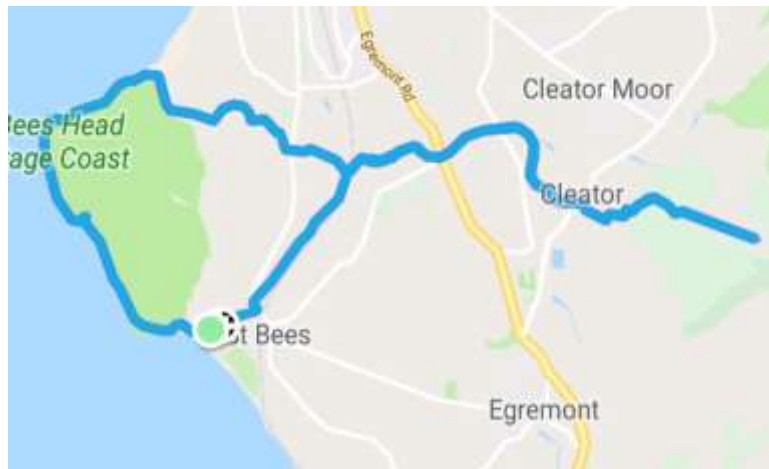


Miles for Myeloma - Route Description

St Bees – Coast Path – Sandwith - Dent Fell - St Bees



Summary

The route is 18 miles in total following Wainwright's 'Coast to Coast' path to the top of Dent, returning the same route as far as the railway line when we turn sharp left towards St Bees. For a more detailed route description, check out the many guides to Wainwright's 'Coast to Coast' route.

Note : This route takes the alternative 'Coast to Coast' path just before the A595 where it follows the cycle path round Moor Row, so avoiding crossing the A595 and the road walk through Moor Row.

Section 1 : St Bees – cliffs – Sandwith – railway line (6 miles)

From the Adams Rec, turn left down to the beach, past the play area and follow the path to the cliffs aiming for Fleswick Bay and St Bees lighthouse.



After four miles you reach Birkhams Quarry. Follow path through quarry to turn right on signposted road to Sandwith.



At Sandwith, turn left, to go past the Dog and Partridge pub to T-junction. The footpath opposite goes through Demesne Farm (follow footpath signs) to reach the main St Bees- Whitehaven road.



Go straight over this road onto Bell House farm track and follow signs through farm until signposted track leaves main path, heading to the railway line.



Section 2 : Railway line – fields – cycle path – Cleator – Dent Fell (5 miles)

Before you go under the railway bridge, take a look to the right, as this is the final section of the route back to St Bees. To carry on, go under the railway and head half left across field, looking for exit in far corner. Continue over what can be muddy ground to reach open field area with land rising to the left towards the A595.



Go over stile heading uphill, towards cycle path, clearly seen on embankment above.



Go underneath cycle path and take path on right to reach it. Follow the cycle path uphill for one mile, passing Moor Row.



On reaching the Egremont cycle path, turn right and follow this for half a mile to reach the Sustrans 'Coast to Coast' marker. Immediately after this, take the footpath left, over a field and downhill towards Cleator.



As you cross over the River Keekle, just before Cleator, you have completed 9 miles and are now half way and almost at the Jubilee Rooms.

At Cleator, cross the main road, turn left then immediately right down Kiln Brow to reach Millers Walk and a footbridge over the River Ehen. Cross this and follow track to Black How Farm. Go through farm, cross road and take forestry track opposite through trees up Dent Fell.

The open fell is reached near the top of the tree line by going left along track to the grassy path up Dent Fell.



The climb up Dent Fell is straight forward, however don't be fooled that on reaching the large cairns you are at the top. The true top and point to head back is the small pile of stones a further quarter of a mile ahead.



Section 3 : Dent Fell – Railway line – St Bees (7 miles)

From the summit, re-trace your steps all the way back to the railway line (about 5 miles away). After going under the arch, turn left and walk parallel to the railway, over a stile before heading slightly uphill to join the main path back through woods to St Bees School, coming out opposite St Bees Church. Here turn left on the road and after the church turn right across field back to Adam's Rec.

Well done... you've finished !



Finally, the usual disclaimer, in that this is only a brief guide and no substitute for good maps and navigation skills.