

Rail Trails

DUDDEN MOSSES FROM FOXFIELD

Just to the east of Foxfield at the mouth of the Duddon Estuary are the extensive wetland flats of Duddon Mosses.

These lowland raised peat bogs are one of the most important examples of their type in Britain and Europe, and for this reason have been designated as a National Nature Reserve.

For those interested in the flora and fauna this is a fascinating place to walk. A diverse range of things to see include deer, birds, butterflies and lizards, and some very special plants like sphagnum mosses, bog rosemary, cotton grasses and sundews can be found.

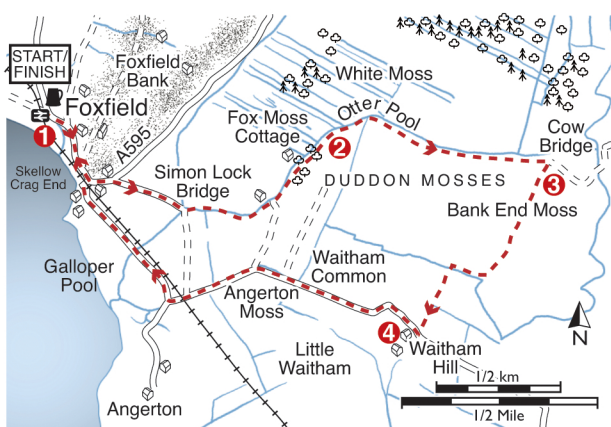
Start/finish: Foxfield Station (GR SD 208 854)

Distance: 5.5km (3.4 miles)

Time 2 hours

Height gain: 50m

Maps: OS Landranger 96, OS Explorer OL 6.



1. Out of the station turn right onto the A595 and follow it 450m to the second turning on the right. Follow the lane to a bridge, cross it then follow the track to a fork. Take the left branch and follow the track past the two cottages to the entrance to Duddon Mosses Nature Reserve.
2. A tree-lined track then leads beside Otter Pool (stream) and around the edge of the moss. Follow it, taking time to explore sections of the two boardwalks that branch off left and right, until you reach a footpath junction at Bank End Moss.
3. Turn right and head along the path for 370m to a footbridge. Cross it and then continue along the path as it does a dogleg to reach the road beside the farm at Waitham Hill.
4. Turn right on to the road and follow it over Angerton Moss to the level crossing. Carefully cross the level crossing and then turn right at the next junction. The road leads pleasantly along the foreshore to join the A595. Turn left and follow the main road the short distance back to the station.