

Directions



- Start:** Maryport or Allonby.
- Distance:** 5 miles or 8.1 km
- Grade:** Easy, level; suitable for pushchairs and motorised wheelchairs.
- OS Map No:** OL4, 1:25 000 scale.
- Refreshments:** Allonby, Maryport, Blue Dial Farm (small café open seasonally; vending machine refreshments available all year).
- Toilets:** Allonby (summer only), Maryport, Blue Dial Farm (Easter to October or by advance request).
- Bus services:** Bus 60 runs between Maryport and Allonby four times a day. www.cumberland.gov.uk/buses/service/60
- Dog walkers:** Dogs should be under close control and always on a lead around farm animals. Please bag, take away and bin your dog's poo.

The start point can be at Maryport or Allonby and is well sign-posted. The route follows a purpose-built footpath and cycleway for most of the way, but you will need to cross the B5300 twice: at Maryport Golf Club and Blue Dial Farm.

Bus service 60 offers walkers the option of doing a one-way walk in either direction, with midway bus stops at Mawbray and Crosscanonby.

Allonby



Allonby



Remember the Countryside Code

Respect other people:

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment:

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

Enjoy the outdoors:

- Plan ahead and be prepared

Please note this is a suggested walking route. Solway Coast National Landscape is not responsible for issues arising as a result of conditions on the footpaths and roads.



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
Images © Anna Gray



Department
for Environment
Food & Rural Affairs



**Cumberland
Council**

All information correct at time of going to press.

Maryport and Allonby

An accessible self-guided
trail in the Solway Coast
National Landscape



Front cover:
Dog walker at Allonby



**Solway Coast
National
Landscape**

An easy 5-mile walk for all ages and abilities with most of the route being off-road. Take Bus 60 from Allonby or Maryport as far as you wish to go. Stroll back to 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.

