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Great days out from Broughton-in-Furness

Welcome to Broughton-in-Furness, a small market town in Wordsworth's favourite valley. Whether you are visiting for the day or staying for longer, this working Lakeland town is the perfect base for a car-free day out. To get away from it all and start exploring this hidden gem, check out the ideas in this guide.

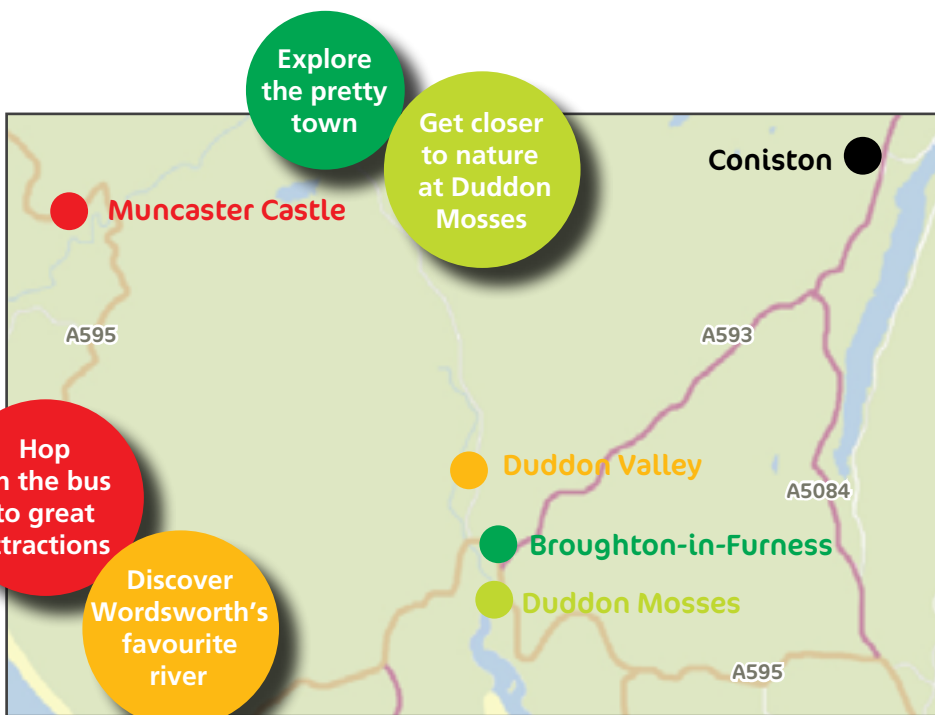
Head to the hills

The Duddon Valley was once a hive of industrious activity and the community here was self-sufficient in food, fuel and textile production. The network of paths between farms, mills and quarries makes Broughton-in-Furness an ideal base for walking. Take ordnance survey explorer map OL6 and compass (and know how to use them!), appropriate clothing, food and drink and a first aid kit.

Want to know more?

Broughton Tourist Information Centre (TIC) is run by local volunteers who can provide lots of information about the area.

It's open **Thursday Friday Saturday 10am - 2 pm**. Visit www.lakedistrictinformation.com or call on 01229 716115 for up to date information and events.



A Nature Walk

Visit the dynamic marsh land that inspired local poet Norman Nicholson. Duddon mosses is a site of special scientific interest (SSSI) because it is important for many species of plants and animals including the Natterjack toad! The walk also takes you past Donkey Rock, an important Geological Area. This walk takes about 2 hours, but leave time to stop for a picnic or a pub lunch in Foxfield! Follow the directions on the information board in the town square, or the leaflet from Broughton TIC.

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A car free day exploring the town

Broughton-in-Furness has something for everyone. Follow this guide and spend a day sightseeing, shopping and walking, with some great food and drink thrown in for good measure!

Stretch your legs

Take a morning stroll around the town. At the centre of Broughton-in-Furness is a lovely market square surrounded by three-storey Georgian houses, replicas of the grand houses of London. The town agreements "to keep the peace and not short change customers" are read out under the Obelisk every year to this day. Violators of this agreement were placed in the stocks that are still standing. Down a winding side street you'll find St Mary's church - the oldest building in Broughton-In-Furness.

Take an afternoon stroll

There are many short routes you can take right from the market square. Visit Broughton TIC for ideas or try the old railway route. This easy route along an accessible track is great for all abilities. There are benches along the way if you want a rest while the adventurous ones carry on. Of course, no Lakeland walk would be complete without a pint of local ale at the end - luckily the friendly pubs in Broughton have a great selection!



Spillt for choice for picnic provisions



Hand-made crafts make great souvenirs

Enjoy this peaceful corner of the Lake District

Indulge in foodie heaven

Stop for lunch in one of the cafés or country pubs serving great local food. If you are self-catering, you'll find everything you need in the grocery shop, specialist butchers, and artisan bakery. And if the weather is nice, the playground is the perfect spot for a picnic. Why not take home some local chutneys and jams?

Hit the shops

Forget typical souvenir shops, you're sure to find the perfect gift - or a treat for yourself! Browse the crafts in the Clock Tower Gallery, pick up a print in the bakery, or find something unusual in the antique shop. Traditional swills made by Owen Jones (the only full time professional swill basket maker in the UK) are on sale in the TIC. For the young at heart, the post office sell wooden toys made in Broughton-in-Furness and even model trains.