

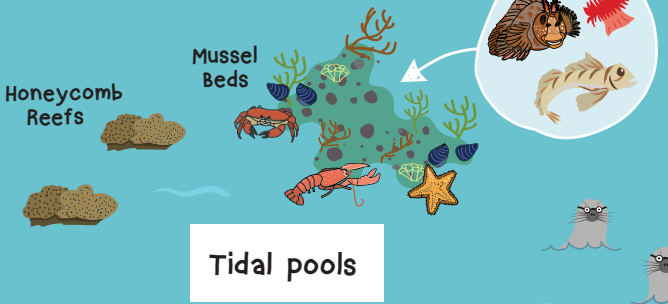
**Along the Allonby Coast...**  
 wildflowers throw a seaside party! Bright yellow ragwort feeds cinnabar moths and their stripy black-and-yellow caterpillars, while pink thrift, purple clover, sea holly and meadowsweet dance in the salty breeze. Together, they make the shore sparkle with colour, turning the coast into a buzzing, blooming playground for nature.  
 Go on, have a smell!



**Extra Explorations...**  
 If you're enjoying your walk, keep going along the coast! At Milecastle 21 you can climb a hill to see a Roman fort, spot the remains of the old salt pans, and explore Crosscanonby Nature Reserve, where wildlife, like rare natterjack toads make their home.

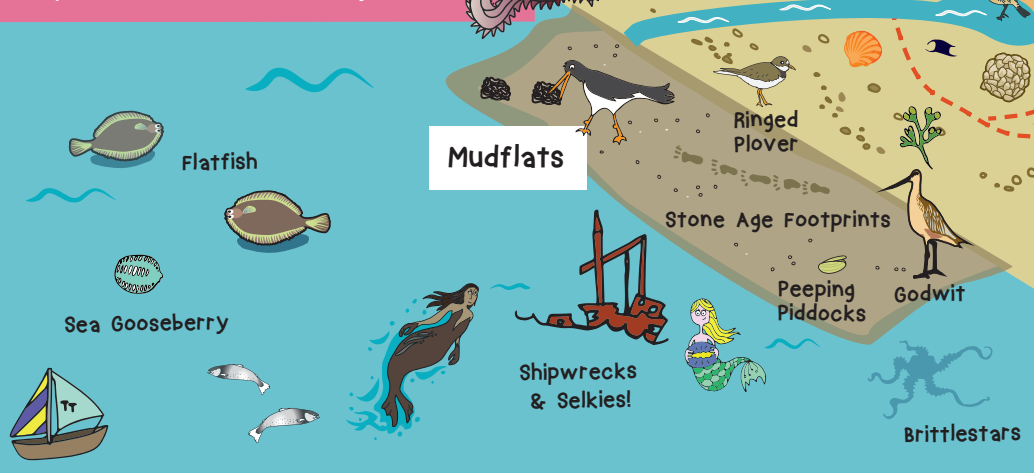


**The Terrific Tidal pools...**  
 At low tide, tidal pools become mini ocean worlds. You can spot crabs, shanny fish, shrimp and even starfish. Red beadlet anemones and barnacles cling to rocks. Nearby, mussel beds cluster together, while honeycomb reefs create secret hiding places for lots of little sea creatures like the tompot blenny. The honeycomb worms actually create the pools!



**Strandline**  
 Shark, Skate & Ray Egg Cases

**Mudlarking**  
 Can you see worm holes and casts on the shore? Beneath the mud and sand there are amazing creatures hiding like the 30cm-long lugworms, frilly ragworms and beautiful razor clams. Curlews use their long, curved beaks to pick them out... what a lovely snack!



**Allonby Bay HPMA (Highly Protected Marine Area)**  
 This is a special part of the coast that is highly protected. It stretches 5 km out to sea, creating a safe home for several different weird and wonderful marine species, including blue mussels, cuttlefish, and the amazing local honeycomb worm reefs. People aren't allowed to fish, dig, or take things from here. This helps nature rest, grow, and stay healthy. By looking after Allonby Bay, we give creatures, and us, a safe place to live and keep the ocean happy too.



**Sand Dunes**

Crinoid Fossil Rocks (Ancient Marine Creatures)



Please help Allonby Bay by putting your litter and dog poo in the bins provided.

**Trail Safety Information**  
 This Tale Trail explores the coastal area between Allonby and The Moody Cow. The terrain is a mixture of cycleways, beach, sand dune paths and quiet roads. It is part of the new King Charles III England Coast path. Please respect any wildlife

that you encounter and if you find any of the honeycomb reefs, please only look carefully with your eyes but don't touch, as they are very special and delicate. We need them to stay healthy and happy.

!!The stretch along the coast is tidal, so please check the tide timetables before setting off. The tidal flats have areas of sinking sand and deep channels, and although it's tempting to walk off shore please be aware that the tide returns very quickly!!

Discover more at [www.cumbriawildlifetrust.org.uk](http://www.cumbriawildlifetrust.org.uk)  
 Created by: [www.taletrails.co.uk](http://www.taletrails.co.uk)

