

Rail Trails

SILECROFT STANDING STONES AND BEACH

Between sea and mountains the narrow coastal strip at the southwest corner of Cumbria makes a superb place to stretch your legs. From Silcroft Railway Station you can easily access the rolling network of lush pasture and wind-sculpted dunes leading down to expansive beaches.

The mixture of seascape on one side and mountainscape on the other can be sampled in two ways. For a short walk you can head first to the ancient Standing Stones of Giant's Grave and then do a loop that includes the beach and Silcroft Heath.

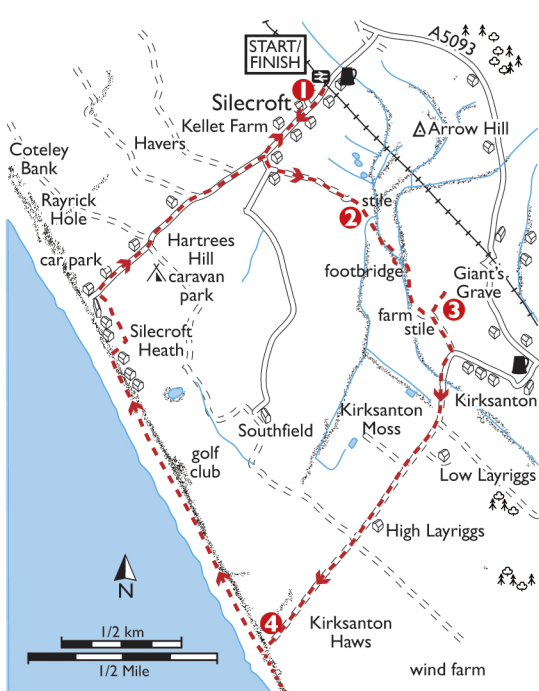
Start/Finish: Silcroft Station (GR SD 130 819)

Distance: 6.5km (4 miles)

Time: 2 hours

Height gain: 50m

Maps OS Landranger 96, OS Outdoor Leisure 6, Harveys' Superwalker (1:25 000) Lakeland South & Western Lakeland, British Mountain Maps Lake District (1:40 000).



1. Turn right out of Silcroft Railway Station and head west past the signal box. Turn left just after the de-restriction road signs and follow the lane for 30m. Turn left on to the path between the bungalows (standing stone sign) and follow it along a sunken lane with hedges to a gate and stile.
2. Climb the stile and head across the field diagonally in the direction of distant buildings. At the top corner of the field climb over the stile and follow the beck passing a field bridge to a footbridge, which is gated. Continue alongside the beck and then follow the field boundary to the left past the farm, then left again to bring you to the standing stones; Giants Grave.
3. Retrace the route along the edge of the field to a stile in the corner to the left of the farm. Cross the stile, turn left, then at the end of the track turn right and continue to the beach (about 1 mile).
4. Turn right and walk towards the houses. Go beyond the second house, past a flight of wooden steps, to reach a gap in the dunes, the entrance to Silcroft Heath. Enter the gap and pass through the gate. After about 20m turn left and cross the stile behind a bungalow. Head to the road, turn right and walk along the road to Silcroft station.