

Rail Trails

ST BEES TO WHITEHAVEN

Made up of two promontories, South Head and North Head, and split by the secretive cove of Fleswick Bay, St Bees Head is a fascinating stretch of coast. It is believed that during Roman times a signal beacon was based on the highest point. It is also rumoured that smugglers used Fleswick Bay as a staging post.

Wainwright's famous Coast-to-Coast walk starts at St Bees and for the first part of this walk from St Bees Railway Station to Whitehaven shares part of the route.

Start: St Bees Station (GR NX 970 119)

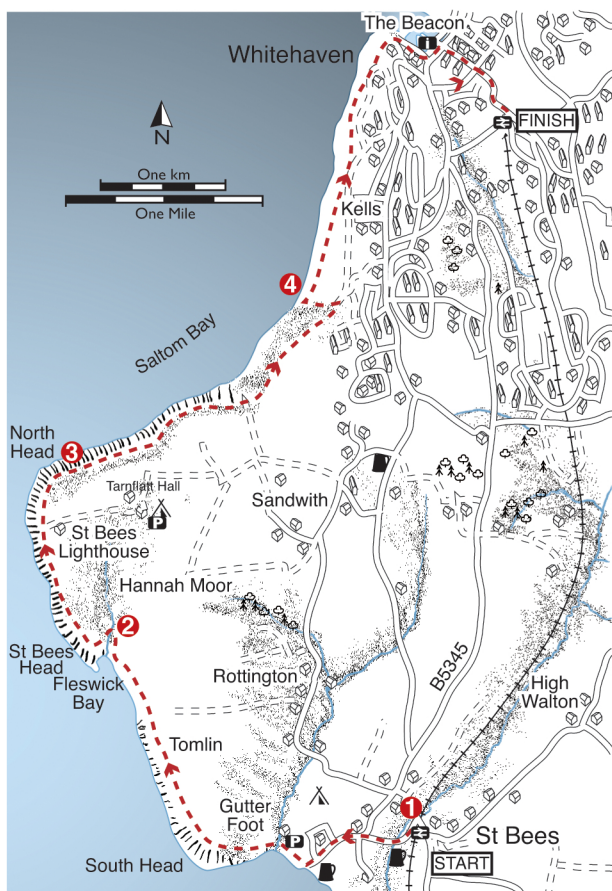
Finish: Whitehaven Road Station (GR NX 977 174)

Distance: 12.25km (7.6 miles)

Time: 5-6 hours

Height gain: 374m

Maps: OS Landranger 89, OS Outdoor Leisure 303.



1. Out of the railway station turn right then immediately left and follow the road down to St Bees lifeboat station and car parks. From the promenade join the Cumbria Coastal Way and follow it to cross the footbridge over Rottington Beck. The path climbs above the cliffs to South Head. Continue on the path and follow it down to Fleswick Bay.

2. Cross the small stream and continue following the Cumbria Coastal as it climbs along the cliff top path to North Head.

3. Beyond North Head the cliffs swing northeast and the path follows them along an undulating course until it descends at Saltom Bay.

4. Continue to follow the Cumbria Coastal Path and take it past South Beach then to Whitehaven Harbour. Walk around the harbour past The Beacon and the marina to Lowther Street. Turn right into Lowther Street and follow it through town to Flatt Walks, which in turn is followed around to Station Road and follow it to Whitehaven Railway Station