



River Wampool

This is one of two small rivers that empty into Moricambe bay. It has a healthy population of otters, although you'd be very lucky to see one. Otters are quiet, nocturnal creatures that live on a diet of fish, frogs and other river dwellers.

Wedholme Flow

Like the nearby Bowness and Glasson Moss peatland areas (on the Cardurnock Peninsula ride), Wedholme Flow National Nature Reserve is a vestige of our once wild and natural landscape. For thousands of years, the organic remains of mosses and other plants have been slowly accumulating into domes of thick peat. These waterlogged lands and pools of open water, and the barriers they provided to human change, encouraged a distinctive wildlife to flourish and preserved the secrets of the past in their deep peat.

Salt making

Salt Coates gets its name from the days when salt was made and stored here for Holm Cultram Abbey (on the Holm Cultram Abbey and Mawbray Bank ride). There's evidence of the shallow brine ponds that were developed on the edge of Newton Arlosh salt marsh. Salt was a very important commodity in the mediaeval period and used in the preservation of meats and fish.

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

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

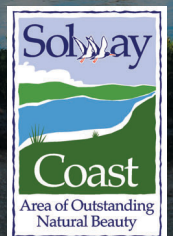


River Wampool & Wedholme Flow

A 19 mile (31km) ride from Kirkbride



Great
Cycling in Cumbria





Cycling from Kirkbride

Follow the meandering River Wampool upstream and then wend your way around Wedholme Flow National Nature Reserve, another of the South Solway Mosses (*peatlands or raised mires*). Partly on Hadrian's Cycleway, this is a delightful ride through unspoilt, uncrowded countryside, between hedgerows and by watercourses with distant views of Lakeland fells and the Solway coastline. The pele tower part of the church in Newton Arlosh village was used to protect local people during the Border Reiver raids up to the 17th century.



1 Turn R out of the Bush Inn car park and follow the road out of the village and over the River Wampool.

2 Turn R at the T-jct and keep bearing R to cross over the dismantled railway to the X roads (the old North British Railway that ran between Carlisle and the Victorian seaside resort of Silloth).

3 Go SA (take care) and follow the road for just over a mile (1.8km) to a farm.

4 Bear R then L through the farm buildings and follow the road first to Wampool (road liable to flooding), then Biglands and Gamelsby - look out for the Biglands Bog (another raised mire or peat bog) information board on L.

5 Turn R along a section of rolling road with several small stone bridges. Bear R out of Moorhouse to pass Martin Tarn (hidden behind trees on the R).

6 Go SA at the X roads and follow the initially straight road to Lessonhall. Turn R in the village.

7 Turn R onto the main road, joining Hadrian's Cycleway, and then turn L to go over the dismantled railway again and down to the marsh area by the channel of the River Waver. If the Salt Coates road is flooded by a high tide, return to the main road and turn L to Newton Arlosh. From Salt Coates turn L at the next junction.

8 Go through the village (the church is on the L; look for the font from Holm Cultram Abbey inside), then turn R back in Kirkbride to return to the start.



For a closer look at **Wedholme Flow**, follow the road south of Kirkbride for just over a mile (2km) and turn R into a grassed car park with cycle racks, picnic tables and information boards. Follow the track which leads you onto newly restored peat habitat (4-5 metres height of peat have been removed in the last 40 years for the gardening trade). Dragonflies, damselflies and birds such as snipe, lapwing and teal roost and breed in the newly created pools. Over time these pools will fill with sphagnum mosses and the mire will start rebuilding as peat is re-formed. You can cycle there but beware of fast moving vehicles on this straight section of road.

Roman Kirkbride

A timber fort at Kirkbride marked the western end of the Stanegate (the road and line of forts across the isthmus that was established about AD105 under the Roman Emperor Trajan) before Hadrian's Wall was built.

Route basics

Start The Bush Inn (over bridge from the main village road). Alternatively, join the route at **7** from Abbeytown (following Hadrian's Cycleway) or from Wigton (see Public transport below).

Distance 19 miles (31km)

Grade Easy - a few short uphill bits. All on-road.

Refreshments Pub (not food) and shop in Kirkbride, and pubs at **6** and Newton Arlosh.

Public transport Northern Trains service to Wigton - go left out of the station and cross bridge over A596. Bear R on the far side and join the road to Oulton and then turn R to join the route at Moorhouse (see map). Try www.nationalrail.co.uk for train times or call 08457 48 49 50; it's probably only two bikes per train available on a first come first served basis.

