



## ▶ A Nature Lovers Tour

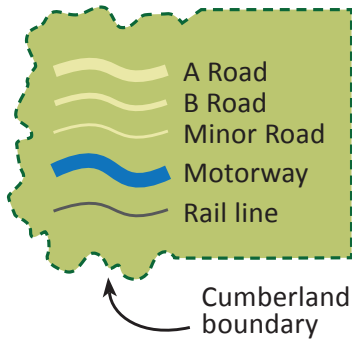
From nature reserves to unique animal experiences, nature lovers will find plenty to discover amid peaceful, unspoilt landscapes.

### ★ Highlights

- Peaceful nature reserves
- Wildlife spotting aplenty
- Accessible trails with great views



## MAP & KEY



- 1 Points of interest
  - Open all year
  - On public transport route
  - Parking
  - Accessible Parking/  
Drop off point
  - Wheelchair access
  - Accessible toilets
  - Hearing loop
  - Refreshments available
  - EV Charger
  - Wifi
  - Dog Friendly
- ACCOMMODATION ONLY:**
- Star Rating
  - Price indicator
- VE/AA** Visit England / AA



Please note, this map is for illustrative purposes only. Not all routes are suitable for all vehicles.

## Good to know

Stay safe when heading for the hills or the water. Check out the [Adventure Smart website](#) for tips and advice; and always ask yourself the following three questions.

- *Am I confident I have the knowledge and skills for the day?*
  - *Do I know what the weather will be like?*
  - *Do I have the right gear?*
- Look out for Miles Without Stiles routes: A collection of over 50+ walking routes across the Lake District National Park, suitable for those with limited mobility including wheelchair users and families with pushchairs.








## DAY 1

# The Western Lake District and Coast

From nature reserves to horse rides on the beach, there's plenty to discover in this beautiful area.

### 1 RSPB Hodbarrow Mainsgate Rd, Millom LA18 4JY

Begin with a visit to the RSPB Hodbarrow Nature Reserve: a coastal lagoon and grassland on the site of a former iron mine. Overlooking the Duddon Valley, it's home to breeding terns, ringed plovers, redshanks, great crested grebes and more.    [www](#)

**TOP TIP:** Between May and July, the site's bird hide is home to a tern colony, with birds commuting to and from the estuary.

### 2 Cumbria Heavy Horses Baystone Bank Farm, Whicham, Valley, Millom LA18 5LY

A range of experiences are available at this family run Heavy Horse Riding Centre on the Cumbrian coast. Choose from riding lessons and hands on experiences, or trot along the sands. Varying levels of experience are welcome (although be aware that restrictions apply to some activities).

   [www](#)

**TOP TIP:** For a scenic walk, head for the signposted 'Eskdale TRail' which runs for 8.5 miles between Dalegarth and Ravenglass. Along the way, be sure to visit the viewing platform which overlooks the impressive Stanley Ghyll falls.

## Where to Eat

**Silecroft Beach Cafe**  
*Silecroft, Millom LA18 4NY*  
Modern beach cafe overlooking the Irish Sea. New externally accessed toilet facilities include a Changing Places facility for visitors with additional needs.

**DID YOU KNOW:** The building's bespoke shutters were designed by Turner Prize winner, Martin Boyce.

**Ravenglass Ice Cream Cafe**  
*Baystone Bank Farm, Whicham, Valley, Millom LA18 5LY*

Ice cream and light bites, served at the Cumbrian Heavy Horses farm.

[www](#)

**The Ski Bar, Haverigg**  
*Port Haverigg Holiday Village, Steel Green, Millom LA18 4LG*  
Good food, Real ales, Artisan Gin & Vodka menu.

[www](#)

**Love Pizza**  
*Haverigg beach, plus pop up locations*

Pizza served from a land rover on Haverigg's beach. Pop-up dates only; check their Facebook before travelling.

[www](#)



## DAY 2

# From Whitehaven to the Solway Coast

Discover the only heritage coast between Scotland and Wales, before heading north to discover the Solway Coast - a National Landscape and home to some of the best sunsets in the country.

### 3 Whitehaven to St Bees

Beginning in Whitehaven, enjoy a 3.5 mile walk along the coast to St Bees. Along the way, you'll enjoy stunning views and a variety of wildlife. In summer, stop and admire colourful wildflower meadows.

### 4 St Bees Head Nature Reserve

St Bees Head is home to an RSPB nature reserve which features the only cliff-nesting seabird colony in North West England. Here, you'll find puffins, razorbills, herring gulls and more; it's also the only place in England where Black Guillemot breed. The sandstone cliffs offer sweeping sea views and a fascinating array of flora and fauna.

## Where to Eat

### The Peddler

*The Bus Station, Bransty Row, Whitehaven CA28 7XE*

Casual dining in Whitehaven's former bus station.

[www](#)

### Zest Harbourside

*Harbour Front, 8 W Strand, Whitehaven CA28 7LR*

Modern, relaxed restaurant on the harbour in Whitehaven.

[www](#)

### The Harbour Master Coffee House & Bar

*Whitehaven CA28 7UJ*

Late night coffee house and bar on Whitehaven's harbour.

[www](#)

### Solway Lounge & Garrison Bistro

*Bowness House Farm, Bowness-on-Solway, Wigton CA7 5AF*

Homecooked food, served in a modern and vibrant space.

[www](#)

### 5 Bowness on Solway

Explore the area around Bowness on Solway: a small coastal village which stands at one end of the Hadrian's Wall Path. Nearby, you'll find various points of natural interest which provide plenty to enjoy in a day!

Spot an array of butterflies, moths and dragonflies on the one mile circular route around Bowness on Solway Nature Reserve.

One and a half miles west of the village, the RSPB's Campfield Marsh Reserve is home to the Solway Wetlands Centre - a great place to go for more information on the area.



**TOP TIP:** Head down to St Bees Beach to enjoy an ice cream from family-run Hartleys Ice Cream.



## Where to Eat

### Watchtree Nature Reserve Cafe

Nr, Wiggonby, Carlisle CA5 6NL

Light bites on the nature reserve. Look out for locally made Three Hills Gelato.

[www](#)

### The Beeches Farm

The Beeches, Carleton, Carlisle CA1 3DP

Fresh milk and milkshake vending machine on a local farm. Check ahead for opening times.

[www](#)



## DAY 3

# Carlisle

The areas surrounding Cumbria's only city offer peaceful countryside and nature reserves aplenty.

### 6 Gosling Sike Nature Reserve

Houghton Rd, Houghton, Carlisle, CA3 0LD

Visit a wildlife garden, enjoy walks through woodland, pasture and wetland, and see animals like English longhorn cattle at this Cumbria Wildlife Trust nature reserve, garden and organic farm. Home to a wildflower nursery and seed bank, as well as The Lost Words garden which draws inspiration from Robert Macfarlane's book of the same name.

There's a varied events programme; check what's on before you visit.

 [www](#)

### 7 Quarry Banks Allan Wilson Memorial Reserve

Wetheral, Carlisle CA4 8FG

Just south of Carlisle, this peaceful nature reserve stands on the site of a quarry built to provide sandstone for railway bridges and buildings. Today woodland and meadow provide a habitat for wildlife including bluebells, tawny owls, butterflies and more. A peaceful walking trail winds its way around the reserve.

 [www](#)

### 8 Watchtree Nature Reserve

Nr, Wiggonby, Carlisle CA5 6NL

This fully accessible, 250 acre nature reserve on the Solway Plain is home to various habitats teeming with wildlife - from roe deer to skylark. There's also a network of accessible trails and onsite bike hire, including child seats for those too little to pedal.

 [www](#)



## DAY 4

# Keswick & Bassenthwaite

Spend the day exploring the area around Keswick, with a peaceful nature reserve and guided wild swimming.



**DID YOU KNOW:** The Borrowdale rainforest was declared a new national nature reserve in May 2024 as part of the King's Series of National Nature Reserves.

## 9 Dubwath Silver Meadows Nature Reserve Cockermouth CA13 9YN

This wetland nature reserve (the first in the Lake District) is home to four different habitats, home to a variety of plants and animals. Free to visit, with wheelchair-friendly boardwalks throughout, it's home to several hides where you can watch the surrounding wildlife in peace.



[www](#)

## 10 Swim on the Wild Side Lakeside, Lake Rd, Keswick CA12 5DJ

Wild swimming is an increasingly popular activity, offering the chance to get out into nature. It's best done with an experienced guide to ensure you can enjoy the water safely. Based on Derwentwater near Keswick, Swim on the Wild Side offers a range of experiences and tuition - including full moon swims, and a 'Swimming Bears Picnic'.



[www](#)

## Where to Eat

### Bassenthwaite Lake Station

*Bassenthwaite CA13 9YL*  
Cafe located right opposite the Dubwath Silver Meadows nature reserve.

[www](#)



**TOP TIP:** Enjoy a gentle stroll along the shores of Derwentwater and admire the scenery. Tramper hire is available at the Theatre by the Lake.



## Where to stay

Pick a base from which to explore.

### Baystone Bank Farm Campsite

*Whicham Valley, Millom LA18 5LY*

[www](#)

### The Little Barn Cumbria

*The Lonnings Sneckyeat Farm,  
Hensingham, Whitehaven CA28 8XZ*

[www](#)

### Wallsend Guesthouse & Glamping Pods

*The Old Rectory, Church Lane,  
Bowness-on-Solway CA7 5AF*

[www](#)

### Thornfield Camping Cabins

*Hawksdale, Carlisle CA5 7BX*

[www](#)

### The Pheasant Inn, Bassenthwaite

*Bassenthwaite Lake,  
Cockermouth CA13 9YE*

[www](#)



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