

Directions



- Distance:** 14.5 miles/23.4 km
Grade: Moderate.
OS Map No: 314 & 315, 1:25 000 scale.
Refreshments: Greyhound Inn, Burgh-by-Sands; Drover's Rest, Monkhill; Royal Oak, Moorhouse.
Toilets: Burgh-by-Sands (portaloo), local inns (patrons only)

This cycle ride has been designed to utilise quiet country roads as much as possible, though there are sections where cycling along busier B roads is required.



Starling murmuration

Good cycling guide:

- Always follow the Highway Code.
- Cycle on roads, byways, bridleways and cycle paths (but not on footpaths).
- Take special care at junctions, cycling downhill or on loose gravel.
- Give way to pedestrians, horse riders and wheelchair users.
- Ring your bell or call out to warn people of your approach.
- Don't assume that other road users can always hear or see you.
- Follow the Country Code.
- Respect crops, livestock and wildlife.
- Take all litter home.
- Ensure your bike is road-worthy.
- Use your lights in poor visibility.
- Wear a helmet and bright clothing.
- Carry a spare inner tube, levers and pump.

Please take care when cycling. Solway Coast National Landscape is not responsible for issues arising as a result of the road conditions.

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**Solway Coast
National
Landscape**

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Images © Anna Gray/Lathwell Creative



Department
for Environment
Food & Rural Affairs



**Cumberland
Council**

All information correct at time of going to press.

Burgh-by-Sands cycle loop

A self-guided cycle route in the
Solway Coast National Landscape



Front cover:
Cyclist near Boustead Hill.
© Andrew Lathwell



**Solway Coast
National
Landscape**

A cycle ride through time taking in expansive views, a monument to a dead king, three churches abounding in history, local vernacular architecture and a wildlife-rich National Nature Reserve.



St Michael's Church

St Michael's Church, Burgh-by-Sands

Erected within the Roman fort of *Aballava*, this church was built to defend its congregation from Scottish raids. The 14th C bell tower doubled up as a place of refuge. Thick walls, deep bar holes and an iron-clad 'yatt' to access the tower were all designed to resist an attack. Here the body of Edward I lay in state for 10 days after his death on Burgh Marsh in July 1307.

Finglandrigg

A diverse mosaic of habitats forms this National Nature Reserve. Woodlands, heath, pasture and peatbog attract a wealth of wildlife including red squirrels, badgers, tawny owls and numerous woodland birds. The rare marsh fritillary butterfly was reintroduced here in 2007 and can be spotted between mid-May and early June.



Tawny owl

Edward I Monument

On 7 July 1307, Edward I set off from Burgh-by-Sands to cross the Solway Estuary to Scotland but died of dysentery on the way. A monument to the king was erected on the spot where he died.



St Mary's Church, Beaumont

Three structures occupy this one site. The church was built on the site of a Norman motte, which itself was erected over a Roman turret that defended this section of Hadrian's Wall. The name 'Beaumont' comes from Norman French and means 'beautiful hill'.



St Mary's Church



Clay dabbins

With a shortage of suitable building stone, people living on the Solway used local materials such as clay, cobbles, timber and reed or heather thatch to build their homes. A pair of cruck timbers resting on a low cobble plinth provided the frame, with an infill of clay and straw forming the thick walls.

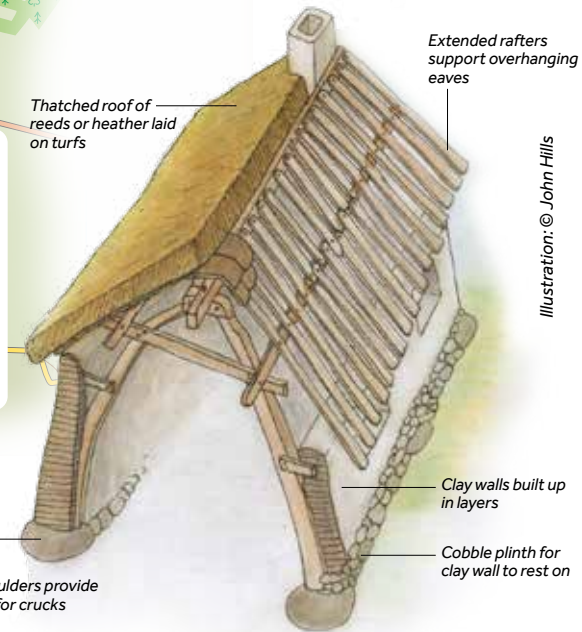


Illustration: © John Hills

St Peter's Church, Kirkbampton

The church sits on the highest point of the village and dates to c. 1194. The north doorway and chancel arch are typically Norman in style. In 1871, a carved Roman stone from Hadrian's Wall was found during restoration work and can be seen in the south wall of the chancel.



Carved Roman stone