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Timetable Information

northernrailway.co.uk/travel/timetables
nationalrail.co.uk
 National Rail Enquiries 03457 48 49 50

Traveline

Need some help? Contact *Traveline* whilst on the move for up to date public transport information. Telephone 0871 200 22 33 visit traveline.info or cumbria.gov.uk/buses

Advice

Please check your route on an Ordnance Survey map before commencing your journey. Be prepared with the correct boots, waterproofs, drinks, torch and compass. Take extra care in adverse weather conditions.

Walks supplied by Cumbrian Coast Rail Users' Group.

All details are believed to be correct at time of going to print. The maps shown in this leaflet are for illustrative purposes only.

July 2019

A selection of walks from the Cumbrian Coast Line



AC:RP
communityrail.org.uk



For more information about the Cumbria Coast Line see www.communityrailcumbria.co.uk



Walk**1**3 miles
(5km)
1¼ hours**Dalston circular walk**

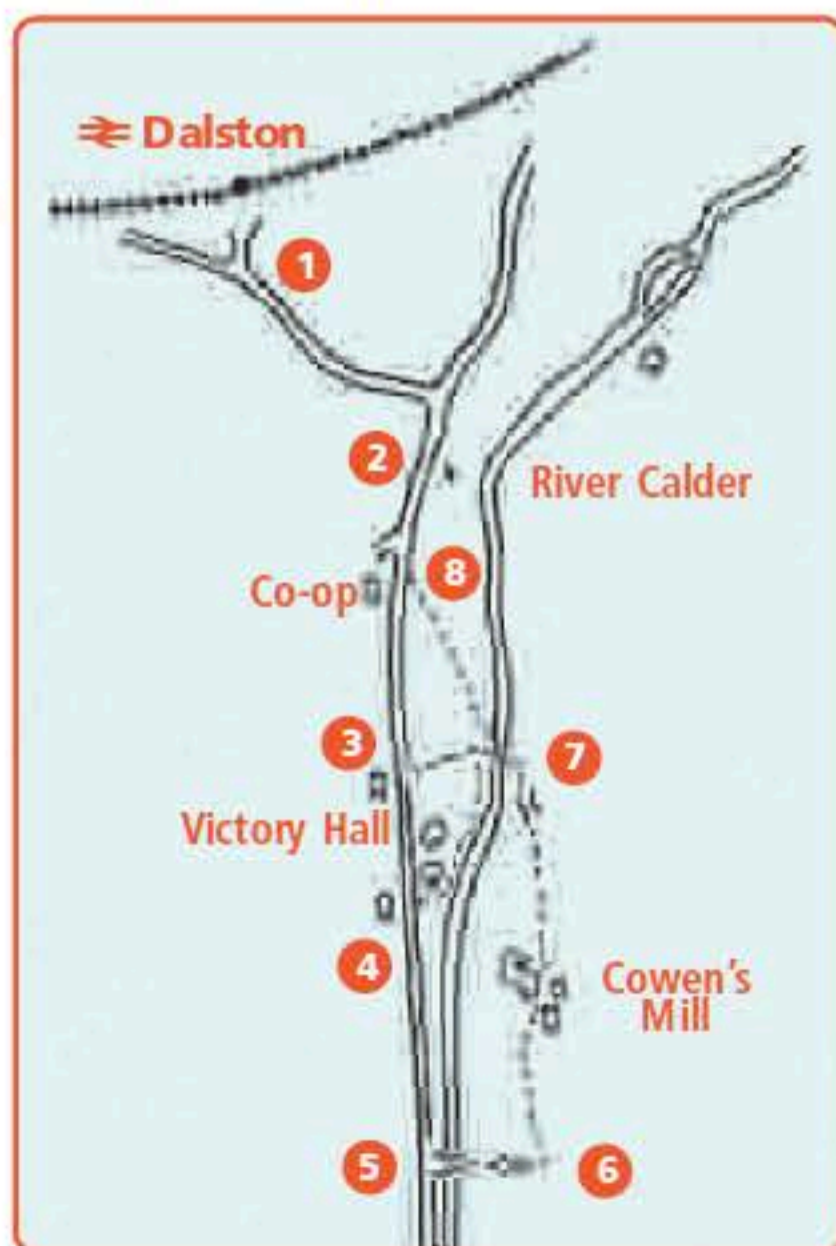
Station: Dalston. NB. Travellers from the south will need to cross the footbridge to start the walk. Travellers who cannot cross the bridge will need to travel to Carlisle and return to Dalston so they can arrive on the southbound platform.

Terrain: Pavements and riverside, grass and earth path which can be muddy and uneven but with a pavement alternative.

Refreshments: Pub, café and takeaways in The Square.

Map: OS Explorer OL315 and OL5 (both 1:25000).

1. If you are coming from Carlisle just exit the station, otherwise cross the bridge first. Follow the pedestrian markings and turn left onto Station Road.
2. After 250 yards, turn right at the T-junction and on into Dalston Square where you will see St Michael's church. Walk towards the small supermarket on your right and continue to the Victory Hall.
3. Take the gate across the road onto the village green. Bear left through the field and before the white bridge turn right on the path by the River Calder, leading to a woodland path.
4. After a kissing gate the path splits – take the upper fork which leads you back to the road on your right before the bridge at Bridge End. (If you take the path nearer the river there is a short steep path just before the bridge. If the riverside walk is likely to be wet you can follow the road instead to Bridge End.)
5. Turn left and cross the river bridge then cross two further bridges as you progress.
6. Turn left at the Cowen's Mill sign and follow the lane through the middle of Cowen's factory.
7. Follow the path and cross the stream at the sandstone bridge followed by the white bridge you saw earlier.
8. Continue past the Millennium Crow sculpture just before The Square. Then return to the station.

**Walk****2**3 miles
(5km)
2 hours**Maryport circular walk**

Station: Maryport.

Terrain: Mainly level and optional steps.

Refreshments: Senhouse Street and harbour area.

Map: OS Explorer OL4 1:25000

1. Cross the road from the station onto Station Street. At the main road turn right on Curzon Street.
2. Take the first left along Senhouse Street.
3. To avoid steps, turn right at the top of the hill onto High Street and, at Fleming Square, turn left to rejoin the route above the harbour.
4. After High Street are interpretation panels on the left about the Maryport & Carlisle Railway and the town. On the left before the bridge is the Maritime Museum. Cross the bridge from here to divert to the harbour area with the Aquarium, Wave Centre, climbing wall and marina.
5. Once opposite the museum, follow King Street.
6. With Wallace Lane on your left, turn right on Brow Street. Ahead are the 108 Back Brow steps. At the top, turn left on a grass path and then right to see the Georgian buildings of Fleming Square.
7. Return to the sea brows keeping the sea on your left along Solway Terrace and The Promenade to Senhouse Roman Museum which has the best collection of Roman altars in Britain.
8. Continue on the path to the left of the museum and after a while there is a fork. Left goes directly down to Nelson Street and right gives an extra ½ mile walk, again joining Nelson Street. Carry on along King Street and the Maritime Museum appears ahead. Return to the station.

**Walk****3**Various
times and
distances**Whitehaven – Harrington cycle path**

Details: Whitehaven – Parton 2 miles (3km), Parton – Harrington 4 miles (7km), ½ hour to Parton and a further 1½ hours to Harrington

Station: Whitehaven, Parton (request stop), Harrington.

Terrain: One steep section going into Lowca.

Refreshments: Pubs and shops.

Map: OS Explorer OL303 1:25000

1. Come out of Whitehaven station. Turn sharp left after the filling station onto Bransty Road and immediately left again to National Cycle Route 72 and Hadrian's Cycleway.
2. Arriving in Parton the path becomes Bank Yard Road. Turn left onto Main Street through the village. Parton station is on the left. Main Street then becomes Foundry Road.
3. At the T-junction either turn left to continue towards Harrington or right for 200 yards to St Bridget's Church and Moresby Roman Fort. Opposite the church is Moresby Hall, largely designed by Inigo Jones in the seventeenth century.
4. Retrace your steps and climb the hill into Lowca, taking the first right onto Stamford Hill. Bear right at the end and follow the cycleway signs onto the former Whitehaven, Cleator and Egremont Railway.
5. Passing Distington village, on Barfs Road is a sculpture of a woman and child. The path turns left under the bypass.
6. Turn left at the junction towards Harrington. You come to High Harrington, mainly passing bungalows. There is a bridge with a separate footbridge after it.
7. For Harrington station, turn sharp left off the cycle path. Turn right onto Main Road and down the hill. Turn left at the traffic lights down Church Road. At the end turn sharp right to the station with its Harrington humps.



Walk

4

3 miles
(5km)
1½ hours

St Bees circular walk

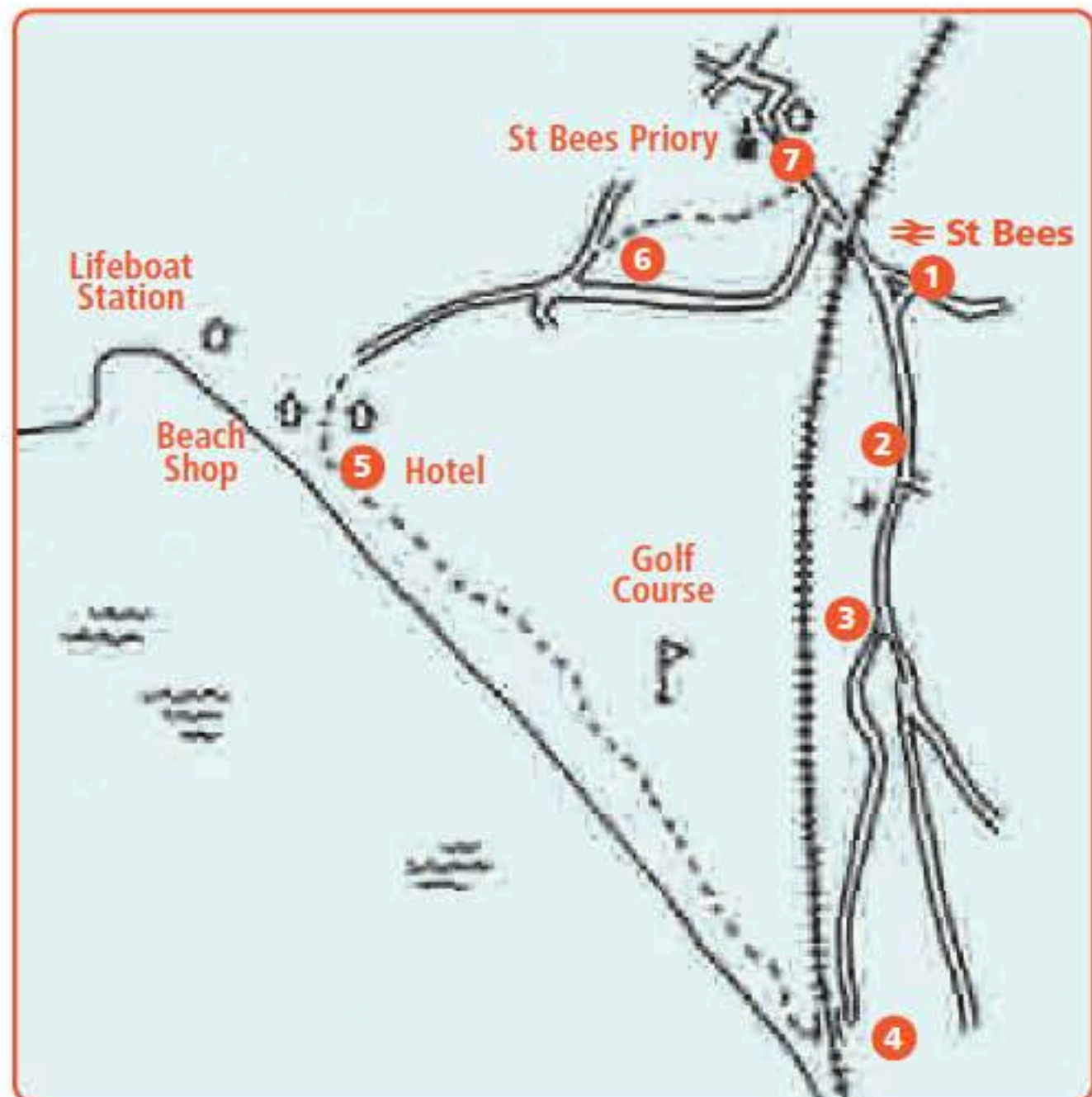
Station: St Bees.

Terrain: Steep on the cliff path.

Refreshments: Pubs in the village and a beach café.

Map: OS Explorer OL303 1:25000

1. From the station go uphill on Main Street. Cross the road onto Finkle Street at the Albert Hotel then turn right onto Cross Hill.
2. Continue up Main Street past the pubs and Post Office. On the left is the West Cumberland Railway Museum.
3. Near the top of Main Street at a notice board turn right onto Sea Mill Lane.
4. There is a right bend under the railway line. To the left are 1920s beach bungalows. In front is the Sea Mill foreshore sign. Turn right through the car park. Follow the cliff path across the beck, ignoring the footpath sign on the right and take the path between the beck and the golf course. Ahead is St Bees Head, the start of the Coast to Coast Walk.
5. Keep to the cliff top over stiles and leave the path between the Seacote Hotel and the beach shop. Turn right in front of the hotel to follow Beach Road.
6. Near the golf club entrance is the junction of Abbey Road to the left and Station Road to the right. Opposite is a footpath which leads to the Priory churchyard – if it is too muddy use Station Road instead.
7. Following the path on the left, you come to the Priory Paddock Wildflower Garden. At the end of the garden to your left is a gate into the churchyard. Coming out of the Priory grounds turn right back onto Main Street to your starting point.



Walk

5

3 miles
(5km)
1½ hours

Drigg to Seascale (and Sellafield)

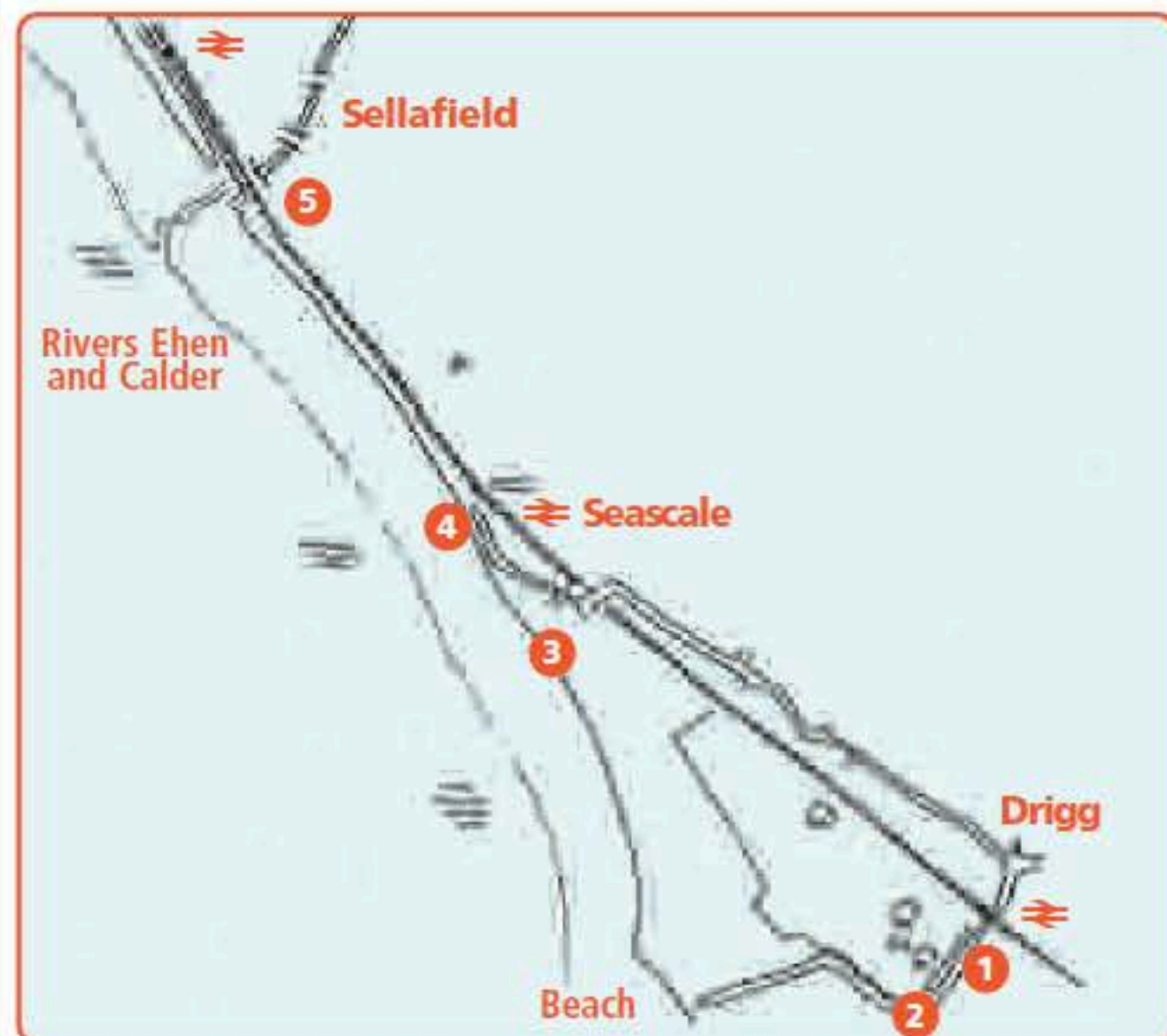
Stations: Drigg (a request stop), Seascale and Sellafield.

Terrain: Mainly level (not suitable for wheelchairs and pushchairs from Drigg beach to Seascale).

Refreshments: Pubs and cafés.

Map: OS Explorer OL6 1:25000

1. From Drigg station follow the road by the signal box. Southbound travellers need to cross the level crossing. Black Combe is on the left.
2. Turn right through the gate onto Drigg Dunes Nature Reserve. There is a fairly clear path all the way with some wooden stakes in places to guide you and good views over the Irish Sea.
3. When you reach a small road coming down to the sea it is better to walk on the beach, as paths through the dunes are indistinct. Exceptional spring tides may mean you cannot walk along the beach – if in doubt try starting from Seascale, as this is usually fine even at high tide. For tide times check www.tidetimes.org.uk
4. You will see Sellafield ahead of you and then Seascale comes into view. There is a short promenade at Seascale before the jetty, where you turn inland at the car park to Seascale station.
5. To continue from the jetty take the path between the car park and the sea as far as Sellafield station, a further two miles (4km). After a mile you get to the point where the rivers Ehen and Calder reach the sea. The path turns inland and over a white painted bridge before following a minor road next to the Sellafield site and to the station.



Walk

6

2½ miles
(4km)
1¼ hours

Ravenglass circular walk

Station: Ravenglass for Eskdale.

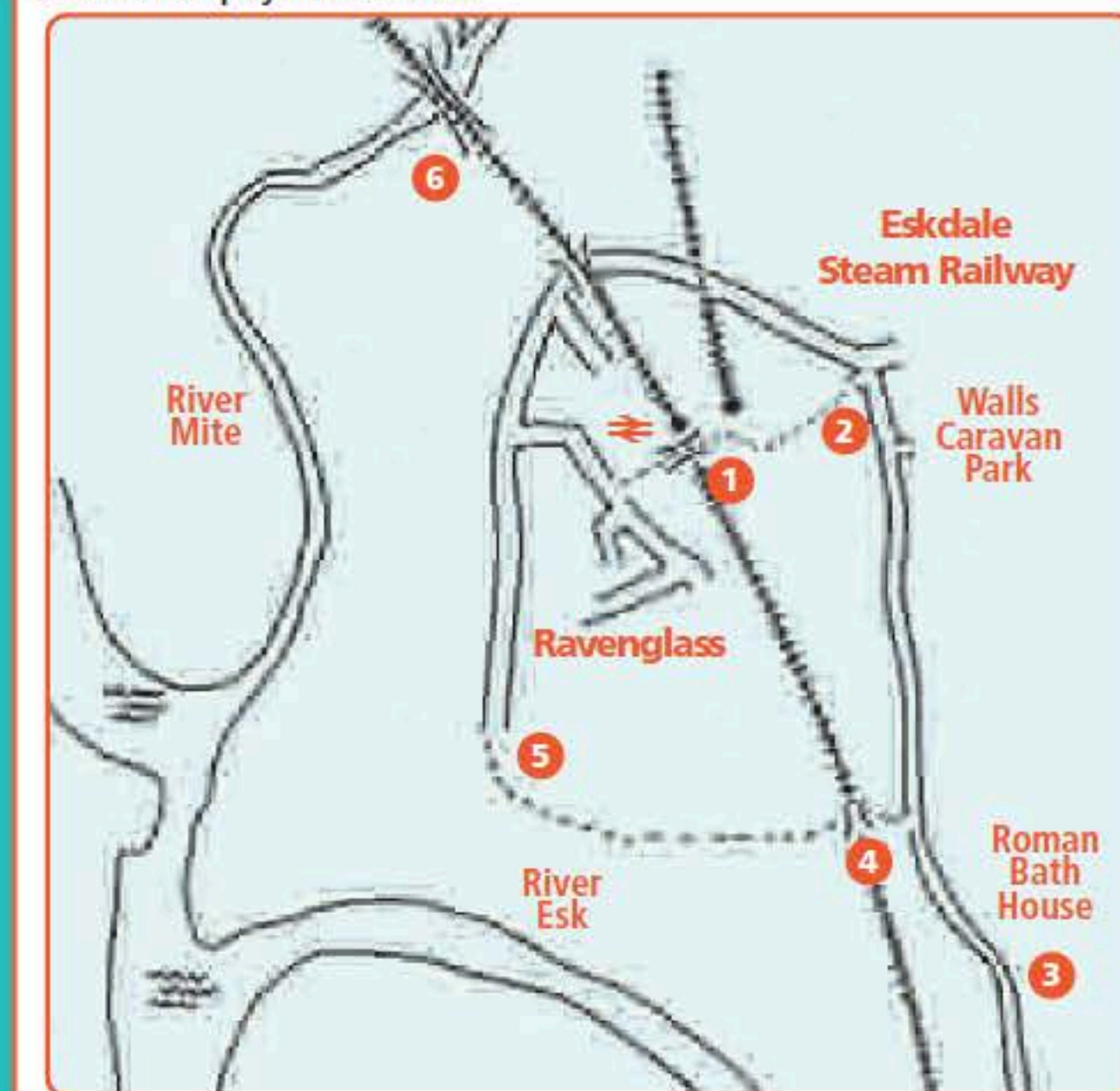
Terrain: Easy, mainly level.

Refreshments: Ratty Arms on the station, Ravenglass and Eskdale Railway café and in the village.

Map: OS Explorer OL6 1:25000

1. At Ravenglass station, going northbound, exit at the back of the platform and take the path over the bridge (wheelchairs and pushchairs will need to go out of the other exit next to the Ratty Arms). Going southbound go into the Ravenglass and Eskdale Railway (La'al Ratty) and take the path next to the turntable with the playground on your left.
2. Follow the path until it reaches a road. Turn right on the signposted Esk Trail and near the caravan site take the footpath to the left of the road.
3. Continue to Walls Castle, the Roman bath house with its interpretation panels.
4. Retrace your steps part of the way to the dip by the small footbridge and turn left under the railway bridge. This brings you out onto the beach by the River Esk.
5. At the bottom of Main Street are panels explaining that Ravenglass was a second century Roman port.
6. Walk up Main Street enjoying the old buildings. At the top, turn left to walk over the viaduct beside the railway line and view the village from the other side of the River Esk before returning to the station.

Don't forget to explore the La'al Ratty and the Ravenglass & Eskdale museum. From here the line goes to Dalegarth, about three miles from Hardknott Roman Fort. You can also walk up the path beside the main road for a mile to Muncaster Castle with its gardens and displays of birds of prey, then back along a path beside the payment booth.



Walk
7
8 miles
(13km)
3 hours

Millom and Hodbarrow Nature Reserve circular walk

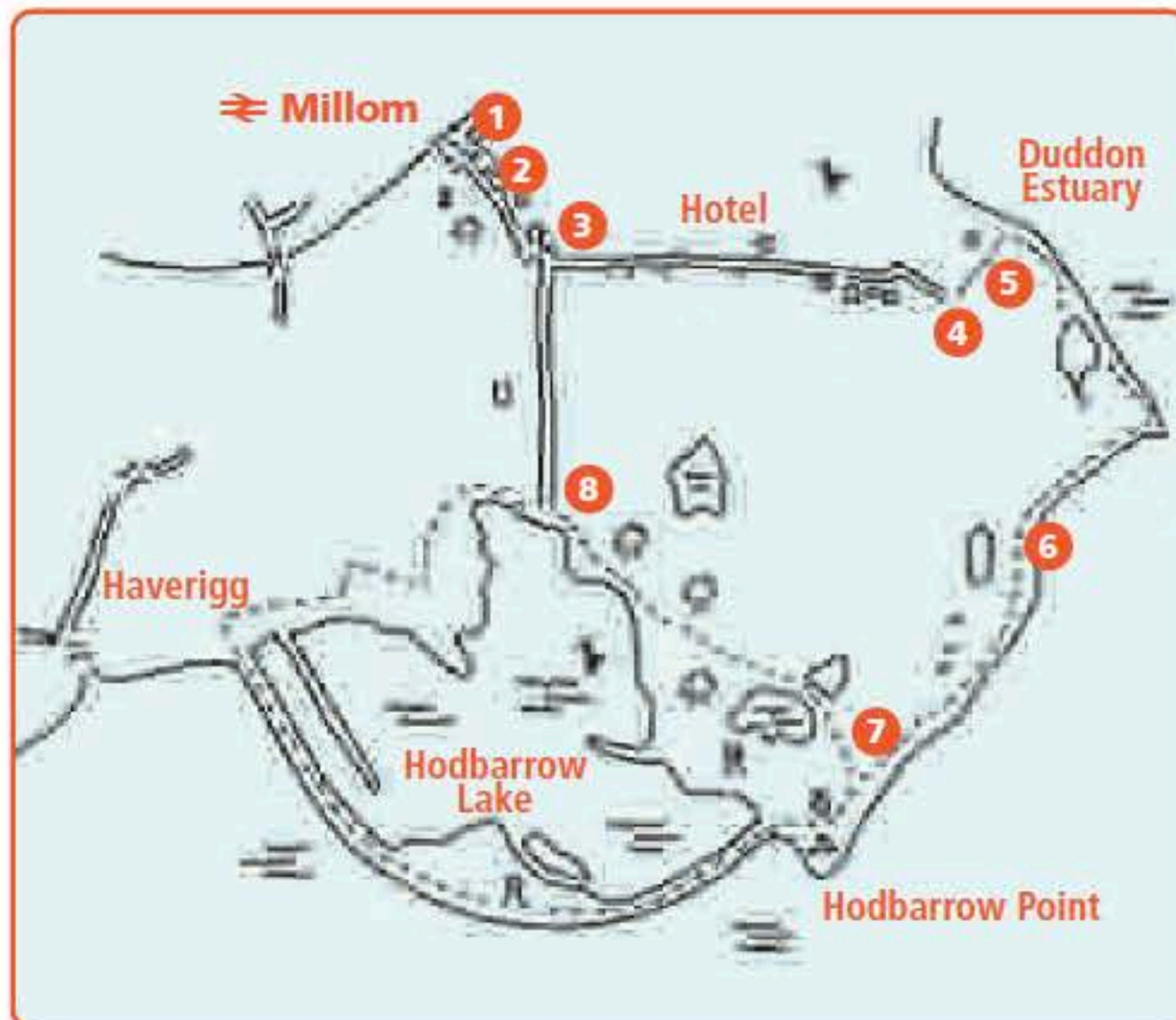
Station: Millom.

Terrain: Mainly level, some rough terrain.

Refreshments: Trainside Café – Millom Station.

Map: OS Explorer OL6 1:25000

1. From the southbound platform turn left out of the station and over the bridge. From the northbound platform either go up the steps near the front of the train, or from the back of the platform, turn right past the supermarket.
2. Go through Market Square. Turn left at the end onto St George's Terrace. At No. 14 is a coffee shop with a plaque above to Norman Nicholson the poet.
3. Back at Market Square continue past St George's Church to find Norman's grave. Continue along St George's Road up to the school on your left, then on along Devonshire Road.
4. Pass the Devonshire Hotel and the industrial estate then follow the Millom Ironworks LNR sign on the left. There is a small stile and an interpretation board.
5. Go left and follow the path to a wider path to the right along the Duddon Estuary.
6. Continue on through the gate labelled 'Port Millom' until the path reaches the beach. Turn right and there is a line of wooden posts with trees to the right. Go through the gate on your right and immediately through another on the left.
7. Follow the path to a public footpath sign and turn right. The path becomes a paved road leading to Hodbarrow Lake Nature Reserve. Carry on to Haverigg or if you prefer a shorter walk, turn right on the footpath beside the road.
8. At a public byway sign, turn right onto Mainsgate Road which leads back to the infant school and left to the station.



Walk
8
3 1/2 miles
(5.5km)
1-2 hours

Green Road Station to Millom Station Discovery Centre

Station: Green Road (a request stop) or you could start the walk from Millom.

Terrain: Easy, mainly level (grass).

Refreshments: Trainside Café – Millom Station.

Map: OS Explorer OL6 1:25000

1. Upon leaving the train head east up the lane towards the Duddon Estuary.
2. After 200 yards you will pass over a cattle grid with Low Shaw Farm on your left. Continue straight ahead until you reach a wooden gate, go through this and in ten yards you will see a public footpath sign on top of the grass bank (Cumbrian Coastal Way). Once on the path, turn right and continue straight ahead.
3. You will eventually come to a green bench on your left, then a second bench. At this point you will see the path curving right heading into Millom.
4. You will come to a third green bench, again on your left, with a silver gate on your right. Continue straight ahead.
5. A fourth green bench can be seen on the right, continue on.
6. You will then see a gate straight in front of you. Pass through this and cross the small bridge. Continue to follow the public footpath sign.
7. Walk between the two brick walls and you will come to a row of terraced houses. Bear right and follow this road to the T-junction, passing the garage on your left and supermarket on your right.
8. At the T-junction you will see the Bridge Café directly in front of you. Turn right and head across the railway bridge. Once over the bridge, turn right and within a few steps you will see Millom Station and Millom Station Café to your right. Go through to the platform and to your left is the entrance to the Millom Discovery Centre.



Walk
9
4 miles
(6km)
2 hours

Foxfield Duddon Mosses circular walk

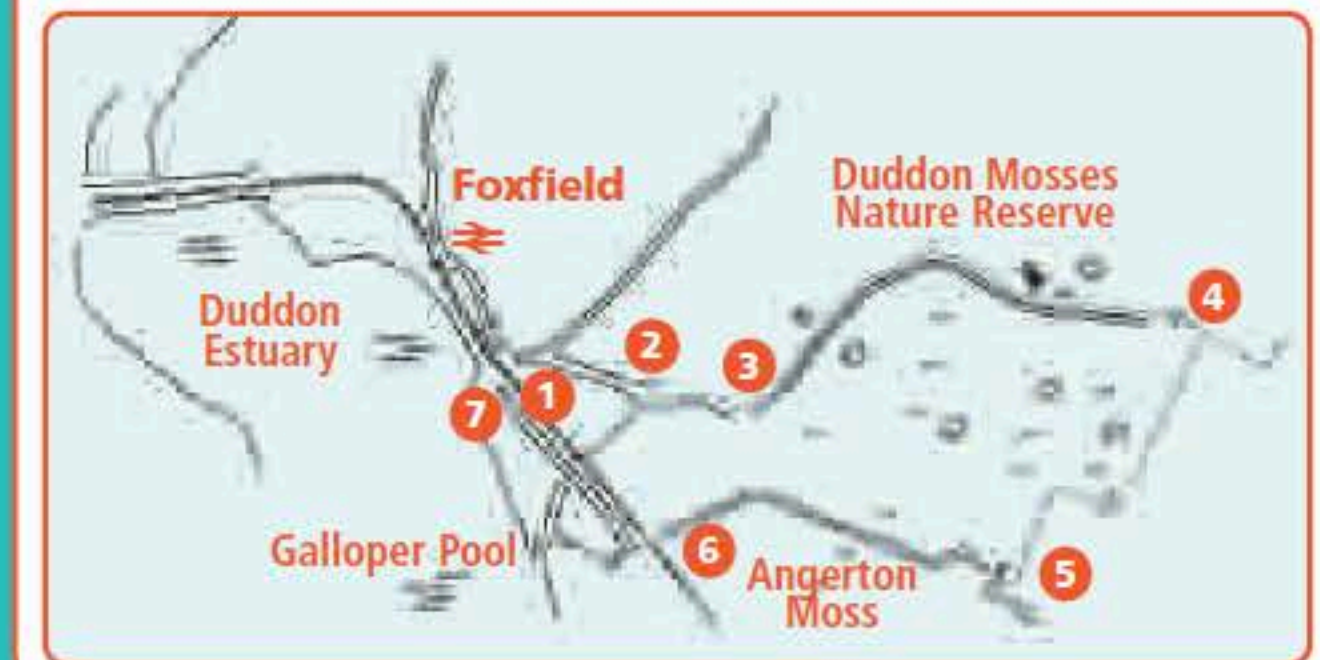
Station: Foxfield.

Terrain: Short section of road then paths with boardwalks and farm roads which can be boggy in places. Only suitable for wheelchairs and pushchairs by following alternative quiet roads in places.

Refreshments: Pub opposite station.

Map: OS Explorer OL6 1:25000

1. Turn right out of the station onto the A595 and follow it for 1/4 mile to the second turning on the left.
2. Follow the lane and go over a bridge. Follow the track to a fork.
3. Take the left branch and follow the track past the two cottages to the entrance to Duddon Mosses Nature Reserve.
4. A tree-lined track on the left leads along Otter Pool stream and around the edge of the moss. Take time to explore sections of the two boardwalks that branch off left and right, until you reach a footpath junction at Bank End Moss. For a shorter walk turn back here.
5. Turn right and head along the path for 1/4 mile to a footbridge. Cross it and then continue along the narrow, and often damp, path as it turns right then left to reach the road beside the farm at Waitham Hill. Turn right onto the farm road and follow it over Angerton Moss.
6. Bear left to the level crossing. Carefully cross the line and then turn right at the next junction. The road leads along the foreshore to the level crossing you passed at the start of the walk.
7. Turn left and follow the main road back to the station.



Walk 8 – Millom Station's Discovery Centre Drop in before or after your walk. It has a museum, a magnificent model railway, café/restaurant and charming gift shop.



Walk 2 – The Lake District Aquarium at Maryport Harbour is an amazing, underwater world of Cumbria's seas and coasts – kids love it!