



BACK IN TIME: The 14th century castle on Piel Island from the southern end of Walney

BARROW'S BEAUTIFUL PLACES

MEET the people who look after the places and find out how spending time in them can improve your mental and physical health.

Come and find out about the beautiful places you can visit, walk around, picnic in and just enjoy.

In the borough of Barrow we have internationally-important nature reserves, romantic abbey ruins, a Thomas Mawson-designed park, some rare wildlife and geology.



HIDDEN CORNER: Roanhead pond

THE FORUM, BARROW, SATURDAY, MARCH 24, FROM 10am TO 3pm

● **ADMISSION FREE** ●