

walks from the railway in the western lake district

Silecroft Standing Stones and the beach

Between sea and mountains the narrow coastal strip at the southwest corner of Cumbria makes a superb place to stretch the legs. It's easy to access the rolling network of lush pasture and wind-sculpted dunes leading down to expansive beaches.

Start/Finish: Silecroft Railway Station (GR SD 130 819)

Distance: 6.5km (4 miles)

Time: 2 hours

Height gain: 50m

Maps: OS Landranger 96, OS Outdoor Leisure 6, Harveys' Superwalker (1:25 000) Lakeland South & Western Lakeland, British Mountain Maps Lake District (1:40 000)

1. Turn right out of the station past the signal box. Turn left just after the de-restriction road signs and follow the lane for 30m. Turn left on to the path between the bungalows and follow to a gate and stile.
2. Climb the stile and head across the field in the direction of distant buildings. At the top corner of the field climb over the stile and follow the beck past a field bridge to a cross a footbridge, which is gated. Continue alongside the beck and follow the field boundary to the left past the farm, then left again to the standing stones; Giants Grave.
3. Retrace the route along the edge of the field to a stile in the corner to the left of the farm. Cross the stile, turn left, then at the end of the track turn right and continue to the beach (about 1 mile).
4. For a shorter walk turn right towards the houses. Go beyond the second house, past wooden steps, to reach a gap in the dunes, the entrance to Silecroft Heath. Enter the gap and pass through the gate.

After about 20m turn left and cross the stile behind a bungalow. Head to the road, turn right back to Silecroft station.
5. For the longer walk turn left and follow the beach first to Haverigg and then beside Hodbarrow Lake to Millom.

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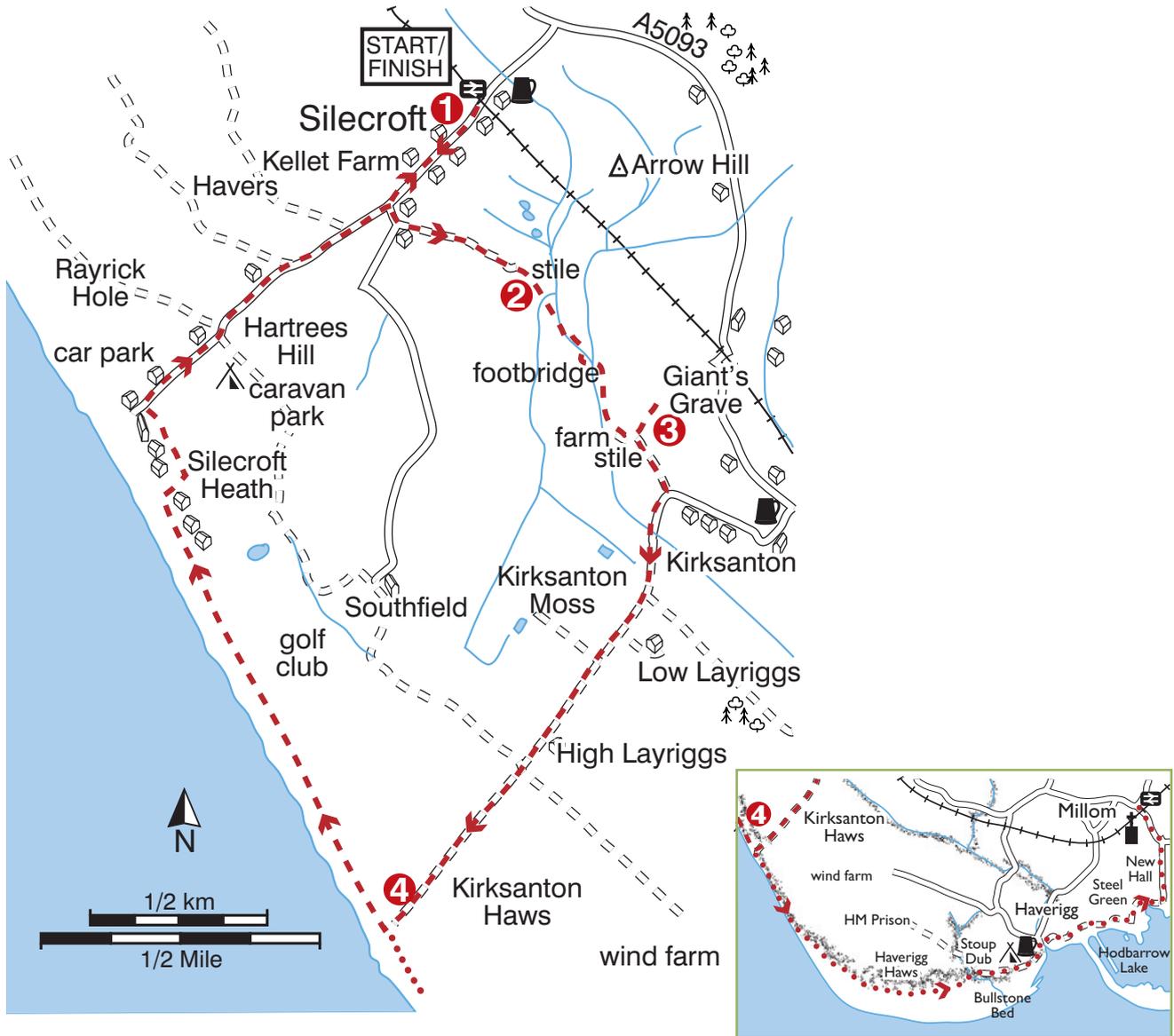
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Before setting off on any of these walks please make sure you have plotted the route using the appropriate map.

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