



Mawbray Bank Nature Reserve

Some of the finest sand dunes in the Solway Coast AONB are found here and form part of a Site of Special Scientific Interest. These dunes are unique habitats and home to rare animals like the Natterjack Toad. It breeds in shallow pools, which often dry out in the summer, and is recognised by a yellow band on its back and yellow eyes - but don't try and catch one as they are a protected species and cannot live in any other conditions. Dune grasslands merge into an area of dune heath, which is now very rare in Cumbria. The dense banks of gorse and broom scrub are important for birds and invertebrates, but are invasive and have overtaken the dune heath. The dunes are also important for breeding and roosting birds such as oystercatcher, curlew, stonechat, the rare little tern, bar-tailed godwit and ringed plover.



Following the route

The 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 just follow the distinctive blue signs (with the number 72 and Roman helmet on), but otherwise you'll need to read the map and numbered route directions. The 'Key to map' explains the symbols on the map and the abbreviations in the route directions. The general rule is to keep to the road you're on unless otherwise directed. Please note all distances are approximate.

Key to route instructions

R	Right
L	Left
Jct	Junction
SA	Straight ahead/across
X roads	Crossroads
NCN 72	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

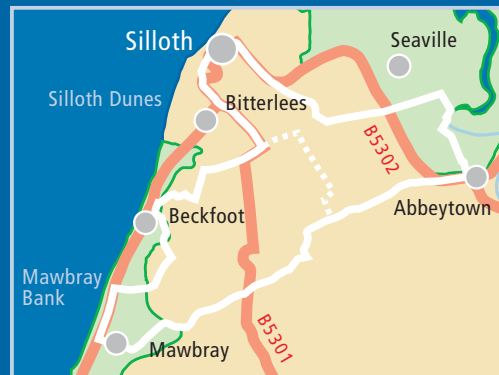
Cycle shops

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
 Liddell Street, Silloth-on-Solway
 Cumbria CA7 4DD
 Telephone: 016973 33055
 www.solwaycoastaonb.org.uk

Cycling around the Solway Coast
 Area of Outstanding Natural Beauty



Holm Cultram Abbey & Mawbray Bank

A 20 mile (32km) ride from Silloth



Great Cycling in Cumbria



Cycling from Silloth

Head inland for a brief look at the remains of 12th century Holm Cultram Abbey in Abbeytown, and then back out to the coast at Mawbray Bank Nature Reserve on a gentle circular route that undulates only slightly in the middle. Allow extra time to roam the beach and dunes at Mawbray Bank, and for calling in at the reptile and tropical butterfly house (Bank Mill) and farm park (The Gincase) that are further on. The route starts and finishes on Hadrian's Cycleway – with lovely views of Lakeland fells and the Solway Firth coastline as standard.

Holm Cultram Abbey

Founded in 1150 by French Cistercian monks based at Melrose Abbey (the Solway coast area was then in Scottish hands). English king Henry II took custody of the Abbey in 1157 but confirmed the original grant of land and property to them. The Abbey became immensely wealthy and was often raided by the Scots, including Robert the Bruce who sacked it in 1319, despite the fact that his father was buried here. The dissolution of the monasteries saw the Abbey surrendered to Henry VIII in 1538. The surviving centre of the Abbey served as the parish church which was badly damaged by fire in 2006 and is currently closed to the public.

1 Turn L out of the Discovery Centre and follow the road to the first jct. Look for the blue Hadrian's Cycleway sign and follow it and other similar signs all the way to Abbeytown. For the tearoom in Seaville, take the first L turn having crossed the B5302 and keep bearing L for less than a mile.

2 Turn L in Abbeytown and turn L again off the main road to have a look at Holm Cultram Abbey. Go R back at the main road, cycle out of the village and take the first L as the road bears R.

3 Keep R along the country lane (turn R in Highlaws if you're taking the short-cut marked on the map back to Silloth) to then bear L at the former Foulisye Chapel.

4 Turn R at this country X roads and follow the road to and straight over the next X roads. Bear R through tiny Holme St Cuthbert and keep on this road to Mawbray.

5 Go SA at the far end of the village and carefully cross the coast road into the nature reserve. Continue by turning L back onto the coast road and carefully take the first R turn (just past Bank Mill). Keep bearing L to go through Newtown and take the first L turn towards Beckfoot.

6 Here (at the tearoom and farm park) Hadrian's Cycleway comes in from the right and you follow its blue signs all the way back to Silloth and the Discovery Centre.

Route basics

Start Solway Discovery Centre.

Distance 20 miles (32km) with a possible short cut.

Grade Easy – no steep bits. All on road.

Refreshment Choices in Silloth, farm tearoom at Seaville, pub and small shops in Abbeytown, pub in Mawbray, coffee shop at Bank Mill, and farm tearoom at Mawbray Hayrigg.

Public loos Discovery Centre and on the green in Silloth.

Cycle hire There are buses to Abbeytown and Abbey Cycles (tel: 016973 61231) will hire you a bike, in which case follow the route from Abbeytown.

