

Wyre Self Guided Trails: Wyre Way Part 4 – The Tarnbrook Loop

Start Point

At the Stoops Bridge car park near Abbeystead
Post Code: LA2 9BH
OS Grid Reference: SD 5638 5433

Distance / Time

10.5 km (6.5 miles)
3-4 hours

Maps

OS Landranger 102 or
OS Explorer OL41

Terrain

Terrain Grade: Hard

The route follows roads, farm tracks, fields and footpaths and includes several sections of steep climbing. 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 Tarnbrook loop is a relatively short walk round the headwaters of the River Wyre, crossing its two main feeder streams – the Marshaw Wyre and the Tarnbrook Wyre. The route touches the edge of the high moorland of the Forest of Bowland and has a much wilder feel than the downstream sections. After crossing pasture land up to the hamlet of Tarnbrook, the route climbs steadily to its high point on Hind Hill, from where, on a clear day there are views down the Wyre Valley to coast, and across Morecambe Bay to the Lake District. The return to Abbeystead follows

the course of the Marshaw Wyre, descending through a mixture of grazing land and woodland, past the large country estate house of the Duke of Westminster, and back to Stoops Bridge in Abbeystead.

Route Description

1. [SD 5638 5433](#) From the riverside car park return to the junction with Strait Lane (near the bridge). Turn right and proceed steeply uphill until the lane turns sharp left by a cottage. Go through the gate ahead into the cottage garden and through a kissing gate into a large field with a wood on the right. Initially follow the line of the wood edge, continue straight ahead towards a farmhouse in the distance. Pass a stone with a Wyre Way marker on the left then cross a stile and keep the field boundary on your left to another kissing gate, then straight across the small field ahead to reach the lane.
2. [SD 5753 5472](#) Cross the lane and proceed up the farm track ahead. Just before the farm buildings cross the ladder stile on the right and follow the left hand field boundary to cross a footbridge and stile in the corner of the field. Continue with the fence on your right to cross two stiles and a footbridge. Continue diagonally across the next field, passing a Wyre Way stone marker on the left, and cross another two stiles and a footbridge. Continue across this field to join the field boundary near a barn (note the stone Wyre Way marker on the right of the path). Continue, with the field boundary on your right, and cross a stile in the corner of the field. Continue with the fence on your right, to reach a narrow farm track via a narrow gate. Cross the track and go through another narrow gate, cross the field ahead and over a ladder stile into the next field. Go straight across the field to cross the stone wall ahead via stone steps set in the wall. Keep to the higher ground to the right, above the river, to cross a stile and down to a bridge over the river leading to the lane in the hamlet of Tarnbrook.
3. [SD 5879 5563](#) Turn right along the lane through the hamlet. Just before the road ends at a farmyard take the wide track through a farm gate on the left, leading onto moorland. Follow this track for about 350m then take the right turn over a cattle grid. Follow the farm track to cross the Tarnbrook Wyre via footbridge to the left of the main bridge into the yard of Gilberton Farm. Skirt round the farm, keeping the buildings and stone wall immediately on your right, to the far right hand corner of the field and cross a small concrete bridge and go through the gate. Proceed along the track ahead to the disused farm buildings at Spreight Clough.
4. [SD 5970 5524](#) Go between the old farm buildings and through a gate on the right leading to a steep climb up the field ahead. Keep close to the stone wall field boundary to your left and climb steadily, crossing several stiles

and passing woodland, then moorland on the left. As the climb eases notice a 3-sided 'sheepfold' enclosure on the left just before a gate. Go through the gate, ignoring the first stile on the left, to cross a further ladder stile about 150m ahead – this is the highest point of the walk.

5. SD 5986 5461 Bear right across the field to cross a ladder stile, then continue in the same direction, crossing the hillside towards a stone step stile mid-way down the hill in the wall to the left. Continue heading downhill towards the left end of a bank of trees ahead. Cross over a stile in the fence which crosses the field diagonally. Go through a young plantation and pass the foundations of some WW2 buildings to arrive next to a finger post leading to a wide track. Turn right and follow the track downhill, through a gate into the forest plantation. This track eventually leads down to the Trough of Bowland road.
6. SD 6041 5386 Turn right and follow the road. Just before the village of Marshaw take a pedestrian gate on the left, next to a cattle grid; this concessionary route runs parallel with the road for about 500m, through 2 kissing gates, then re-joins it at a kissing gate on the right, just before the start of woodland. Continue up the road, past a left turn, to a sharp right bend – go straight ahead into the field and continue in a straight line towards the corner of the wood ahead.
7. SD 5811 5384 Join the woodland boundary and continue downhill with the wood on your

right, over a footbridge, through the trees, and straight on to a footbridge over the main river. Cross the bridge and continue with the river on your right. After about 300m keep a sharp lookout for a footpath marker post on the left; head towards it then go up some steep steps through the woodland to the top of the steep bank.

8. SD 5748 5420 At the edge of the wood continue straight ahead following the vague path, with the river and woodland to the right. Continue past the impressive sight of Abbeystead House and gardens on the right, to a footbridge. Go over the bridge and diagonally across the field ahead, through a gate to join a track, which eventually leads to the lane close to Stoops Bridge car park.

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

Website: Wyre.gov.uk

Address: Civic Centre, Breck Road, Poulton-le-Fylde, Lancashire, FY6 7PU

Telephone: 01253 891000

E-mail: mailroom@wyre.gov.uk

