



Silloth

Silloth gets its name from the time when Cistercian monks from Holm Cultram Abbey stored their grain in silos known as 'lathes' - as these were by the sea they were known as 'sea-lathes'. Not until 1855, when it was decided to build a dock and a railway, did the town of Silloth start to develop. Wide streets in a grid pattern, a gasworks, a hotel, baths and lodging houses were also built and Silloth became a popular Victorian seaside resort. The famous artist JMW Turner was inspired to paint 'A Sunset Scene Across the Solway' from here.

Skinburness & Grune

Long House, on the beach at Skinburness, was immortalised by Sir Walter Scott in 'Red Gauntlet' as the inn where a meeting took place between Charles Edward Stuart (the 'Young Pretender' who'd stealthily landed on the Solway shore with his Jacobite supporters). It was from Skinburness quay that many troops from the north of England were shipped to the Crimean War.

Grune Point is a Site of Special Scientific Interest (SSSI) because of its importance for breeding Natterjack toads, wading birds and over-wintering wildfowl.

Following the route

The route is highlighted on its own Ordnance Survey map (1:25,000 scale = 2 1/2 inches to 1 mile / 4 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	1:25,000

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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

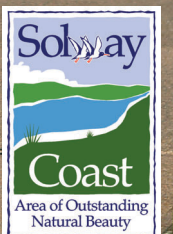


Victorian Silloth and a stroll from Skinburness

A 7 mile (11km) ride and 2.8 mile (4.5km) walk



Great
 Cycling in Cumbria



Cycling from Silloth

Gently spin along Silloth's cobbled main street (part of Hadrian's Cycleway) for a closer look at the town's small working harbour and west beach, then on its broad promenade with lovely views across the Solway Firth to Scotland. Reach Skinburness village on the level road and then walk on the footpath around the small finger of land called Grune to see tidal marshes, creeks, sand and mud banks; all a haven for wild flowers and wading birds, before returning to Silloth.

Route basics

Start Solway Discovery Centre

Distance 7 miles (11km) cycling and an optional 2.8 miles (4.5km) walk.

Grade Very easy

Refreshments Choice in Silloth

Public loos Discovery Centre and on the green in Silloth

1 Turn R out of the Discovery Centre car park and follow the cobbled main road through the town to the harbour (Port of Silloth).

2 Bear R in front of Silloth Golf Club to join a rough track to the West Beach car parking area for good views and access to the beach. Come back to the town centre and turn first L into Lawn Terrace.

3 Turn right by the RNLI lifeboat station and cycle along the promenade and then sea wall past the little lighthouse on stilts. Join the road and cycle on to Skinburness village.

4 If doing the walk, turn L along Dick Trod Lane and secure your bikes to the racks just inside the gate at the bottom. Follow the public footpath signs from here via Grune Point and back to Skinburness, turning R along the road and then lane to retrieve your bike.



Before cycling back to Silloth on the road, turn L and venture along the Sea Dyke road beyond the village for more views across Skinburness Marsh - or just for the pleasure of being out on the bike.