

Sunderland Point

Sunderland is not a place to visit without consulting your tide table. At high tide this hamlet on the Lune Estuary is temporarily cut off along its road route from Overton. This walk, however, approaches the settlement from the north, almost in the shadow of Heysham Nuclear Power Station. In doing so it passes "Sambo's Grave" a poignant reminder of the county's connections with the slave trade.

Distance: 7 Km or 4½ miles (10 Km or 6 miles if extending to Overton.)

Time: 2½ - 3 hours. Add 45 mins - 1 hour for extension.

Terrain: A bracing coastal walk for the most part, returning across fields.

Start: Car park Potts Corner.

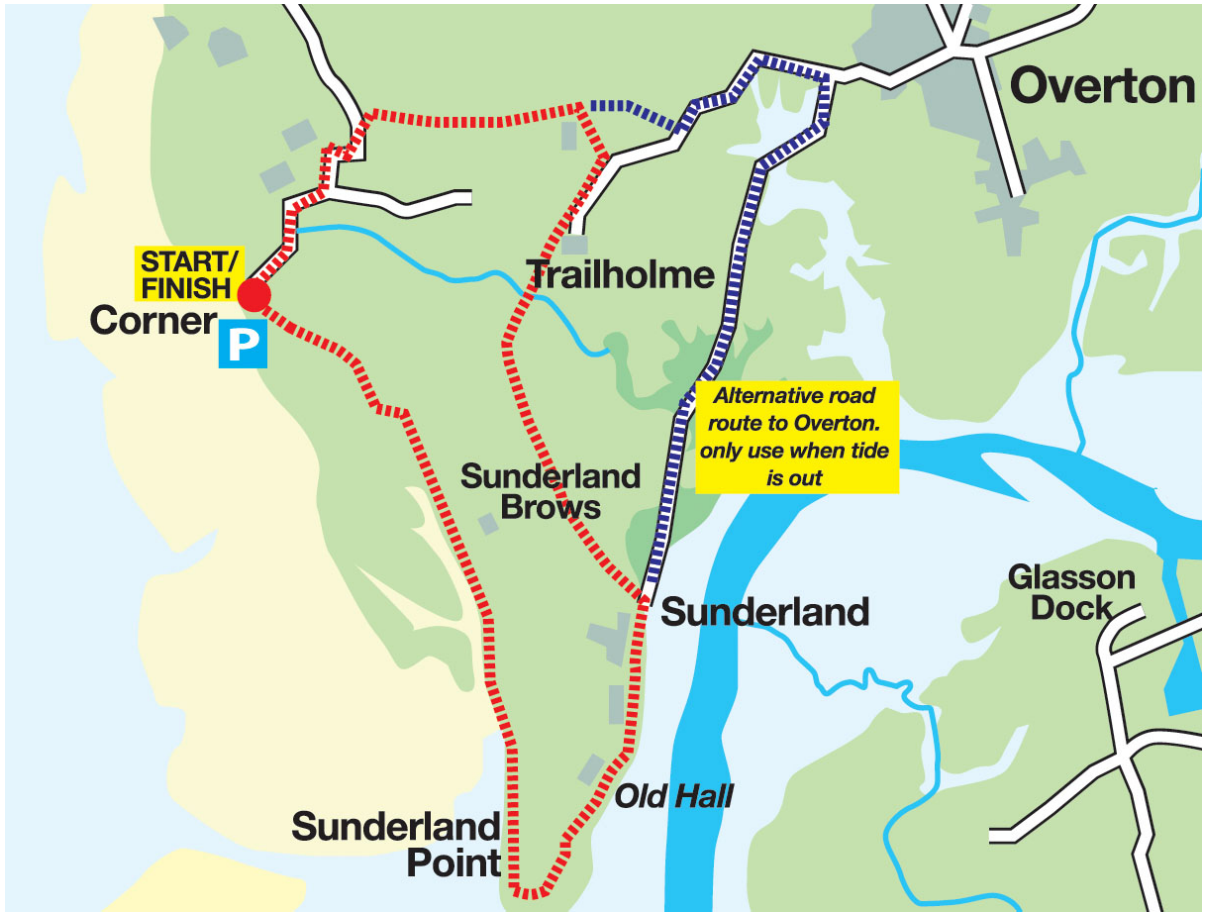
From Lancaster City Centre follow signs for A589 Morecambe. Turn left onto A683 to Heysham. At three miles and third roundabout turn left onto Middleton Road. On reaching Middleton turn right, into Carr Lane. Follow Carr Lane to its end on the coast. Car park on the left.

1. Potts Corner to Sunderland. (3 Km or 2 miles: 1 hour)

With the wide expanse of Morecambe Bay on your right walk along the track beyond its fork to Alderley Bank. When the track turns up the embankment after 600m keep straight along a narrow path with fence still on left. After passing Sunderland Brows Farm you will come to a footpath sign for Sunderland.(Pic 1) A short way ahead in a small enclosure you will reach Sambo's Grave.(Pic 2) Details are sparse as to who Sambo was. The main inscription dated 1796 indicates that he died 60 years previously when the slave trade was at its height. Whether he was a slave or a freeman he was certainly a long way from home. It is hard to imagine a lonelier or more desolate place for this solitary grave. Yet despite this, it is covered with tender remembrances on inscribed pebbles and stones. After paying due respect continue along the shore to reach Sunderland Point. Here the Lune enters Morecambe Bay. Round the Point to walk in a northerly direction towards Sunderland.(Pic 3) When the tide is in you will have to negotiate a rock strewn shore to reach the hamlet. If you haven't visited the place before, it may come as a surprise.(Pic 4) Long ago it was something of a port, until it was superseded by Glasson Dock on the far shore of the estuary. One surmises that many of the buildings would have looked out onto that port. Cottages and terraces built in a different age and quite a different style. Quite incongruously near the end of the settlement (or at its beginning if coming by road) a public convenience.(Pic 5)

2 Sunderland to Potts Corner. (4 Km or 2½ miles) [If seeking refreshment and the tide is out continue along the road to Overton where you can be assured of a warm welcome at the Globe Hotel.] (Pic 6)

If the tide is in or you are ready to return to the car park, bear left on a track after the last house of the settlement.(Pic 7) Ahead there is an embankment. Follow the track as it bends to the right to reach a ladder stile with a signpost indicating a footpath to Trailholme. Keep on this path as it crosses five fields, aided by stiles and footbridges. As you near Trailholme, a prominent farm complex on a rise, you will reach a ladder stile.(Pic 8) Cross it to climb an embankment then turn right towards the farm. Look for a ladder stile on your left, which will put you on a good farm track.(Pic 9) Take the track past the farm to its junction with the lane, then turn left to another farm complex - Trumley Farm/Marsh Lea. [Or right to reach Overton and the Globe Hotel.] In front of the farm take the right fork. Passing the building on your left keep ahead on a track, to reach a junction of footpaths. Here turn left over a white ladder stile.(Pic 10) Keep ahead to cross another stile. 300m/5minutes beyond Trumley the path converges with one from Middleton at another ladder stile. Cross it onto a track close by a motor repair yard.(Pic 11) Turn right. Follow the track to its junction with Carr Lane and turn left to return to the



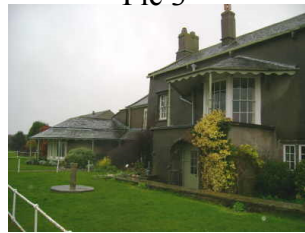
Pic 1



Pic 2



Pic 3



Pic 4



Pic 5



Pic 6



Pic 7



Pic 8



Pic 9



Pic 10



Pic 11

