



Access land on the Solway Coast allows you to explore, on foot, a unique landscape shaped by the sea, the wind and the people who have lived and worked here. Together with some 60km of Public Rights of Way, there are many opportunities to enjoy this beautiful area.

The map on this board shows nearby access land.

Bowness Common National Nature Reserve



Lowland raised peatbog is one of the rarest wildlife habitats in the UK and is particularly important for its special insects and plant life as well as birds.

Several species of sphagnum bog mosses form the characteristic vegetation, a richly-hued wetland carpet of vivid greens, ochres and reds.

There are other specialist bog plants too, including cotton

grasses, bog rosemary and the insect eating sundews. In summer, the mosaic of small pools are home to up to 12 species of dragonflies and the large heath butterfly can be seen flitting low over the heather. Snipe and curlew are among the many birds that nest here.

The Royal Society of the Protection of Birds, Natural England, Cumbria Wildlife Trust, The Solway Coast AONB, and the Environment Agency are working together in the "Solway Wetlands Project" to restore the natural wealth of Cumbria's raised peatbogs and link them to the regions culture, economy and quality of life.

This is an area of deep soft peat. There are many water filled ditches, pools and old peat workings, often hidden by a sphagnum moss carpet. Considerable care is required walking over the site except on public footpaths or on marked trails. Adders live here and there are ticks, which can carry Lyme's disease.



When you see this symbol it shows that land may be open for public access on foot. Access rights for other activities may also exist



This symbol shows there are no public access rights beyond the point where it is displayed



The right of access on foot also applies to wheelchair users. Where reasonably possible gates have been provided to allow access although please note that open country is often very rough terrain

South Solway Mosses

- Bogs are wet areas and potentially hazardous - for your own safety please follow marked routes
- Be safe – plan ahead and follow any signs
- Keep dogs under close control
- Take care - do not start fire
- Protect plants and animals, and take your litter home
- Leave gates and property as you find them
- Consider other people



With rights... ..come responsibilities

You are welcome to explore access land on the Solway Coast but remember that the area is privately owned, internationally important for wildlife and a home and place of work for many people. Please exercise your rights responsibly.

- Please use the Public Rights of Way Network or other signposted routes to get to access land – look out for the access symbol
- Be careful. Peat bogs are wet areas and potentially hazardous.

Dogs in the countryside

On access land:

- Keep your dog on a fixed short lead between 1 March and 31 July. This is to protect ground nesting birds from disturbance
- Local restrictions may include a ban on dogs
- Note that dog restrictions do not apply to guide/hearing dogs, or if you are using a Public Right of Way

On Rights of Way:

- Dogs must be kept under close control, preferably on a fixed short lead

Plan ahead

Avoid disappointment by getting the latest information. Your rights to walk across access land can be restricted while work is carried out, and for safety or nature conservation reasons.

- Follow local signs and advice - any restrictions will be posted at access points
- Visit www.countrysideaccess.gov.uk or call the Open Access Helpline on 0845 100 3298 for up-to-date information on any restrictions
- Restrictions can be short or long term
- Public Rights of Way are not affected by restrictions to walk across access land
- Access land is shown on new series OS Explorer maps