

Directions



- Distance:** 12.4 miles/20 km with a 4.6 mile/7.5 km extension
- Grade:** Easy and largely flat.
- OS Map No:** 314, 1:25 000 scale.
- Refreshments:** Bowness-on-Solway, Campfield Marsh RSPB Reserve
- Toilets:** Bowness-on-Solway (for patrons of pub/café); Campfield Marsh RSPB Reserve.
- Tides:** This area is liable to flooding, so please check the tide times and the weather before you embark on this cycle ride.

This cycle ride has been designed to start from any point. The route marked in red is the main route with the shorter route indicated in blue.

The Solway's outstanding landscapes, diverse habitats and rich heritage are of international importance and recognised in designation as the Solway Coast National Landscape.

Expanses of mudflats and saltmarshes offer rich feeding grounds for thousands of shore birds and winter migrants. Inland, the undulating grasslands, dunes, peat bogs and raised mires harbour specialised communities of plants and animals.

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

Bowness-on-Solway



View over the Solway estuary



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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Landscape**

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Department
for Environment
Food & Rural Affairs



**Cumberland
Council**

All information correct at time of going to press.

Cardurnock Peninsula

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



*Front cover:
Cyclists at Cardurnock*



**Solway Coast
National
Landscape**

A circular cycle route under big skies with panoramic views over the Solway and the ever-present sight and sound of birdlife. Discover several nationally important nature reserves and spot remnants of dismantled railways and WW2 structures along the way.



Oystercatcher

Campfield Marsh

This RSPB bird reserve is a paradise for wading birds. Several hides, viewing platforms and boardwalks enable birdwatchers to spot a vast array of birds that colonise these wetlands.

Anthorn Radio Masts

Originally acting as an early warning system, one of their functions is to transmit the Greenwich time signal as used by banks, GPS, train operators, navigators and the BBC 'pips'.

Anthorn Radio Masts



Bowness-on-Solway

The village overlies the Roman fort of *Maia* that marked the western end of Hadrian's Wall. From here, the Wall stretched for 73 miles to Wallsend near Newcastle.

Although Hadrian's Wall ended at Bowness-on-Solway, the turrets and milefortlets of the Wall's defences continued around the Cardurnock Peninsula but were not linked by a wall.



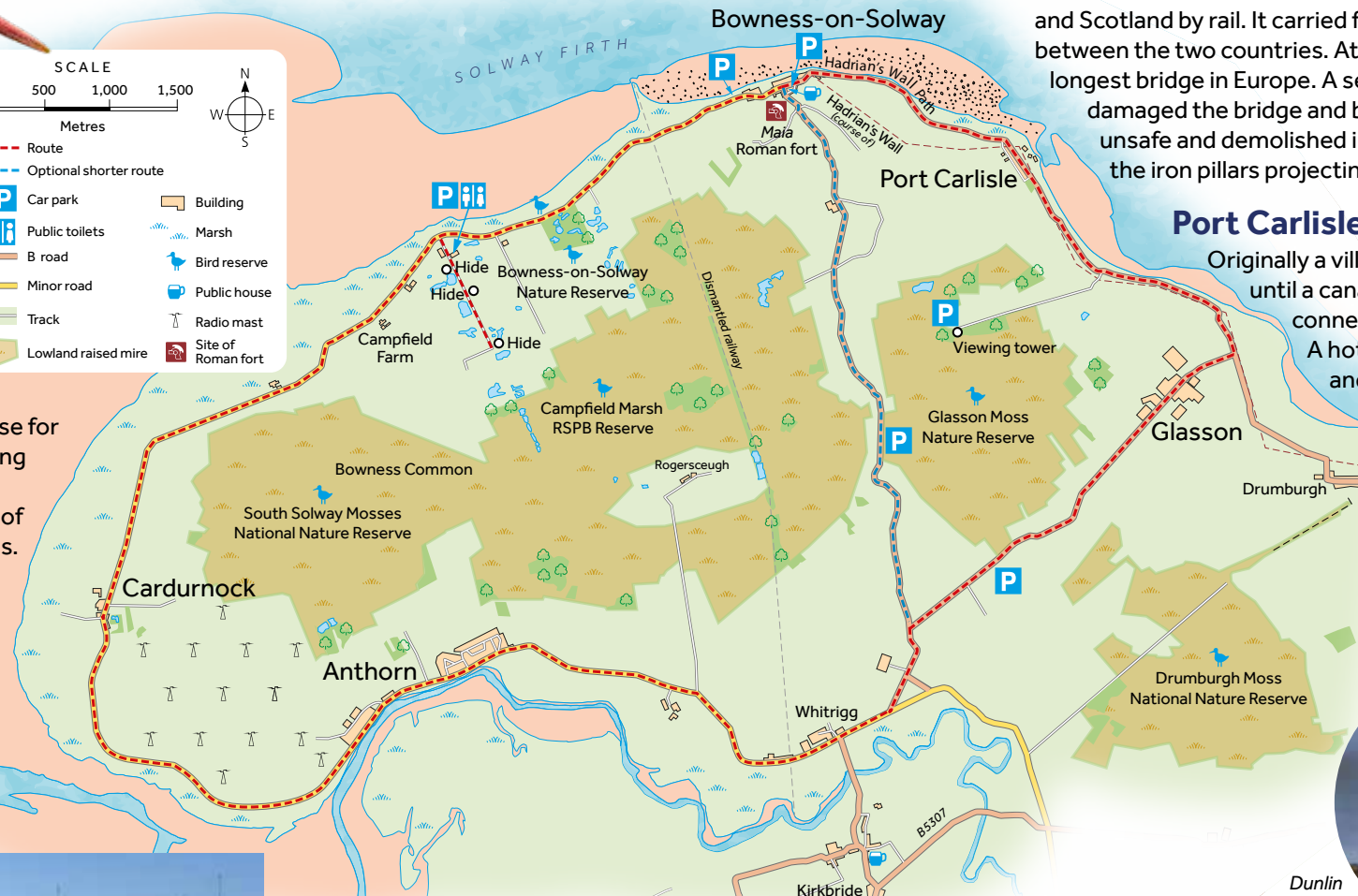
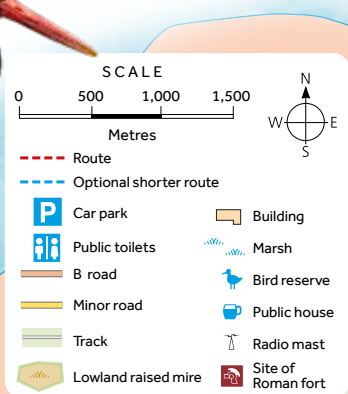
Solway Viaduct 1912

Solway Viaduct

In 1869 a viaduct was constructed to link England and Scotland by rail. It carried freight and passengers between the two countries. At the time, it was the longest bridge in Europe. A severe storm in 1881 damaged the bridge and by 1921 it was declared unsafe and demolished in 1935. All that remains are the iron pillars projecting into the estuary.

Port Carlisle

Originally a village called Fisher's Cross until a canal was dug in 1823 to connect Carlisle with the sea. A hotel, inns, public baths and a fine Georgian terrace followed suit. Just 30 years later in 1854, the canal was drained and replaced by a railway, but you can still see the stone wall of the harbour and the remains of the sea lock.



Dunlin

Lowland Peat Mosses

These form some of the UK's rarest habitats, created by the slow accumulation of sphagnum moss which compacts to form domed deposits of peat. Historically peat was harvested for fuel and fertiliser, but the reserves are now protected for their wildlife and act as a sump to trap excess carbon dioxide.

Birdlife

A rich mosaic of mudflats, saltmarshes, peat bogs and grassland attracts huge numbers of birds. Skeins of pink footed and barnacle geese fly in to feed on the grassland and saltmarshes, along with wigeon and teal. Look out for oystercatchers, plovers, curlews, dunlins, lapwings, redshanks and snipe.