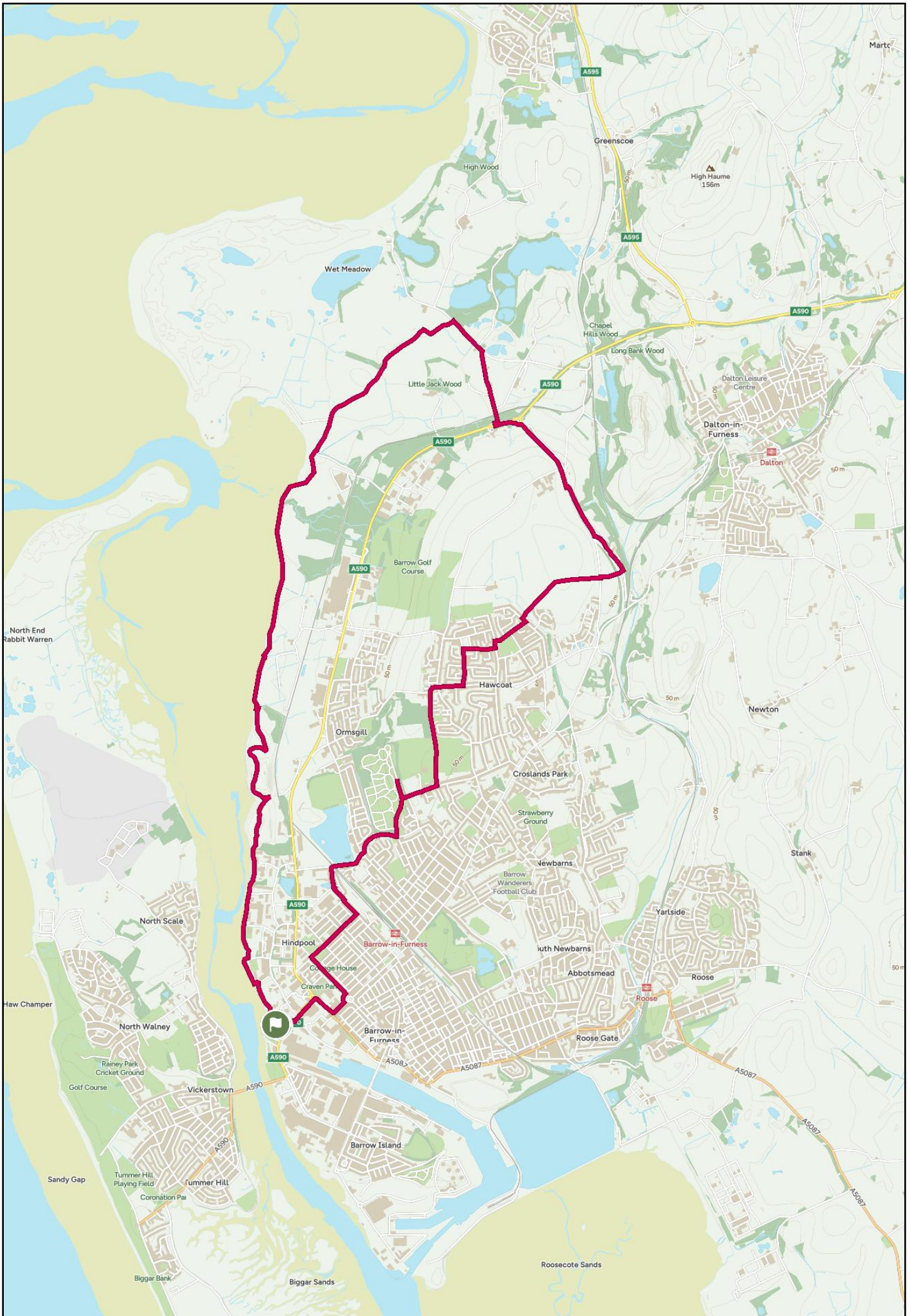
There is a version of these instructions for printing on our [Facebook Group](#) page.

March 2026.

FURNESS HAEMATITE TRAIL - LOOP 6 - THWAITE FLAT START



FURNESS HAEMATITE TRAIL - LOOP 6 - DOCK MUSEUM START



FURNESS HAEMATITE TRAIL



Section 6: Thwaite Flat to Dock Museum

These instructions are for the 5 mile Section 6 of the full Furness Haematite Trail, and can also be used in conjunction with the separate 5.5 mile Section 6 Loop Route instructions to return to Thwaite Flat from the Dock Museum.

A map and .gpx of the route is available to download from the Facebook group [Furness Haematite Trail - Maps & Guides](#) or our website, QR code and link on reverse.

After having crossed the A590, walk down Oak Lea Road, over the railway and continue to a T junction turning left into Hawthwaite Lane. About 300 metres further on take the grassy lane with a finger post signed Sowerby Wood.

Follow the grassy lane straight ahead until a signpost is reached. Turn left to cross a cattle grid and follow a gravel farm track uphill, later crossing a second cattle grid. Enjoy the views of Black Combe and the sand dunes to your right. Continue past a metal farm building on your left to a gate with Victorian posts at the side. Another gate ahead affords views of the northern tip of Walney Island and the so-called Black Huts.

At the next gate you will see to your right and left evidence of a small railway bridge.

A mineral track carrying iron ore from Roanhead mines behind you snakes to your left towards what was Furness Railway main line.

Walk down from the bridge to a gate and a stile, then continue straight ahead along a sandy track. Keep straight on. At a bend to the left next to a small parking area, leave the main track to a minor one on your right with two low level metal posts either side. NOTE: The England Coast Path, when completed, will come in from your right. Walk towards a wooden gate ahead and go through. Follow the grassy track ahead and soon a substantial fence comes in on your left.

NOTE:

At the time of writing (March 2026) from this point to the Dock Museum the English Coast Path is yet to be completed so the authors deemed it appropriate to give as comprehensive walk instructions as possible in the meantime. At times, especially if the tides are high, mostly in spring, reaching the slag banks may be a challenge! However, once completed, the ECP will provide an obvious and safe path to your destination.

At this point until the ECP is finished, drop down a track to your right which goes past a broken barbed wire fence to the shore below and follow the shore to your left. It's easy to miss this track so stay focussed. It's important to time this section of your walk so that it does not clash with a high tide. Tide tables are available online ([link on reverse](#)). Care should also be taken on this section because of slippery rocks, small gulleys etc.

After passing two WW2 pill boxes (one on its side), continue past a third pill box aiming for a slag bank in the far distance. After a third pill box cross two wooden foot bridges and a fallen pillbox. At the end of the fence on your left follow the gravel track to the left and then uphill.

The path then passes through an open stony area, which is probably slag from the steelworks. Go straight ahead through

this area, following a faint path in the direction of an open grassy area slightly ahead of you. Bear left up the track heading between two gorse bushes and bear left towards the left hand gorse bush.

Follow the path towards some pylons in the distance and come to a gap in a wire fence, start to descend on the track. Go through another wire fence bear right to join another gravel path and pass a semicircle of rocks. The OS map shows this area as a disused pit.

Follow this track uphill where you will see a warning sign on the right-hand side about unstable cliffs. As you descend, take care.

Just before you get to the bottom of this broad track, there is a substantial metal fence, and some concrete blocks. At the T junction of the track you will see a path ascending on your right when you get to a junction after just a few yards take the right hand option if you want to go onto the top of the slag bank, where you will get fine views of Walney Island and North Scale village on your right, Barrow, Morecambe Bay and the Irish Sea. The left-hand option is flatter and joins the uphill route later.

North Scale is an ancient hamlet once administered by Furness Abbey, its name is derived from the Norse skalar, which means hut. If the tide is out, you will see the raised boardwalk which is used to cross the channel. Not advised if the tide is coming in!

Walney Airfield was first used as an RAF training airfield during the Second World War. It has also been a civic airfield now used exclusively by BAE Systems.

A bench at the top of the hill lets you get your breath back and the pleasure of a 360-degree view of the town of Barrow.

Town View– The following prominent buildings can be seen on the skyline, from the east (left) to west (right) – St James Church (1869), Town Hall Tower (1887) and Devonshire Dock Hall (1986-1988).

The recreational path upon which you are walking was opened in August 1998. It goes from the Dock Museum to the slag banks and was devised to acknowledge the hard work done every day in the heat and noise of the Barrow Haematite Steel Company, the site of which was where Furness College is now located. The slag banks were created by waste products from the steelworks between 1859 and 1965. When you arrive at the car park take a little time to read the plaque situated in the wall about the sculpture “Miners” which stood on this site and is thought to have been destroyed by vandals.

The sculpture was made by Colin Telfer (who also made the sculpture in Millom Square) and was made of a mixture of resin and iron ore mix and stood on a plinth of St. Bees sandstone. The plaque on the wall, when viewed in 2025 had also been vandalized having been daubed with red oxide paint, making it difficult to read. Photos of both the sculpture and the plaque can be seen on the wonderful website lindal-in-furness.co.uk

The path descends then flattens out to Furness College on your left. Take the steps down. Views of Jubilee Bridge ahead.

Jubilee Bridge was opened in 1908 as Walney Bridge. It was a toll bridge until 1935 when it was freed from tolls and renamed Jubilee Bridge (to mark the Silver Jubilee of King George V).

Devonshire Dock Hall and eventually the Dock Museum come into view. The Furness Haematite Trail ends at the Dock Museum (open Wednesday to Sunday, 11am to 4.00pm) where you will find friendly, helpful staff in both reception and the café.

There is a good display about the haematite industry, a model of a mine and samples of haematite.

This is the end of ..

- Section 6
- The FULL trail

and the start Loop Route 6.

Facilities:

Barrow

- Numerous shops and cafés
- Public transport, train and buses

Dock Museum (restricted opening)

- Parking
- Toilets
- Café

Follow this link
to check tide
times for the
Barrow area



<https://easytide.admiralty.co.uk/?PortID=0439>

For the latest information, and the most
up to date instructions for all Furness
Haematite Trail walks please follow this
link or scan the QR code.
<https://tinyurl.com/FHT-Section6-1-0>



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Information correct - March 2026

FURNESS HAEMATITE TRAIL



Section 6 - Loop Route

Return to Thwaite Flat from The Dock Museum

The Section 6 Loop Route starts by following the separate instructions for the 5 mile Section 6 of the full Furness Haematite Trail from Thwaite Flat to The Dock Museum. Then returns using these instructions on a 5.5 mile Loop Route to Thwaite Flat from The Dock Museum.

A map and .gpx of the route is available to download from the Facebook group [Furness Haematite Trail - Maps & Guides](#) or our website, QR code and link on reverse.

Leave the Dock Museum, turn left onto North Road, at the first set of traffic lights cross onto the other side of North Road and continue to the traffic Island ahead. Pass Tesco Extra on your right to the pedestrian traffic light ahead of you. Cross and turn right. Go past Burger King in a retail park on your left heading for another set of pedestrian traffic lights and a small roundabout.

The area on your left was the site of the Barrow Jute Works. It was a massive flax and jute mill founded by Sir James Ramsden to diversify from the iron-heavy economy. It employed around 2,000 workers, mostly women producing textiles, ropes, materials for carpets, linoleum, cables and artificial hair!

At the roundabout turn left. This is Abbey Road, the main road out of Barrow. Head for the traffic roundabout. This is Ramsden Square, with a statue of Sir James Ramsden

Sir James Ramsden, born in 1822, was instrumental in developing Barrow into what we see today. He contributed to many social and civic facilities within the town, was Mayor of Barrow five times and was knighted in 1872. He died in 1896 and is buried in Barrow Cemetery opposite the administration building (see later walk instructions)

Turn left at the roundabout into Duke Street and cross to the other side by the library. On your right is the Church of St Mary of Furness.

The Church of St. Mary of Furness was the first catholic church in the borough. Funded by the Duke of Devonshire -one of the iron masters – it served the rapidly growing population including Irish immigrants, many of whom worked at the Barrow Jute Works opposite.

Continue past the church, past College House to the Hindpool Park on your right. It's worth spending a few minutes to explore this delightful park.

Hindpool Park, designed by artist Janette Ireland, reflects and honours the areas industrial past in mosaics and stones honouring the jute works, Furness Railway and the steel manufacturing industries.

At the end of Hindpool Park, look over the road to where Travis Perkins is. This triangular area was the site of the Scotch buildings.

The Scotch Buildings were commissioned by the Barrow Haematite Steel Company and was built to house the huge influx of immigrant workers being drawn to Barrow for the iron ore mining and steelworks.

Turn right into Blake Street heading for St James the Great church with an elegant spire ahead of you. Cross to the other side of Blake Street at Hindpool Nursery School.

Continue up Blake Street with St James church on your left, crossing Hartington Street to the T junction ahead. At the T junction, turn left into Holker Street. Continue along Holker Street, passing Stollers Stores, on the left. At the mini roundabout head for the traffic lights at the next T junction past the football ground on the left.

At the traffic lights at the T junction turn right into Devonshire Road. Continue along Devonshire Road to the traffic roundabout with a sign to the crematorium. At the roundabout, cross Devonshire Road, using the refuge next to the traffic island, go straight on the left-hand side of the road, ascending gradually to the entrance of the cemetery.

Go through the ornate entrance to the cemetery and walk straight ahead past the cenotaph on your left and continue ascending gradually following the curve in the drive to the building you can see ahead, which is the administrative and crematorium building.

Facing the admin office the mausoleum of Sir James Ramsden is set into a low wall to your right. Retrace your steps slightly downhill away from the building and take the exit on your left near a building. This exit will take you onto Thorncliffe Road.

After going through the gate, take the pavement on your left to the brow of the hill a few metres away, following a stone wall with railings on your left.

Continue along Thorncliffe Road, after a sign that says '**priority over oncoming vehicles**' take the next turning on the left with a finger post indicating a public byway.

After turning left, go straight ahead onto a dirt track. Keep straight on. Eventually you will have How Tun woods on your left. Continue on a tarmac section with houses on the right. Keep straight on.

Go straight ahead towards the white cottages you can see at the end of the road. On your left you will pass Cliffe Lane car park to How Tun Woods on your left. Continue to the T junction and the King's Arms at Dalton Lane.

Turn right and walk to the crossroads, cross Hawcoat Lane, past the Bay Horse pub on your right and continue downhill on Dalton Lane. Opposite the bus shelter on your right, turn left into Dunmail Raise. Cross over the road to the right-hand side ignoring Rydal Avenue and turn into the next road, Seathwaite Road, on your right. Continue to the T junction, turn left and quite soon turn right into Ravenglass Road. Continue to the next T junction, turn left briefly into Glenridding Drive and head for a finger post between numbers 84 and 86.

After the stile at the end of the path, follow the right-hand boundary across a footbridge, then head diagonally across the field to a finger post and two power line posts. Go over the stile, next to a beautifully crafted finger post, which some kind person has spent a lot of time on, walk down a narrow footpath which joins a broad track and descends to a tarmac lane.

Go straight across the lane into a field, through some bushes and on to a stile. After the stile go down to the road on a footpath with steps. Cross the busy Park Road to a footpath opposite a large grassy verge which comes out on the old road opposite a metal kissing gate. Turn left onto the road and, as the pavement on the right-hand side peters out, you will see a stone wall and a sizeable building on the right. This is Millwood Manor and was

the residence of Edward Wadham, the managing agent for the Duke of Buccleuch, amongst other things.

Millwood Manor is a grade Two Listed building in the Gothic Revival style which was altered and extended in 1876 by Paley and Austin for Edward Wadham. It was his home from 1856 and contains a stained-glass window on the stairs with the Buccleuch monogram and motto.

Continue up the old road past Millwood Manor and, where the old road tries to join Park Road, bear right keeping on the old road that runs adjacent to Park Road. Cross to the pavement on the other side of Park Road and continue downhill to the traffic island below.

Stay on the pavement and follow it round to the left heading towards a blue and white cycle path sign across this busy road. After crossing both carriageways, go right towards the sign that says Roanhead, and then turn left into Oak Lea Road.

Section 6 Loop Route ends here.

Facilities:

Barrow

- Numerous shops and cafés
- Public transport, train and buses

Dock Museum (restricted opening)

- Parking
- Toilets
- Café

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For the latest information, and the most up to date instructions for all Furness Haematite Trail walks please follow this link or scan the QR code.
<https://tinyurl.com/FHT-Loop6-1-0>

