



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.

Mawbray Bank

Mawbray Bank forms part of one of only three sand dune systems in West Cumbria, and illustrates well the transition from vegetated shingle, through mobile and fixed dunes, to dune grassland and maritime heath. The two extensive sections of the dunes, between Mawbray and Silloth, have been designated as a Site of Special Scientific Interest (SSSI).

This dune system is valuable throughout its length and is particularly important for its plant and bird life, and is home to the rare and protected natterjack toad. Over a third of the British natterjack population can be found on the Cumbrian Coast.



Within the dunes, wild plants such as sand leek, sea holly, restharrow and bird's foot trefoil can be found. Whilst along the shore line, many species of birds including the rare little tern, skylark, ringed plover, oystercatcher, and curlew can be seen.

The Solway Coast AONB manages the dunes for the wildlife and the many visitors who enjoy this unique habitat.



Visit www.english-nature.org.uk to find out more



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

The Countryside Code

Respect ... Protect ... Enjoy

- Be safe – plan ahead and follow any signs
- Keep dogs under close control
- Do not light or cause fires
- 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. Access land can be rough to walk over. Keep your eyes open for hidden holes and other hazards

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 or hearing dogs

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 access open country 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 access open country
- Access land is shown on new series OS Explorer maps