

## The Silloth sea, sand and shingle stroll

The Silloth sea, sand and shingle stroll is a circular walk starting from the town centre. The route is in three parts. The short sea walk is about a mile and a half in length, the sand walk is three miles and the shingle route is a four mile round trip. All the routes follow easy sandy or grassy tracks. Pick your route to match your energy: why not take a picnic with you and make a longer day of it by spending some time relaxing on the beach.

**Grade:** Easy

**Start/Finish:** Silloth, GR NY 109 536

**Distance:** 4 miles (6.4km)

**Time:** 1.5 hours

**Height gain:** 25m

**Terrain:** coastal tracks and paths

**Maps:** OS Landranger 85, OS Explorer 314

1. From the centre of Silloth head south for the docks, marked by the tall silos of the feed mill. Keeping the docks on your right follow the signs for the nursing home onto the concrete track. Where the track forks take the right hand side towards the sand dunes and the sea. From the parking area follow the boardwalk to the beach.
2. Walk south, away from the docks, along the beach.
3. A little before you draw level with the Lees Scar Lighthouse, turn left to follow the track up through the dunes and onto the golf course.
4. To complete the sea walk turn left past the nursing home to return to Silloth (1.5 miles).
5. To extend the walk follow the path between the white posts as it crosses the golf course. Follow the track straight to the main road and go out through the red metal gates. Turn right and follow the footpath marked "Blooming Heather".
6. At the cross-roads take the right turn through the red gates onto the golf course. Beware of low-flying golf balls!
7. Back on the beach turn back towards the docks to complete the sand route (3 miles).
8. Look out for the fence along the top of the dunes which marks the start of the farmland beyond the golf course. Turn left up the track into the valley in the dune face.
9. At the far end of the golf course turn left and follow the track back to the main road at Silloth. At the main road go back onto and across the golf course, turn right to pass the nursing home on the way back to Silloth to complete the shingle route.

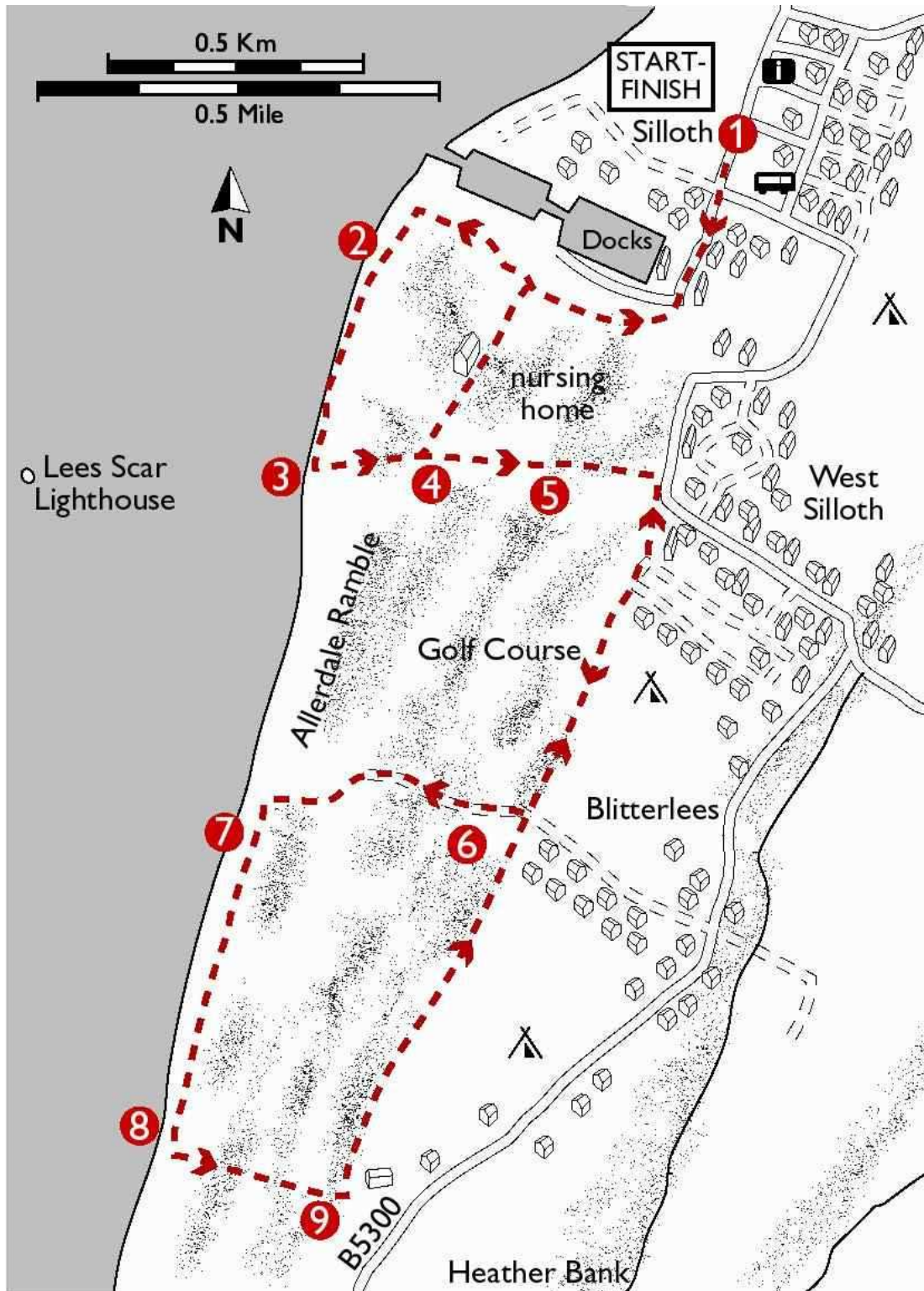
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