



heritage open days

LANCASTER &
MORECAMBE BAY

HERITAGE
OPEN
DAYS



6 - 15 September 2024

www.heritageopendays.org.uk

Heritage Open Days Events 2024

LANCASTER

Lancaster Castle

Castle Parade, Lancaster, Lancashire, LA1 1YJ

Free guided tours of Lancaster Castle, visiting the courtyard, C-Wing, The Old Cells, Hadrian's Tower, The Shire Hall, The Grand Jury Room, The Crown Court, and The Drop Room. If the Police Museum is closed the tour will also visit A-Wing.

- **Saturday 07 September: tours every 30 mins 10:00 until 16:00**
- **Sunday 08 September: tours every 30 mins 10:00 until 16:00**

Booking on the day only, first-come, first-served basis.

Max no of people per tour: 39

Est. tour duration: 1 hour, 15 minutes

Access: Uneven floor surfaces with changing floor levels, low doorways and stairs throughout. Unfortunately not suitable for wheelchairs or pushchairs.

Contact for the day: Colin Penny 01524 64998

www.lancastercastle.com

Lancashire Police Museum & the Detective quiz

Lancaster Castle, Lancaster, LA1 1YJ

Opening specially on Saturday 7 September for Heritage Open Days.

We have a new and free quiz for budding detectives out there.

- **Saturday 07 September: 10:30-12:30 & 13:30-16:00**

Pre-booking not required

Access: we are on the first floor and there is unfortunately no lift.

www.lancashirepolicemuseum.co.uk

Lancaster Grand Theatre

St Leonardgate, Lancaster LA1 1NL

Join our knowledgeable tour guides for an exclusive behind-the-scenes experience and uncover the secrets of theatre operations. Dive into our rich history and hear captivating stories of traveling troupes, touring companies, and the many famous faces who have graced our stage.

- **Sunday 08 September: 10:00-13:00**

Pre-booking not required

Access: We have made the Lancaster Grand as accessible as possible within the restrictions of our historic venue. If you require any support or have any questions about access, please do not hesitate to contact us on 01524 64695.

Contact on day: Kerry Tenbey 01524 64695

Lancaster Priory Tours

1 Priory Close, Lancaster, Lancashire, LA1 1YZ

Offering a unique and interesting interior, there is much to see inside the building. New events for Heritage Open Days this year includes an exhibition of art from local artists supported by King Street Art Studio, two concerts from Lancaster Jazz Festival and a singing workshop from Encounter Voices, County of Song.

- **Saturday 14 September: with tours at 11:30 & 12:30**

No booking required. Max 30 people per tour. Tour lasts approx. 45 mins.

Access: We work hard to ensure that our building and events taking place within are as accessible as possible in this historic setting. There are 4 wheelchair spaces with free Personal Assistant seats for each service or concert performance. Paths and driveways on the hill are uneven in places.

Contact for the day: Parish Office 01524 65338

Luneside Open Weekend

26 Castle Park, Lancaster, LA1 1YQ

Meet the artists, view our group exhibition, explore studio spaces and see work in progress. This will be an opportunity to learn about the history of the studios and contribute to our fundraising by purchasing items.

- **Saturday 14 September: 12:00-18:00**

- **Sunday 15 September: 12:00-16:00**

Pre-booking not required

Access: The ground floor is accessible for wheelchairs and pushchairs but there is only stairway access to the upper floor. A disabled toilet is located on the ground floor.

Contact on day: Cathy Wilson 07397 812544

Judges' Lodgings

Church Street, Lancaster, LA1 1YS

View the world's largest collection of Gillow furniture and the highly successful exhibition of portraits of Black Lancastrians painted by Lela Harris. Explore our gallery of children's toys spanning the last 250 years and play with our wide selection of hands on toys and games.

- **Saturday 07 September: 11:00-16:00**
- **Sunday 08 September: 11:00-16:00**

Pre-booking not required

Access: The museum is housed in a 17th century house with no lift and unfortunately access is limited. The ground floor of the museum can be accessed through the side entrance up a short steep hill and a step. There is nearby parking on Castle Hill.

Contact for the day: Lynda Jackson 01524 581254

www.lancashire.gov.uk/leisure-and-culture/museums/judges-lodgings/

Storey Discovery Trail

The Storey & Gardens, Meeting House Lane, Lancaster, LA1 1TH

Discover the links between The Storey building and the associated walled gardens of fruits & flowers. Follow The Tasting Garden tree-shaped path network to fruit trees and new fruit sculptures. Find the local connections on a route around the block.

- **Friday 06 September: 09:00-17:00**
- **Saturday 07 September: 09:00-17:00, volunteers present 10:00-16:00**
- **Monday 09 September: 09:00-17:00**
- **Tuesday 10 September: 09:00-17:00**
- **Wednesday 11 September: 09:00-17:00**
- **Thursday 12 September: 09:00-17:00**
- **Friday 13 September: 09:00-17:00**
- **Saturday 14 September: 09:00-17:00, volunteers present 10:00-16:00**

Pre-booking not required

Contact on day: Hospitality Team, The Storey 01524 582226

Assembly Arts - Open Artists' Studios

The Assembly Rooms, King Street, Lancaster, LA1 1JN

Come and meet the resident artists at Assembly Arts in their studios housed in the beautiful and historic Georgian Assembly Rooms on Lancaster's

King Street. There will be an opportunity to tour the building and see our latest exhibition.

- **Saturday 14 September: 10:00 - 17:00**

Pre-booking not required.

Access: Please note that the main access to the Assembly Arts studios is via a staircase. The Assembly Arts Gallery is at street level.

www.assemblyarts.co.uk

King Street Arts (Lancaster) CIC

5A King Street, Lancaster, LA1 1JN

Rebuilt in Art Deco-Style in the 1930's, climb the Escher-like staircase to see artists at work in their studios. You can see a special exhibition of artists' completed work and work in-progress.

- **Saturday 07 September: 12:00-17:30** tours available throughout
- **Sunday 08 September: 12:00-16:00** tours available throughout
- **Saturday 14 September: 12:00-17:30** tours available throughout
- **Sunday 15 September: 12:00-16:00** tours available throughout

Pre-booking not required. Max no of people per tour: 8

Est. tour duration: 20 minutes

There is also the chance to join free taster workshops:

- **Saturday 07 September: 10:00-11:00** Mixed Media Landscapes
- **Sunday 08 September: 10:00-11:00** Mixed Media Landscapes
- **Saturday 14 September: 10:00-11:00** Make a simple Concertina Book
- **Sunday 15 September: 10:00-11:00** Creative Collage Taster

Limited places so please book in advance. For full details and to book a place visit www.kingstreetstudios.art/store/Workshops-&-Courses-c149863002

Access: single step at the entrance then there are stairs to our first and second floor studios and gallery.

Lancaster Quaker Meeting House

Meeting House Lane, Lancaster, LA1 1TX

Quakers first worshipped in Lancaster in 1652 at first in each others' homes until a Meeting House was built. Our present building is one of the oldest in Lancaster surrounded by a burial ground.

- **Sunday 08 September: 14:00-16:00** Tours every 20 minutes

Pre-booking not required

Max no of people per tour: 20. Est. tour duration: 1 hour

Access: Part of the grounds are not fully accessible by wheelchair or prams. Please use the large entrance if you are a wheelchair user or pushing a pram.

Standfast & Barracks Factory Tours

Caton Road, Lancaster, LA1 3PA

As part of Heritage Open Days 2024, we are welcoming you to take a tour of Standfast & Barracks to discover what life is really like behind our prestigious walls. We have been printing fabrics on this site since 1924, making this our centenary year!

- **Saturday 07 September: tours every 45 minutes 09:15-14:30**
- **Saturday 14 September: tours every 45 minutes 09:15-14:30**

Pre-booking required via www.tickettailor.com/events/standfastandbarracks/1332818

Max no of people per tour: 20

Est. tour duration: 1 hour, 30 minutes. Please arrive 20 minutes prior to start.

Access: You will receive a full health and safety briefing. The tour is around 1 mile long in total, with some walking and standing. Please wear flat, sturdy, closed toe footwear (no high-heels or sandals), and bring small bags.

The tour is mostly wheelchair accessible, but there are some areas which are unsuitable. Unfortunately, we cannot offer disabled toilet facilities at this time.

There is limited disabled parking available. No dogs are permitted except guide dogs; please do inform us if you are planning to bring a guide dog.

Contact on day: Rebecca Pye 07738 278662

Christ Church, Lancaster

Wyresdale Road, Lancaster, Lancashire, LA1 3EA

Christ Church is a beautiful Grade II listed building, with stunning views across the Bay. Having been a Chapel for the Lancaster Workhouse and Lancaster Royal Grammar School, it remains a place for worship loved by many in and beyond the parish.

- **Saturday 07 September: Tours at 11:00 & 14:00**
- **Saturday 14 September: Tours at 11:00 & 14:00**

Max no of people per tour: 30

Est. tour duration: 1 hour

Access: Some areas of the church involve climbing 2 steps (although there is full visibility from floor level). Well behaved dogs welcome.

Contact on day: Rev'd Carol Backhouse 01524 942105

Lancaster University Library

Lancaster University, Bailrigg, Lancaster, LA1 4YH

A two-day celebration showcasing the work of Lancaster University, its library and community partners. Enjoy interactive exhibits, engaging activities, insightful talks, and live music from our communities. Key community installations include:

- * How does the library inspire you? exhibition featuring works by artists of any age or background who have a connection to the Library.
- * An installation looking at the stories of refugees in Lancaster developed in partnership with Global Link Lancaster.
- * Commissions by artists celebrating the impact of the Jukebox on teen culture in the 1950s and 1960s created during Jukebox: the Teenage Revolution, developed in collaboration with Mirador Arts. Slip under a Fifties style hairdryer and listen to teenage memories of the Fifties and Sixties, or an interactive story and game housed within an antique jukebox. And go back to the future with Welcome to Lunar-shire, a virtual reality experience looking at youth culture through the lens of the Sixties fascination with space travel and an imagined future.

- **Friday 13 September: 10:00-16:00**
- **Saturday 14 September: 10:00-16:00**

Pre-booking not required

Contact on day: Louise Speakman 01524 592516

St John's Church Ellel near Lancaster

Chapel Lane, Galgate, Lancaster, LA2 0PW

Spend an afternoon looking round a hidden gem of a country church in the depths of rural Lancashire. Whilst not the oldest parish Church in the area, St John's is full of history, as you will see! Tours will run during the open afternoons conducted by local historian and Parishioner Shaun Corkerry. There will be brief presentations to give context and tell the story of the 3 Parish Churches of Ellel since 1154. Refreshments will also be available.

- **Saturday 07 September: 13:00-17:00**
- **Saturday 14 September: 13:00-17:00**

Pre-booking not required

Contact on day: Shaun Corkerry 07951 731201

Castle Hill Halton

Opposite Church Brow, Halton, Lancaster, Lancashire, LA2 6LS

Site of Norman Motte and Bailey Castle - Open for first time in advance of access works to make the site open to the public. Short display of proposed access improvement works.

- **Sunday 08 September: 10:00-15:00**

Pre-booking not required.

Access: Rough ground and fairly steep slope to access. No toilets on site. No parking in the immediate vicinity of the Castle - please park nr Halton Burial Ground Foundry Lane Halton. Rough ground - fairly steep slope.

www.facebook.com/groups/678087419268554

St Wilfrid's Halton

Church Brow, Halton, Lancaster, LA2 6LS

Come and see the unique Sigurd Cross in the Church yard which has both Christian and Viking carvings. There are other early carvings on view inside the church. There will be tours up the tower to see the wonderful views over the village and Lune valley.

Stalls and light refreshments will be available plus activities for children.

- **Saturday 14 September: 10:30-16:00 Tower tours available**

Pre-booking not required

Max no of people per tour: 6. Est. tour duration: 15 minutes

Children must be 8 or above to go on the tour.

Contact on day: Rev'd Susan Seed 01524 822128

Cockersand Abbey Chapter House

Moss Lane, Thurnham, LA2 0AZ

Chapter House of Premonstratensian Abbey dissolved in 1539 and became the mausoleum of the landowners - Dalton's. View an exhibition of artifacts and photographs from the last excavations in 1923.

- **Saturday 07 September: 12:00-16:00**
- **Sunday 08 September: 12:00-16:00**

Pre-booking not required

Access: Park in farmyard. Rough track to site, Chapter House is in the middle of a field usually used by cattle.

Contact on day: John Regan 07771 737101

MORECAMBE BAY

Next stop, Morecambe - Morecambe's Railway Heritage

29 Royalty Mall, Arndale Centre, Morecambe, LA4 5DH

An exhibition of the decline of railway heritage featuring the vast number of stations in the town in years gone by and a walk around the various station

Book on day. Walk commences at the Heritage Centre.

- **Saturday 07 September: 11:00-15:00 Exhibition**
- **Tuesday 10 September: 11:00-15:00 Exhibition**
- **Thursday 12 September: 12:00-15:00 Exhibition**
- **Friday 13 September: 14:00 walk only**
- **Saturday 14 September: 11:00-15:00 Exhibition**

Max no of people per tour: 15

Est. tour duration: 1 hour

Access: Those attending the walk should be mindful of weather conditions and wear suitable clothing and footwear.

Contact: Peter Wade 01524 420905

The Mysteries of Jenny Brown's Point

Jack Scout Lime Kiln, Sand Lane, Silverdale, Carnforth, LA5 0UA

Join the Morecambe Bay Partnership team for a guided walk through Silverdale's rich history and stunning landscapes. A leisurely 2.5 mile stroll from Jack Scout to Jenny Brown's Point pausing to enjoy the beautiful scenery and uncover the hidden stories and fascinating events that shaped the area.

- **Saturday 14 September: 13:00-15:00**

Booking is preferred via www.trybooking.com/uk/DTVZ or www.morecambebay.org.uk/be-inspired/new-whats-on

Max no of people per tour: 25

Est. tour duration: 2 hours

Access: Nearest toilets are at the Wolf House Cafe for customers. The walk will go at a gentle pace but there are steep sections and the ground is uneven. Walking boots are advised.

Contact: Claire Bradshaw 07760 881581

Family Fun Day at Heron Corn Mill

Mill Lane, Beetham, Milnthorpe, Cumbria, LA7 7PQ

There will be activities for all ages in the barn, where you can learn to make playdough, build machines with our cogs and gears, have a go at making your own paper, and more! There will also be two special timed tours of the mill at 11.30am and 2.30pm, and soup rolls and biscuits will be available to buy from the Shepherd's Hut - all freshly made by our team of volunteers!

- **Saturday 14 September: 11:00-15:00**

Pre-booking not required

Access: The top floor of the mill is inaccessible to wheelchairs, prams and people unsteady on their feet.

Contact: Audrey Steeley 01539 564271

www.heronmill.org

Sizergh - Gunpowder Walks

Sedgwick, Kendal, Cumbria, LA8 0JZ

Come and marvel at the remains of the New Sedgwick gunpowder works on the Sizergh estate, and learn some of their secrets.

- **Friday 06 September: 11:00 & 13:30**
- **Monday 09 September: 11:00 & 13:30**
- **Thursday 12 September: 11:00 & 13:30**
- **Friday 13 September: 11:00 & 13:30**
- **Sunday 15 September: 11:00 & 13:30**

Pre-booking required. Walks will depart from the small car park, just past the footbridge over the River Kent, and will last about an hour and a half. Stout footwear is required as some of the paths are a bit rough. Due to the nature of the paths the group size will be limited, so please book your place by calling Sizergh's welcome team on 015395 69818.

Max no of people per tour: 15

Est. tour duration: 1 hour, 30 minutes

Access: Unfortunately this walk is not suitable for wheelchair users, as some paths may be muddy and uneven.

Contact on day: Sam Sharples 07920 784411

Victoria Hall

Main Street, Grange-over-Sands, Cumbria, LA11 6DP

Enjoy a Guided Tour of the Victoria Hall, Grade II listed, on Main Street in the

pretty, coastal gem of Grange-over-Sands. It houses a beautiful 292 seater Hall with balcony, also the old Council Chamber and Council Offices.

- **Saturday 07 September: 10:00-16:00**

Pre-booking not required

Max no of people per tour: 24

Est. tour duration: 30 minutes

Access: Only the ground floor of the building is accessible for those of limited mobility due to steps and stairs. The Main Hall is fully accessible and there is a ground floor disabled toilet/baby changing. The entrance for those not wishing to use steps is round the side of the building to the right of the main entrance.

Backbarrow Ironworks Heritage Trust

Ironworks Road, Ulverston, Ulverston, Cumbria, LA12 8RF

Backbarrow Ironworks is one of the first built [1711] in the North of England continuing for over 250 years until 1965. This amazingly long period of iron production represents the best illustration of iron smelting technology development nationally.

- **Sunday 08 September: 11:00 & 13:00**

Pre-booking required, please email richard@alistairsanderson.com

Max no of people per tour: 15

Est. tour duration: 1 hour

Strong shoes or boots essential. The site is not suitable for young children or pets.

Access: Old industrial site, rough ground, high doorways on two levels with long flight of stairs. Hence access is restricted to those fully mobile and as above not suitable for young children or pets. No toilet.

Contact: Richard Sanderson richard@alistairsanderson.com

Westmorland & Furness Festival of Built Heritage

Town Hall, Duke Street, Barrow-in-Furness, Cumbria, LA14 2LD

Building tours, exhibitions, building craft demonstrations and workshops to celebrate the built heritage of the Westmorland & Furness area.

Events sponsored by BAE Systems.

- **Friday 06 September: 10:00-16:00**
- **Saturday 07 September: 10:00-16:00**

- Barrow Town Hall Tours (Duration 1hr): 10:00, 11:00, 12:00, 14:00, 15:00
- Stained Glass workshops: 10:00-12:30, 13:30-16:00
- Sign Painting workshop: 10:00-16:00 with a break for lunch
- Stonemasonry demonstrations: 10:00-16:00 (outside Town Hall)
- Dock Museum Pop-Up Exhibition: 10:00-16:00 (Town Hall Main Foyer)

Pre-booking preferred via The Forum: 28 Duke Street, Barrow-In-Furness LA14 1HH or online: www.theforumbarrow.co.uk or by phone: 01229 820000

Access: Disabled parking to rear of Town Hall off Cornwallis St. Wheelchair and pushchair access to first floor via lift, although access to Mayor's Parlour is tight. Public toilets are accessible at The Forum theatre across the town square.

Westmorland & Furness Festival of Built Heritage: Local History Walking Tours

Barrow-In-Furness Library, Ramsden Square, Barrow-in-Furness, LA14 1LL
A walking tour run by Susan Benson of Cumbria Archives, from Barrow Library taking in some of Abbey Road and Duke St, with stops to talk about specific local historic buildings and sites, finishing at the Town Hall.

- **Saturday 07 September: 10:30 and 14:00**

Pre-booking preferred via The Forum: 28 Duke Street, Barrow-In-Furness LA14 1HH or online: www.theforumbarrow.co.uk or by phone: 01229 820000

Max no of people per tour: 10

Est. tour duration: 45 minutes

Cartmel Priory Gatehouse

The Square, Cartmel, Grange-Over-Sands, Cumbria, LA11 6QB

Set in the picturesque village of Cartmel, this 14th century gatehouse is Grade II* listed and holds a fascinating and important past. This medieval monastic building along with the church, is all that remains of Cartmel's Augustinian Priory.

- **Sunday 15 September: 10:00-16:00**

Unfortunately the Great Room at the Gatehouse is not wheelchair accessible due to its location on the 1st floor which is only accessible via an uneven,

steep stone spiral staircase. There is no parking directly at the Gatehouse. Pay for parking is available at the racecourse nearby. Contact for the day: Georgina Gates 015395 69816 www.nationaltrust.org.uk

Gleaston Water Mill

Gleaston, Ulverston, Cumbria, LA12 0QH

Join us for these fascinating talks and tours: a morning talk covering the sources of water to power a mill, leat location and the ingenuity of design to maximize power or an afternoon talk about the graffiti and other stuff which has appeared in our mill over many generations and give clues to the mill's history.

- **Wednesday 11 September: 11:15 Water Courses talk & discussion**
- **Wednesday 11 September: 14:00 Mill Graffiti talk & discussion**
- **Thursday 12 September: 11:15 Water Courses talk & discussion**
- **Thursday 12 September: 14:00 Mill Graffiti talk & discussion**

Max no of people per tour: 20

Est. tour duration: 1 hour

Access: Ground floor uneven, steep flight of stairs to first floor.

Contact for the day: Vicky Brereton 01229 869244

www.watermill.co.uk

Newland Charcoal Iron Furnace

Furnace Cottage, Newland, Ulverston, Cumbria, LA12 7QG

Visitors will get the chance to look around the Newland Charcoal Iron Furnace. There will be an exhibition of the furnace's history and operation and guided tours will be given to explain things further. There are a number of new exhibits on display.

- **Saturday 07 September: 10:00-17:00**
- **Sunday 08 September: 10:00-16:00**
- **Saturday 14 September: 10:00-17:00**
- **Sunday 15 September: 10:00-16:00**

Access: Some of the site and tour route is available to wheelchair users.

Parking is limited to about 6 vehicles.

Contact: 07821 350848

MORE TO DISCOVER!

To find out even more about the district's fascinating heritage, why not visit one of the district's fantastic Museums and Heritage Centres?

Entry charges may be applicable - please visit www.lancasterandmorecambebay.com for details.

Lancaster City Museum and King's Own Royal Regiment Museum

Market Square, Lancaster, LA1 1HT

Discover more about the City of Lancaster, one of England's Heritage Cities, from the pre-historic era, through to today. The immersive galleries are packed with objects and stories for you to explore the history of this wonderful city and its people.

The Regimental Museum, housed within Lancaster City Museum, tells the story of the King's Own, or 4th Regiment of Foot, from 1680 to modern times including the First and Second World War.

Open Monday, Tuesday, Friday, Saturday, Sunday: 10:30-16:00

Lancaster Maritime Museum

St George's Quay, Lancaster, LA1 1RB

Using sound, smells, reconstructions and audiovisuals, Lancaster Maritime Museum covers the maritime trade of Lancaster, the history of the port, the Lancaster Canal and the fishing industry of the Lune Estuary and Morecambe Bay.

Open Monday, Friday, Saturday, Sunday: 12:00-16:00

Morecambe Heritage Centre

Unit 29, Arndale Centre, Market Street, Morecambe, LA4 5DH

Illustrating Morecambe's rich heritage through temporary and permanent exhibitions of archaeology and architecture, coastline and bay, tourism and entertainment, and the people and families that make Morecambe so special.

Open Tuesdays and Thursdays: 12:00-16:00

Heysham Heritage Centre

Main Street, Heysham, LA3 2RW

This 17th-Century longhouse houses all of Heysham's fascinating history, superbly captured in its displays and exhibitions.

Please check opening times before visiting: 01524 853465.

Carnforth Station Heritage Centre

Warton Road, Carnforth, LA5 9TR,

This extensive heritage centre tells not only the story of the making of the film Brief Encounter, which was filmed on location here, but delves into the history and heritage of Carnforth, its workers and its families.

Open Monday-Friday: 12:00-16:00 and Saturday: 10:00-15:00

Morecambe Winter Gardens

109 Marine Road, Morecambe, LA4 4BU

Come and tour this fascinating theatre which has played host to many famous stars of stage and screen: George Formby, Gracie Fields, Vera Lynn, the Who and the Rolling Stones to name but a few!

Open weekends: 12:00-16:00

Leighton Hall

Warton, near Carnforth, LA5 9ST

The ancestral home of the world-renowned Gillow furniture family, Leighton Hall is still lived in today and is no stuffy museum – there aren't any roped-off areas here!

Open Tuesday, Wednesday, Thursday: 14:00-17:00

To find out more about Lancaster and Morecambe Bay:
www.lancasterandmorecambebay.com





Heritage Open Days is England's largest festival of history and culture, and over ten days in September, venues across the district will throw open their doors for FREE, inviting you to come and discover hidden places, peek behind the scenes and try out new experiences.

England's contribution to the European Heritage Days scheme and co-ordinated today by the National Trust with support from players of the People's Postcode Lottery, it's known as 'the local national festival'.

In partnership with



National Trust



This year the festival focuses on 'Routes - Networks - Connections'. We will be celebrating how people and ideas have moved around and come together throughout history. The transport routes, communication networks, trade unions and social clubs. The travellers who have spread ideas and the hosts who welcome them. There are so many stories on our doorsteps just waiting to be uncovered.



We hope you'll join us to celebrate the unique heritage of Lancaster and Morecambe Bay!
www.heritageopendays.org.uk

Please Note: This leaflet highlights various events and activities across Lancaster and Morecambe Bay. For a full list of Heritage Open Day events across the country and for some local events that registered after the production of this leaflet visit www.heritageopendays.org.uk

This leaflet has been produced by Lancaster City Council. All programme details are correct at time of going to print but may be subject to change - please check before setting out on your journey.



Front cover image: Thanks to Roy Smith, King Street Arts (Lancaster) CIC