

Thurstonfield Lough, was used as the header tank for the water courses which run toward the Solway. These streams powered corn mills, with different mills working on different days of the week, to maintain the flow of water. The establishment of the Lough and its sluice, which still survives today, provided water to the mills even in times of low rainfall. This water management allowed each settlement down stream to run its own mill. Today, the Lough serves as one of the Solway's precious wetlands, and a valuable refuge for coots, great-crested grebe and teal. Please keep to the right of way and do not disturb the private areas surrounding the Lough.

One of the Solway Villages you will visit is Moorhouse, a small settlement with an illustrious past. The large imposing building is Moorhouse Hall, built c.1780 by a Carlisle solicitor who's father farmed in Moorhouse. This partnership between father and son created one of the largest estates on the Solway Plain.

The Cumberland Bird of Prey Centre offers the visitor a unique experience of these magnificent birds. Owls, eagles, falcons and hawks can be seen in re-creations of their natural habitat, and flying in regular displays. Visit the newt pond or the wildflower meadow or simply relax with a cup of coffee and watch the winged world go by. Phone 01228 576889 for more details.

Along the banks of the Sunken Lanes of the Solway Villages Trail, wildflowers flourish undisturbed. In April and May, bluebells and primroses emerge, followed by the nodding heads of water avens in the damper places. Later in the summer the tall pink spires of the foxglove emerge, backed by the cream flower heads of the aromatic meadowsweet.



- ① Start at the Greyhound Inn in the traditional linear village of **Burgh By Sands**.
- ② After walking through Burgh by Sands you will cross the **Railway Bridge** which also spans the line of the now derelict Carlisle to Port Carlisle Canal. The canal operated until 1854 when it was filled in and the railway laid on top. The railway closed in 1962 after over 100 years.
- ③ After leaving the road you enter a world of **Sunken Lanes** with high hedge banks or 'Kests' and equally impressive hedgerows. These old lanes are a snap shot in time and are living examples of what highways looked like in Medieval times. Many of these old lanes linked settlements and provided droving roads which contained the stock being driven due to their high steep sides and made large herds easier to manage.
- ④ **Thurstonfield** is a village which built up around the farming industry on the fertile Solway Plain. The village's old mill still survives. Look out for the mill house on the right on your way to the Lough
- ⑤ **Thurstonfield Lough** was once an essential link in the chain of water milling on the Solway. Now it is a popular fishing venue and a place to see dragonflies and damselflies. The Lough is privately owned, so please follow the signs and keep to the path.
- ⑦ On the left hand side as you enter the village of **Moorhouse** is Stone House Farm. Bonny Prince Charlie stayed here on his first night in England before going to Carlisle as the pretender to the throne of England.
- ⑧ After crossing **Powburgh Beck** you will soon be able to see Monkhill windmill. The village of Monkhill was served by two corn mills. The windmill was responsible for grinding corn when a drought meant the watermill could not operate. The watermill was powered by water from Monkhill Lough. The lough is now sadly drained for farming, but the stream which filled it can still be seen away on your left.
- ⑨ As you return to Burgh, the **Parish Church** stands as a sentinel. The church was built in the twelfth century and the pele tower was added in the 14th century. The church is built almost entirely of sandstone robbed from Hadrians Wall and the Roman fort, the boundaries of which enclose the church. In 1307 the body of Edward the I of England rested in state in this church before his last journey to London.



Map Key

- Route
- Gradient moderate steep
- Road Bus
- Point of Interest
- Access to Road
- Telephone Toilets
- Parking Refreshments
- Signpost Bridge
- Perch/Seat Step Stile
- Gate Narrow Gate
- Kissing Gate View Point

Path Surface

Grass	Firm/Even
Soft	Rough/Uneven

Gradient Profile

The scale only applies to the horizontal Gradient Profile.

