



### Birds of the Solway

Throughout the seasons, the Solway Coast AONB is alive with the sight and sound of wetland birds. Thousands of oystercatchers, grey plovers, curlews, dunlins and other shorebirds spread out over this vast area to feed. As the tide rises, the birds fly onto the higher marshes to roost and are easily viewed from the roadside lay-bys at the RSPB's Campfield Marsh Reserve. During the winter months the wading birds are joined by large numbers of ducks along with pink-footed and barnacle geese. From North Plain Farm, a nature trail leads you through the different habitats of the RSPB reserve.



During the summer months, wading birds such as lapwings, redshanks and snipe nest on the wetter fields, while the hedgerows come alive with the songs of warblers, finches and buntings. Numbers increase in the autumn and winter as birds on migration, such as greenshank, ruff and huge flocks of wigeon and teal stop to feed.

### Following the route

Each route is highlighted on its own Ordnance Survey map (1:50,000 scale = 1 1/4 inches to 1 mile / 2 cm to 1 km). Where the route uses part of Hadrian's Cycleway, you should be able to follow the distinctive blue signs (number 72 with a Roman helmet) but otherwise you'll need to use the map and numbered route directions, especially in urban areas. The 'Key to map' explains the symbols on the map and the abbreviations in the route descriptions. The general rule is to keep to the road you're on unless otherwise directed. Please note that all distances are approximate.

### Key to route instructions

R	Right
L	Left
SA	Straight ahead/across
Jct	Junction
X roads	Crossroads
NCN72	National Cycle Network route number
m	Metres
km	Kilometers
Scale	1:50,000

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### Tourist Information Centres

**Silloth**  
Solway Coast Discovery Centre  
Liddell Street, Silloth CA7 4DD  
tel: 016973 31944

**Carlisle**  
Old Town Hall, Green Market  
Carlisle CA3 8JA  
tel: 01228 625600

**Maryport**  
Maryport Town Hall, Senhouse Street,  
Maryport CA15 6BH  
tel: 01900 702840

### Cycle shops

**Abbeystown**  
Abbey Cycles,  
1 Main Street CA7 4WR  
tel: 016973 61231

**Carlisle**  
Palace Cycles  
122-124 Botchergate CA1 1SH  
tel: 01228 523 142

**Scotby Cycles**  
1 Church Street, Caldewgate  
CA2 5TL  
tel: 01228 546 931

**Cockermouth**  
4 Play Cycles  
25-31 Market Street CA13 9LS  
tel: 01900 823377



### The Solway Coast AONB Management Unit

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www.solwaycoastaonb.org.uk

Cycling around the Solway Coast  
Area of Outstanding Natural Beauty

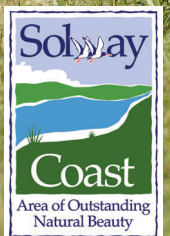


## Cardurnock Peninsula

A 16 mile (25km) cycle ride from Kirkbride



Great  
Cycling in Cumbria



## Cycling from Kirkbride

Cross the River Wampool and pedal around the peninsula coastline on Hadrian's Cycleway with plenty to see on the way. In amongst the transmitter masts beyond Anthorn (now broadcasting the 'time signal') is evidence of a former wartime airfield, then comes the RSPB Campfield Marsh Nature Reserve – a mosaic of salt marsh, peat bogs, farmland and wet grassland, that's full of wildlife. At Bowness-on-Solway, the western end of what was Hadrian's Wall, there's the option to take a partly off-road route to get to the Rogersceugh viewpoint (see *opposite*). Continuing east from Bowness brings you to Port Carlisle and the Glasson Moss National Nature Reserve. A pair of binoculars will come in handy as will some money for a stop at one of the pubs you'll pass.



**1** Turn R out of the Bush Inn car park and follow the road out of the village and over the River Wampool. Turn L at the next T-jct and follow the blue Hadrian's Cycleway signs around the peninsula to Bowness-on-Solway. Look out for the entrance to the RSPB reserve at North Plain Farm (there's a nature trail to follow on foot).

**2** Turn R in the village by the pub for the Rogersceugh viewpoint off-road option, otherwise continue SA following Hadrian's Cycleway.

### Rogersceugh viewpoint off-road option

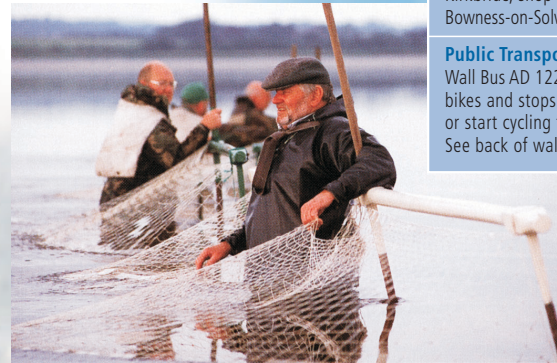
At just under 2 miles (3.2km) along the road from Bowness-on-Solway, look for the Glasson Moss National Nature Reserve entrance sign. Turn R opposite along a grassy, then stony track (rough in places) with several gates to negotiate. Cross the line of the dismantled railway and bear R to reach the old farm buildings ahead. Follow the route provided to the covered picnic and information area and enjoy the panoramic views. Head down the track to rejoin the road, and turn L and then R to return to Kirkbride.



**3** About half a mile (0.5km) after Port Carlisle there's a road off to the R (holiday park entrance). Bear R along to the end if you'd like to have a good look inside the Glasson Moss Nature Reserve (cycle stands and a boardwalk to follow).

**4** Turn R to go through Glasson village.

**5** Turn L at the T-jct, then R and L to cross the River Wampool again to return to Kirkbride.



'Haafnetting' for salmon and sea trout has been practiced on the Solway since Viking times.

### Bowness Common and Glasson Moss National Nature Reserves

These reserves help protect the lowland peat bogs (or raised mires) that cover much of the Cardurnock Peninsula and are some of the UK's rarest wildlife habitats. They began forming 8,000 years ago after the last Ice Age, and although drainage and cutting have reduced the area of raised mire, where it survives it's still growing, thanks to a plant called Sphagnum Moss and high rainfall. Over hundreds of years the remains of water-loving mosses and other plants form mounds of peat that act like a sponge and encourage more moss to grow.

### Route basics

**Start** The Bush Inn (over bridge from the main village road)

**Distance** 16 miles (25 km) via Glasson

**Grade** Easy – but be prepared for a headwind for the first part of the ride. All on road except for the Rogersceugh viewpoint off-road option

**Refreshment** Pub (not food) and shop in Kirkbride, shop in Anthorn, and pubs in Bowness-on-Solway, Port Carlisle and Glasson

**Public Transport** The seasonal Hadrian's Wall Bus AD 122 service from Carlisle carries bikes and stops on the route near Glasson, or start cycling from the Drumburgh stop. See back of wallet for more details



### Port Carlisle

Originally known as Fishers Cross, Port Carlisle was developed in 1819 to handle goods for the city using a canal link built in 1823. You can see some remains by the shore.

### Hadrian's Wall

Bowness-on-Solway was built on the site of the Wall's most westerly fort. Its' church and some houses were built with stones taken from it. There's a map showing the fort's layout on the wall of the Kings Arms.