



## ► Explore on Two Wheels - The Solway Coaster

For a scenic coastal bike ride along flat, tarmacked trails, look no further than the Solway coast. This stunning stretch of land features family friendly cycle routes and impressive scenery, as well as some great places to stop and explore along the way.

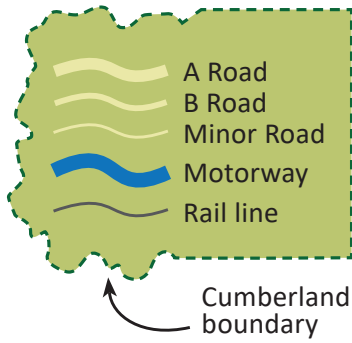
### ★ Highlights

- Coastal trails
- Ice cream on the beach
- Family attractions





## MAP & KEY



- 1 Points of interest
- Open all year
- On public transport route
- Parking
- Accessible Parking/ Drop off point
- Wheelchair access
- Accessible toilets
- Hearing loop
- Refreshments available
- EV Charger
- Wifi
- Dog Friendly
- ACCOMMODATION ONLY:**
- Star Rating
- Price indicator
- VE/AA** Visit England / AA



## Good to know

Bikes are available to hire with Border City Cycle Hire. Based in Carlisle, they deliver to locations across north Cumbria including Silloth and Maryport.

This route is part of the Hadrian's Cycleway 72: a long distance cycling route from Ravenglass in south Cumberland to South Shields in Tyne & Wear.







## Where to Eat

### **Fairydust Emporium**

*8 Eden St, Silloth,  
Wigton CA7 4AD*

Quirky cafe in Silloth - kids will love the decorations and huge hot chocolates.

[www](#)

### **The Lowther Arms**

*Mawbray, Maryport CA15 6QT*

A community pub in Mawbray village, between Silloth and Allonby.

[www](#)

### **The Drowsy Goose**

*The Park, Allonby,  
Maryport CA15 6PE*

Pop up coffee van on the beach at Allonby. Check ahead for days & times.

[www](#)

### **The Moody Cow**

*Blue Dial Caravan Park,  
Maryport CA15 6PB*

Farm fresh milkshakes between Allonby and Maryport.

[www](#)

### **The Wharf**

*Harbour, Marine Rd,  
Maryport CA15 8AY*

Cafe on the harbour in Maryport.

[www](#)

## 1 Silloth

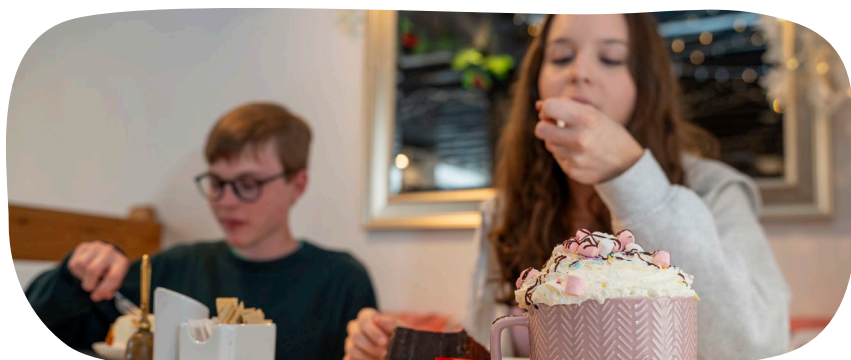
Collect your bike and start the day in the coastal town of Silloth: with its wide parkland leading down to the sea, it offers plenty of space to explore. Enjoy a walk along the prom before heading off for a day's cycling along the coast.

## 2 Allonby

From Silloth, head south to Allonby along the Solway Coaster: a flat, tarmacked 14.1km route which forms part of the Hadrian's Wall Cycleway 72 and travels through the Mawbray Banks Nature Reserve. Along the way, admire the view, with the ocean to one side and Cumbrian fells to the other.

Stop in the quaint village of Allonby, and enjoy a walk along the beach with a well earned ice cream from Twentymans: they've been trading since 1920.

**DID YOU KNOW?** Charles Dickens stayed at The Ship Hotel in 1857. It's still open today.





### 3 Maryport

From Allonby, continue your journey to the town of Maryport along an 8km, largely traffic free section of the Hadrian's Wall Cycleway 72.

**GOOD TO KNOW:** Border City Cycle Hire will collect your bike from here, if you don't want to cycle back to Silloth. Along the way, stop at The Moody Cow for farm fresh milkshakes, served from a vending machine. Kids will love adding their own flavours, and it's a great mid-ride pit stop.

The route also takes you past Milefortlet 21: the remains of a small Roman fort, built to protect the coast.

Once you've arrived in Maryport, there's plenty to see and do:

### 4 The Lake District Coast Aquarium South Quay, Maryport CA15 8AB

Spend a few hours exploring this aquarium: it's home to displays showcasing a diverse collection of marine life from across the Cumbrian and UK coastline. There's also a 14-hole mini golf course and an adventure playground.



www

### 5 The Senhouse Roman Museum The Battery, The Promenade, Maryport CA15 6JD

Stood atop Maryport's cliffs, the museum tells the story of the Romans in Cumbria. It's home to an internationally significant collection of Roman artefacts including military altars, sculptures and objects which highlight the area's rich history and heritage.



www

## Save The Date

The Cumberland Cobbler and Solway Cycling Festival takes place every summer, with races for all ages.

Taste of the Sea is an annual food festival, held in Maryport in August and celebrating local produce.



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