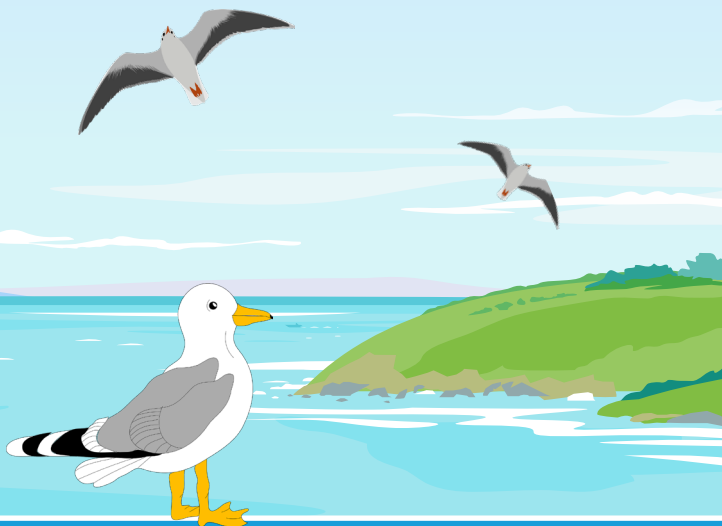


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THE HIKING - HOUSEHOLD -

Solway Coast Path

Solway Coast Path Allonby to Milefortlet 21



A family friendly trail celebrating part of
the King Charles III England Coast Path



Free Parking here

Allonby

➔ 5 mile round trip starting at Allonby, reaching Milefortlet 21 and returning to Allonby.

➔ 2 mile round trip starting at Blue Dial Farm, reaching Milefortlet 21 and returning to Blue Dial Farm.

➔ Continue on the Solway Coast path for a further 3 miles to reach Maryport.

Find a safe space, stand still and close your eyes. What sounds can you hear?

Stop and look at the shoreline. There are lots of yummy things for birds to feed on in the sand. Can you spot any birds enjoying a bit of lunch? Look carefully as some of them as small and blend in well!

The best way to see the Solway Coast Area of outstanding Natural Beauty is on foot, by walking you are able to truly appreciate the wildlife and nature that exists here.

Please cross the road with caution here.

The Moody Cow: don't forget to visit the farm fresh milk vending machine for local produce and delicious milkshakes

Crosscanonby Carr Nature Reserve: Why not stay a while and enjoy the beautiful trees and wild flowers that you can see from the boardwalks in this nature reserve.

Parking available here at Crosscanonby car park.

Blue Dial Farm and Caravan Park

The coast of Allonby Bay is dominated by sand dunes and shingle beaches which provide a perfect habitat for many birds. Please take great care walking on the coastal edge and shingle because many birds nest on the ground and are easily disturbed, they are well camouflaged!

Stop and look at the plants and grass around you. How many different colours can you see?

How many cows can you see in the fields today?

The Crosscanonby Salt Pans were built in 1634 and closed late 1700's. Salt was essential at this time to preserve meat and fish, the salt was extracted here by collecting sea water in tanks.



Bus stop

Milefortlet 21: the remains of this small Roman Fort can be seen here, built to protect the vulnerable coast of Cumbria.

To view Crosscanonby Salt Pans and Roman Milefortlet 21 continue up this path, there is a slight gradient.

Crosscanonby Carr Nature Reserve



Safety Brief: This map follows the King Charles III England Coast Path. The paths are wide, gentle and relatively flat. Please do take care when walking, or cycling. Dog walkers and their dogs are always welcome but please do keep them on a lead and clean up after your dog. Follow the countryside code and always leave no trace of your visit.

The Solway Coast

An 'Area of Outstanding Natural Beauty' (AONB) is one of the most special and cherished places in the country and is safeguarded for the nation because of its distinctive character and beauty.



The Solway Coast AONB was designated in 1964 in recognition of the quality of its landscape and its significant scientific and historic interest.

The King Charles III England Coast Path is a new walking route being developed by Natural England that will follow the entire coast of England. The path is being opened in sections but will, when completed, be the longest coastal path in the world at approximately 2,700 miles.

Want to explore more, why not check out these family friendly places in the surrounding area? More information on local walks can be found at www.thehikinghousehold.com

1. Lake District Coast Aquarium: a well established visitor attraction found on the harbourside of Maryport. Here you can find a Pay and Display car park, postcode CA15 8AB.
2. Senhouse Roman Museum: Found on cliffs overlooking the Solway Firth, this museum is next to a Roman Fort. Most of the objects in the museum derive from the fort at Maryport. Postcode: CA15 6JD.
3. Maryport Maritime Museum: found on the harbour in the historic town of Maryport this museum consists of photographs and paintings related to the maritime, industrial and social history of Maryport. Postcode: CA15 6AB.

For the grown ups:

You are able to join the Solway Coast path at several places between Allonby and Maryport. Plenty of parking is available in both these areas.

Alternatively, why not improve your carbon footprint? Did you know Milefortlet 21 is walking distance from Crosscanonby Road End bus stop, you can join the Coastal Path from here too, with buses running from Maryport and Workington. The path is suitable for bikes, pushchairs and wheelchairs and is all off road, although you will need to cross the road carefully at several places.