

CASTLE POINT

- **Linear coastal path with stiles**
- **3km/2 miles (return)**
- **Allow 1 hour 15 minutes**
- **Minor road, shingle, earth and grass path**
- **Moderate**

START from the council car park at the top of Rockcliffe village, follow the pavement downhill and turn left at the coastal path signpost. A quiet road leads to a path along the coast.

Keep an eye out for the sudden darting of a lizard, particularly on sunny pebble beaches. Lizards are completely harmless but very shy and only the sharp eyed will catch a glimpse of one.

Further along the way you will see an old grave set amongst the rocks. Sadly it is the grave of a sailor named Nelson who was shipwrecked and whose body was washed up near Castle Point.

Castle Point was occupied in the Iron Ages and must have been an important site to hold, having such a commanding position at the head of the Rough Firth. On a good day there is a clear view right across the sea to the hills of the Lake District. During the summer you may find wildflowers such as kidney vetch and sheepsbit scabious, whilst in winter, those with binoculars may see red-throated divers and scaup offshore.

Return to Rockcliffe by the same route.



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