

Directions



- Start:** Maryport or Allonby.
- Distance:** 5 miles/8.1 km
- Grade:** Easy, level.
- OS Map No:** OL4, 1:25 000 scale.
- Refreshments:** Allonby, Maryport, Blue Dial Farm (small café open in summer; vending machine refreshments available all year).
- Toilets:** Allonby (summer only), Maryport, Blue Dial Farm (summer only).

This cycle ride has been designed to utilise a purpose-built cycle way between Maryport and Allonby. However, there are two places where the B5300 needs to be crossed: at the entrance to Maryport Golf Club and opposite Blue Dial Farm. Please take care when crossing the road at these two points.

Cyclists at Allonby



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.

Solway Coast National Landscape
Solway Coast Discovery Centre, Liddell Street,
Silloth-on-Solway, Cumbria CA7 4DD.

T: 016973 33055
E: info@solwaycoast-nl.org.uk
W: www.solwaycoast-nl.org.uk
@ [solwaycoastnl](https://www.instagram.com/solwaycoastnl)



**Solway Coast
National
Landscape**

Design and map production: www.lathwellcreative.com
Research and copy: www.annagray.co.uk
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Department
for Environment
Food & Rural Affairs



**Cumberland
Council**

All information correct at time of going to press.

Maryport and Allonby

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



**Solway Coast
National
Landscape**

An easy cycle ride for all ages and abilities with most of the route being on a purpose-built cycle track. Explore Roman defences, medieval salt pans and a thriving nature reserve, whilst enjoying glorious views over the Solway.

Maryport

Once called Ellenfoot, this small fishing hamlet developed into a major port and town through the patronage of Sir Humphrey Senhouse of Netherhall. He built a Georgian town and harbour here to rival Whitehaven and renamed it Maryport after his wife. Maryport was the home of master mariners and shipbuilders, one of whom was Thomas Henry Ismay, founder of the White Star Line which built the ill-fated Titanic.



Roman Alauna

High on the cliffs overlooking the coast is the Roman fort of *Alauna*, first established around 122 AD to guard a harbour at Maryport. Excavations have uncovered many altars to Jupiter and other Roman artefacts, all of which are on display in the adjacent Senhouse Museum.

Roman altar to Jupiter

Bank End

Home of Joseph Piele (1684–1790) who lived to be nearly 107 years old. His long life witnessed the reigns of 7 monarchs from Charles II to George II. He was also a shipmate of Alexander Selkirk – the original Robinson Crusoe who was marooned on a Pacific island for 4 years.



Bank End

Salt pans

In medieval times, salt was used to preserve meat and fish. There were many salt pans along the Cumbrian coast but those at Crosscanonby are the best-preserved today. The salt pans were built around 1650 by the Senhouses of Maryport. Salt-laden sand (sleech) was gathered from the shore and taken to a sleech pit. Water trickled through the sleech into a brine pit. The brine was then gently boiled in iron pans until the liquid condensed to form salt crystals.



Crosscanonby Salt pans

Crosscanonby Carr Nature Reserve

A wetland reserve of ponds, stream, fen carr and herb-rich meadows form a mosaic of environments that teem with life. A fully accessible circular walk around the reserve takes in all the various habitats.



Long-tailed tit

Milefortlet 21

One of several Roman structures known as milefortlets, built to defend the Cumbrian coast. The turf rampart and ditches are clearly visible, as well as an east-west road crossing through the centre.



Allonby

Allonby

Fine Georgian houses alongside humble fishermen's cottages sum up the character of Allonby.

Historically, Allonby had a thriving trade in shipbreaking. Old wooden hulls were brought here by tugboat and broken up on the beach.

The health benefits of sea air, briny waters and fine views over the Solway led to Allonby becoming a fashionable sea-bathing resort in Victorian times.



SCALE
0 200 400 600
Metres

Legend:

- Route (dashed red line)
- A road (pink line)
- B road (orange line)
- Minor road (yellow line)
- Track (grey line)
- Rail line (black line with cross-ticks)
- Public toilets inc. accessible (blue wheelchair icon)
- Seat/bench (blue bench icon)
- Public house (blue pub icon)
- Senhouse Roman Museum (blue museum icon)
- Visitor Centre (blue 'V' icon)
- Building (orange rectangle)
- Roman site (red square)
- Lighthouse (black tower icon)