



The Archbishop and the King

The ebb and flow of the tide and constantly shifting sands make a crossing of the Solway on foot a dangerous journey. It's a rare skill knowing where the wath (taken from the Norse word 'vath' meaning ford or crossing) is at any one time. In 1300, Robert of Winchelsea, the Archbishop of Canterbury, was sent to stop the war that Edward 1 was waging on lowland Scotland (determined to incorporate Scotland into the English crown) with a letter from the Pope to be delivered in person. But Robert was to have a wasted journey. After crossing the four channels of the Bowness Wath in fear of his life, he found that Edward's army was already turning for home.

Hadrian's Wall

Burgh-by-Sands lies on the course of Hadrian's Wall and the 12th century church of St Michael sits within the boundaries of the Roman fort. Army units originally raised in Germany, Holland and North Africa were stationed here.

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

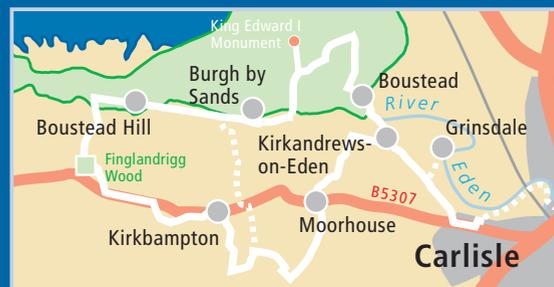
Cycle shops

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

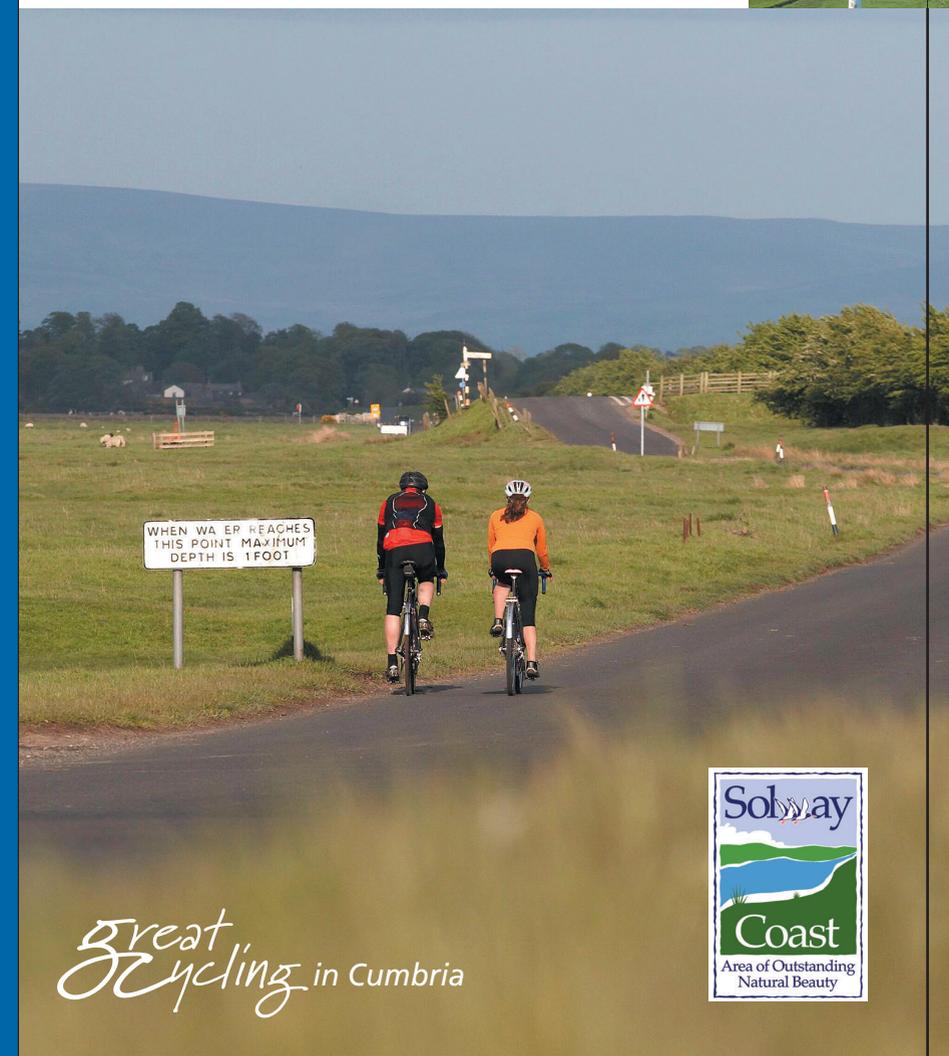
Liddell Street, Silloth-on-Solway
Cumbria CA7 4DD
Telephone: 016973 33055
www.solwaycoastaonb.org.uk

Cycling around the Solway Coast
Area of Outstanding Natural Beauty



Finglandrigg Wood & King Edward I monument

A 22 mile (35km) ride from Carlisle



Great Cycling in Cumbria



Cycling from Carlisle

Head west across the Solway Plain from the outskirts of Carlisle, initially on Hadrian's Cycleway, then on country lanes through villages to reach Finglandrigg Wood National Nature Reserve (with two waymarked walks). The open Burgh Marsh coastline comes next as you make your way to Burgh-by-Sands village and the stone monument erected in 1685 to King Edward 1 of England just beyond. Edward (known as the 'Hammer of the Scots') died of dysentery here in 1307 whilst leading his army across the Solway to wage war on the Scots. Hadrian's Cycleway returns you to Carlisle with glimpses of the winding River Eden.

1 From the industrial estate turn R towards Burgh-by-Sands following blue Hadrian's Cycleway signs.

2 Continue SA through Kirkandrews-on-Eden and then turn L at the X roads in Monkhill to pass the former windmill.



Finglandrigg Wood National Nature Reserve

This wood is vital to an impressive array of well known wildlife, as well as many less common species. At 97 hectares, it's one of the largest areas of semi-natural woodland on the Solway Plain, with woodland, peat bog, heath land and rough pasture all carefully managed through grazing, planting and coppicing. Red squirrel and the rare marsh fritillary butterfly can both be found.



3 Turn L at the T-jct in the village then first R (signed *Gt Orton*). Bonnie Prince Charlie, a would-be King, stayed in Moorhouse on his first night in England en-route to Carlisle.

4 Turn R at the T-jct (or L to have a look at Great Orton with its pub).

5 Turn L (signed *Flat*) and then R at the next T-jct. Alternatively turn R for the shortcut via Thurstonfield and Longburgh to Burgh-by-Sands shown on the map.

6 Turn L into the village and L again of the main road (signed *Easton*).

7 Go past the Oughterby turn to soon turn R (signed *Easton*) along a narrow lane. Turn L at the end and follow the road to a lay-by and the entrance to Finglandrigg Wood (cycle stands and picnic benches are near the entrance). Follow the waymarked paths to explore the wood.

8 Head L from the lay-by and take the first R turn (signed *Easton*).

9 Turn R after Easton to rejoin Hadrian's Cycleway and head for Burgh-by-Sands on the dead straight road (and a section of Hadrian's Wall Path National Trail). The raised ground on your R is the remains of the North British Railway that ran between Carlisle and the Victorian seaside resort of Silloth.

10 At the far end of the village, turn L at the X roads onto the 'HCW Loop'.

11 After 0.75 miles (1.2km) turn off the road for the track leading down to the King Edward 1 monument. Cycle down the track (giving way to walkers) to the first stile, then walk across to the monument. Back at the road turn L and follow it all the way round to Beaumont and Kirkandrews-on-Eden.

12 Bear L and retrace your route back to Carlisle. Consider turning L at the next X roads for a short detour into Grinsdale village: push your bike along the footpath at the far end to find the tiny church of St Kentigern.



Route basics

Start Park in Burgh Road Industrial Estate (turn right off the B5307 towards Burgh-by-Sands) or follow Hadrian's Cycleway from the city centre.

Distance 22 miles (35km) with a short cut option.

Grade Easy – route undulates gently inland. All on road.

Refreshments Pubs in Monkhill, Moorhouse and Burgh-by-Sands.

Public transport The cycle-carrying Hadrian's Wall Bus service stops at Kirkandrews-on-Eden, Beaumont, Burgh-by-Sands and Boustead Hill. See back of wallet for more details.