

St Bees Coastal

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Most of this pleasant route follows signed sections of Hadrian's Cycleway (72). St Bees village is reached following a free-wheeling descent to the Irish Sea where Wainwright's Coast to Coast Walk starts. The Priory Church of St Mary and St Bega has over a thousand years of history. The narrow undulating coast road south, with fine sea views, connects the villages of Nethertown and Braystones before winding its way back to Egremont along quiet back lanes with long views of the Lakeland fells. St Bees and Nethertown train stations are alternative starting points.

1 START: From the Market Place turn **L** onto Main Street then **R** into Chapel Street and follow Hadrian's Cycleway 72 signs to pass under the A595

2 Turn **L** up the slight incline then **R** at the T-jct by the filling station. Turn **L** following blue 72 signs along shared use path, then road through Woodend

3 Turn **R** and bear **L** back on to the path

4 Turn **L** onto the C2C cycle route towards Whitehaven

5 Just after the third bridge (under the A595) take the slip exit on **L** (unsigned)

6 Turn **R** along the minor road then ascend to High Walton Farm followed by a rewarding descent to St Bees

7 For the sea front turn **R** and then **L** after crossing the railway. Otherwise turn **L** up Main Street and then **R** to Nethertown (signed 72)

8 Continue on to Braystones and take the first **L** turn (signed *Egremont*)

9 Turn **L** then **R** at the fork and follow the road back into Egremont past the castle and back to the Market Place



1 km / 0.6 mile

Start/finish: Egremont Market Place (see map)

Parking: Beck Green car park (see map)

Distance: 24kms (14.7 miles)

Grade: Medium-Moderate. Mostly on-road with some cycleway

Refreshments: Cafe, shops and pubs in Egremont and St Bees

Public toilets: St Bees, Beckermert (off-route) and Egremont

