

Salterbeck Shore

Carry on this route until you come to a bridge down the embankment to your right that goes back under the railway. Walk down underneath the bridge, turn left back on to the path you started on and head back past the substation and up the path on Shore Road to the start point.

Return via Ropery Lonning

Alternatively, instead of going under the bridge climb the slope to the left, diagonally back up towards Walker Brow and follow the path down to the right through a kissing gate into the gravel car park of Ropery Lonning and turn left at the main road (on to Salterbeck Road) and follow the footpath, passing the rugby pitch and cemetery on your left, back to Shore Road where you can turn left and walk down to the reservoir car park.



NOT SUITABLE for wheelchairs or pushchairs



Time

23 - 45 mins

Distance

2.4 km (1.5 miles)

Steps

Approx 3,000

Route

Mainly firm gravel and grass

Start point

Car park, front of Salterbeck Res., off Shore Road CA14 5HL

Parking

Car park

Bus routes

46

Walk category

Moderate/Difficult

This circular walk has some gentle gradients and can be uneven in places. There is a choice of return routes, one fairly level while the other climbs to Walker Brow, giving access to grand views across the Solway.

Salterbeck Reservoir was originally built for the steelworks and had stood untouched for some time. Thanks to a community project the reservoir is now a pleasant place to visit. It is accessible to everyone and there are facilities for anglers. It has floating islands, picnic areas and an information board with details on wildlife that can be seen. If you want to explore further, there are details of other walk routes on the board.

Once you have left the reservoir, the initial section of the route is said to be haunted by the victim of an unsolved murder here in 1808. The grave can be seen in St Michael's churchyard in Workington.

Depending on your level of fitness it will take:

Under 45 mins
(2 miles per hour)

Under 30 mins
(3 miles per hour)

Under 23 mins
(4 miles per hour)

Walker Brow is largely covered in scrubland and is rich in wild flora and bird life. Look out for Stonechats from spring to autumn.

Route description

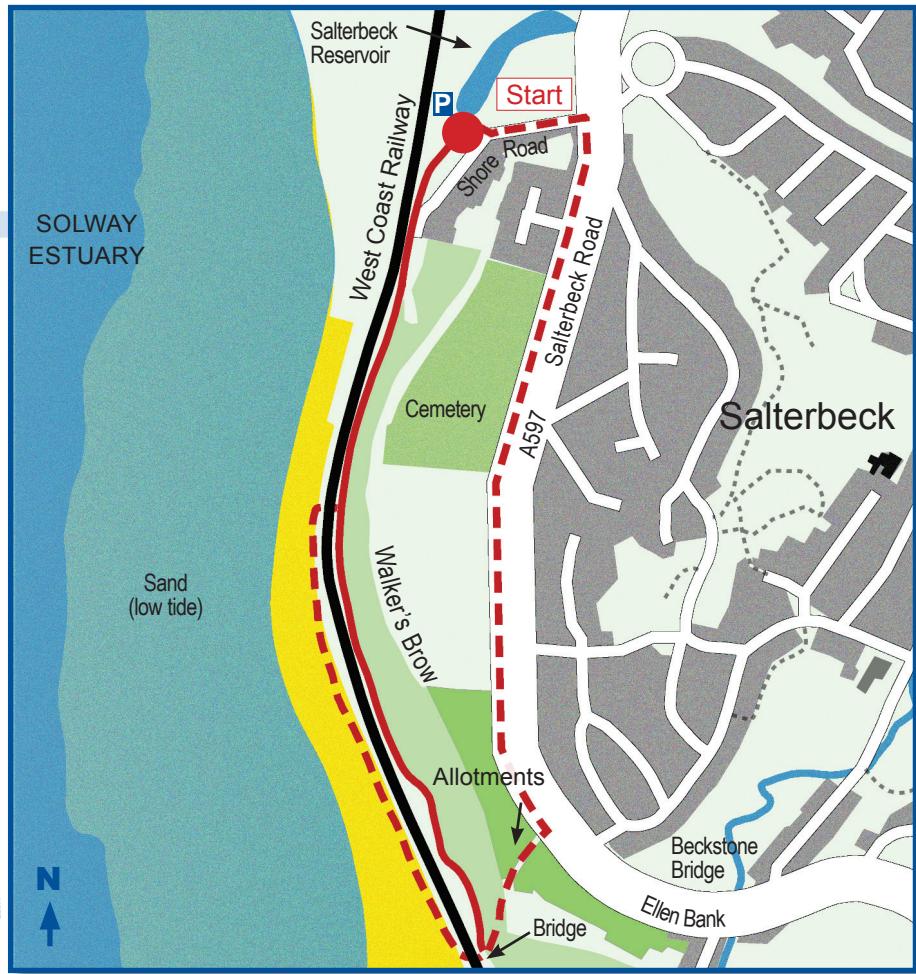
Heading away from the reservoir, descend down the rough track from the car park toward the substation at the bottom of Shore Road. Take the track along the base of the embankment (Walker Brow) towards Harrington keeping to the left of the path, not heading down under the small bridge to the right.

Continue to follow this path which is directly between the embankment and the West Coast Railway Line.

Towards the end of the path at the bottom of the brow you will see a big railway bridge on the West Coast Mainline to the right, here you have two choices:



Walker Brow



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Return via beach (avoiding steep gradient)

You can follow the path to the right under the bridge and take the path that goes off to the right. The sea is now on your left and on your way you will come across some strange pyramid structures on the shore. These were tank traps installed during World War II in order to frustrate any German attempt at landing. They were made from a mixture of concrete and slag.