

# Directions



<b>Distance:</b>	15.5 miles/25 km.
<b>Start point</b>	The Green, Silloth
<b>Grade:</b>	Moderate, generally flat with some low hills.
<b>OS Map No:</b>	314 & OL4, 1:25 000 scale.
<b>Refreshments:</b>	Silloth, Lowther Arms (Mawbray)
<b>Toilets:</b>	Silloth, Lowther Arms (patrons only).

From Silloth, the cycle route heads south along the coast road to Mawbray. There are several parking areas where it is worth stopping to enjoy views of the sea, sand dunes and the nature reserves of Wolsty Banks and Mawbray Banks. At Mawbray, the route heads inland following a ridge of high ground that is rich in Norse settlements and archaeological finds before descending to the flat, drained landscapes of the Solway Plain to return to Silloth.

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.

*Belted Galloway cattle at Mawbray Banks Nature Reserve*



## 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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Department  
for Environment  
Food & Rural Affairs



**Cumberland  
Council**

All information correct at time of going to press.

# Silloth and Mawbray Circuit

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



**Solway Coast  
National  
Landscape**

A scenic ride that partly follows National Cycle Route 72, taking in a Roman fort, Anglo-Saxon and Norse settlements, a nature reserve and beautiful views across the Solway Firth, mixed in with some interesting stories along the way.

## Silloth

Once the railway was laid from Carlisle to Silloth in 1854, work began on laying out a gracious seaside town with hotels and public baths. Today, the town is a fine example of Victorian town planning with wide tree-lined streets, elegant Italianate buildings overlooking the Green and a pleasant promenade along the sea front.



Criffel Street, Silloth

## Wolsty Castle

This thick-walled castle was built by the monks of Holme Cultram Abbey in the early 14<sup>th</sup> century to keep their books and valuables safe from Scottish raids. It became associated with the legendary wizard, Michael Scot, who is said to have kept a library of magic books and spells here. The castle was demolished in 1652 with much stone carted away to build a new house at nearby Hayrigg. Please note there is no public access to the site.



Excavation at Wolsty Castle

## Beckfoot

The Roman fort of *Bibra* was established c. 122 AD as part of the Hadrianic fortifications down the west coast of Cumbria. Several grave goods from the Roman cemetery have been found here, many now in the Senhouse Museum in Maryport.

Before the 1689 Act of Toleration, Quakers held secret meetings in the sand dunes, with one of the earliest recorded Quaker weddings taking place in the dunes in 1665.



Samianware bowl found at Bibra

## Mawbray Banks

An important nature reserve where dune grasslands merge into dune heath – a rare habitat and one that is vitally important for ground-nesting birds and the endangered natterjack toad.



Natterjack toad

## Mawbray

Numerous Neolithic and Bronze Age artefacts have been found near Mawbray, including a fine bronze rapier. Unusually, many of the village houses are at right-angles to the road and face east to benefit from the first rays of sunlight.



Lowther Arms, Mawbray

## Tarns Dub

A kettle-hole lake formed by a huge lump of ice left behind by a retreating glacier. The ice formed a depression in the ground that filled with water on melting. In the 1920s, this small lake was popular with boating parties.



© Grampus Heritage

The excavation site at High Tarns

## High Tarns

A recent excavation has uncovered the largest Viking hall ever found in Britain, likely to have belonged to a high-status *Jarl* (Viking chieftain). A central aisle ran down the building with rooms on either side, and the exterior walls were bowed to resemble the shape of a ship. Please note there is no public access to the site.

