**List of places to ride on the beach from North Lancs Bridleways Society (NLBS)**

Many of these rides are in Morecambe Bay. NLBS advises riders to ALWAYS ride parallel to the shore and to check the tides before setting out. There are areas of quicksand in Morecambe Bay so it is advised to keep close to the shore. It’s a good idea to walk your horse on the outward journey and gallop if the going is suitable on the return.

| **Number** | **Map** | **Grid Ref= X** | **Name** | **Description** |
| --- | --- | --- | --- | --- |
| 1 | OS 296 | 389500 | Pilling Sands | Park at X, can ride towards Knott End along Foreshore |
| 2 | OS 296 | 427560 | Sunderland Point | NB Sunderland Point can be cut off by tides. It is essential to check high tide times beforehand. Park opposite to pub in Overton by cattle grid. Ride across marsh to Sunderland Point Turn right at X between houses on to bridleway which runs along beach (Middleton Sands) to Carr Lane, Middleton, then back to Overton. |
| 3 | OS 296 | 408608 | Half Moon Bay | Park at X and ride North along beach to Morecambe 427644 |
| 4 | OS 296 | 457563 | Glasson dock Multiuse path | Park at X at Conder Green. This multi-use path goes into Lancaster. Need to check height of barrier at car park. This barrier is lowered at certain times of year. |
| 5. | OS 296 | 467666 | Bolton le Sands | Park at X just beyond level crossing at Hest Bank. Ride with caution (across water drainage channels – needs care) to Crag Bank just past Marsh House Farm where you meet a road – turn right and ride to A6. Cross A6 diagonally going South. Turn left up a path, then left over a canal bridge then right through 2 gates and up a track to Bolton le Sands. Turn left in village. Follow Ancliffe Lane to Bottomdale Road. Turn right on to Bottomdale Road over A6 and through Hest Bank to return to parking. |
| 6 | OS Outdoor Leisure 7 Eng Lakes | 457748 to 457755 | Silverdale | Short stretch of bridleway. |
| 7 |  |  | Cross Bay ride | **Only ridden under supervision of Cedric Robinson, Queen’s Guide to Morecambe Bay.** Start at Kents Bank across to New Barns Bay and back. This must only be ridden under supervision. Usually a couple of rides take place per year. It is NOT SAFE to ride unsupervised. If interested, we can provide contact details. |
| 8 | OS | 312298 | Lytham St Annes | Park at X. Ride either way, but a permit is required to ride here. |
| 9. |  |  | Southport | It is possible to park on the beach and ride from there. |