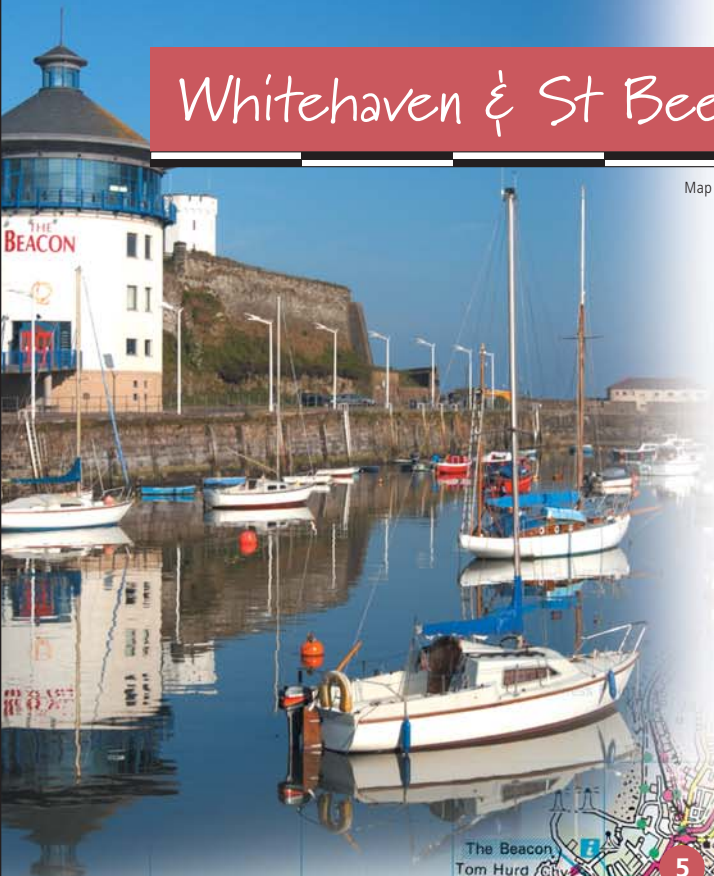


Whitehaven & St Bees Head

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Head for the coast and then follow Hadrian's Cycleway to Whitehaven via the attractive villages of St Bees and Sandwith, with a short diversion to the lighthouse at St Bees Head. There are great views over historic Whitehaven as you descend to the harbour. The return to Egremont is traffic-free along the western end of the popular C2C cycle route. Whitehaven and St Bees train stations are alternative starting points for those arriving by train.

- 1 **START:** From the market place turn **R** (signed *Nethertown*) and take **R** fork on hill by castle ruins
- 2 In St Bees turn **R** at T-jct, then **L** after railway crossing
- 3 At the T-jct bear **L** for the beach, other-wise turn **R** then **L** after 350m (onto Hadrian's Cycleway 72) and ascend the short but steep climb ahead
- 4 Turn **L** in Sandwith village (*Tarn Flatt Hall*) and follow road then track to reach St Bees Head and the lighthouse. Return to Sandwith, turn **L** and follow blue 72 signs to Whitehaven
- 5 At the bottom of the hill turn **L**, then **L** again for the harbour. To leave Whitehaven follow blue 71/72 signs
- 6 Turn **R** at cycle path junction (signed *Egremont*)
- 7 Follow blue 72 signs back into Egremont

Start/finish: Egremont Market Place (see map)

Parking: Beck Green Car park (see map)

Distance: 29km (18 miles)

Grade: Medium-Hard. On-road and cycle path

Refreshments: Cafe, shops and pubs in Egremont, and Whitehaven, cafe and pubs in St Bees, pub in Sandwith

Public toilets: Egremont, Whitehaven and St Bees

Part of new cycle path from Sandwith to Whitehaven open summer 2008
Details at www.whitehavencoast.org.uk

For details of tall ship visits to Whitehaven check the www.western-lakedistrict.co.uk website

1 km / 0.6 mile

