



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.

Solway Salt Marshes

The salt marshes of the Solway Coast have been grazed by livestock since the settlements of the Cistercian monks on the Solway in 1150AD.



Both cattle and sheep graze the marshes creating a grass sward or turf that migratory swans, geese and ducks which over-winter on the Solway need for their survival.



The marshes are also havens for breeding ground nesting birds such as gulls and terns, and wading birds like the redshank.

One notable feature of Burgh Marsh is the monument erected to honour the place of death in 1307 of Edward I or 'Longshanks' who died from dysentery whilst leading his army on one of his many military campaigns against the Scots.



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

For further information contact Cumbria County Council on 01228 601052

Solway Salt Marshes

- Be safe – plan ahead and follow any signs
- Check tide tables - tide heights and times vary with wind speed, so always be aware of the tide
- Keep dogs under close control
- Keep a good distance from grazing wildfowl, especially at high tide
- Protect plants and animals, and take your litter home
- Leave 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. Salt marshes can be subject to fast moving tides - heights and times vary so please check tables.

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