

Maryport Promenades

Involves two small blocks of steps and a bit of a steep climb but handrails are present on most parts



Time

20 - 39 mins

Distance

2.1 km (1.3 miles)

Steps

Approx 2,600

Route

Tarmac
and concrete

Start point

*The Promenade,
at the end of
Ingleby Terrace
CA15 6JB

Parking

Disc

Bus routes

56

Walk category

Moderate/difficult

This walk is on well surfaced paths with great sea views across to the Scottish hills. However, it does include a few steps and some parts have an increase in gradient.

The brows are well known locally for viewing the wonderful sunsets over the Solway. The Victorian battery that you will pass is now the Senhouse Roman Museum, which houses a unique collection of Roman altars and other items of local historical interest. The field to the rear of the battery is the site of an old Roman fort (Alauna) and you can get a better view of this from the watch tower behind the museum. When heading down to the new promenade there is an old overgrown quarry which is full of bird life. Before heading back, you can take a break and explore the recently landscaped area called Sea Brows Garden.

* The “Promenade” is the road on top of the brows.
The “new promenade” is along the shoreline.

Depending on
your level of
fitness it will take:



Under 39 mins
(2 miles per hour)



Under 26 mins
(3 miles per hour)



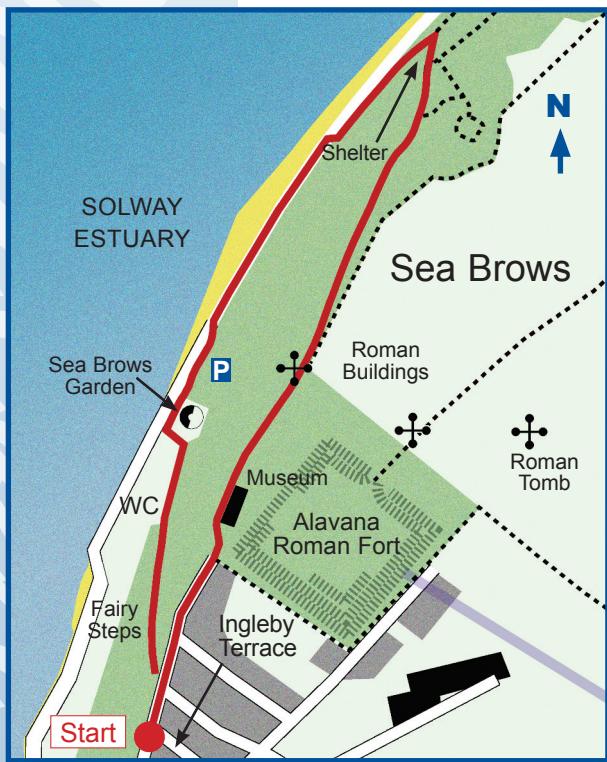
Under 20 mins
(4 miles per hour)

Route description

Starting at the end of Ingleby Terrace walk with the sea to your left hand side and head up the Promenade towards the Senhouse Roman Museum. Follow the path in front of the Roman building along the top of the brows. The path eventually slopes downwards and you will come to a fork, keep on the path to the left and head for the flat-roofed shelter on the new promenade. Walk just past the shelter and turn left and walk with the shore on your right and head back into Maryport.

As you get nearer to the town you will pass a car park and Sea Brows Garden on the left. Turn left just behind the public toilets, up a few steps and follow up the diagonal path known as the "Fairy Steps". This takes you back onto the Promenade.

Once at the top turn right and you are back to the starting point.



NB. This walk can also be started from the car parks down on the new promenade and do the route in reverse and coming down the steep path (Fairy Steps).