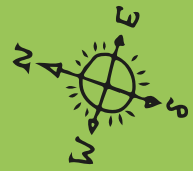


# St Bees - The Kittiwake's Tale



## Rock Pools

There are some amazing creatures in the rock pools, such as red beadlet anemones, shanny fish, limpets, periwinkles and honeycomb worms. The rippled wave-shaped rocks around them were formed during the Triassic period around 200 million years ago. You would have been standing on a similar latitude to the Sahara Desert and been surrounded by dusty deserts, seasonal rivers and salty lakes. Dinosaurs such as the Dimetrodon with his huge sail-like back would have been roaming the earth. (!!Take care as the rocks can be very slippery!!)

## Pineapple Alley

As you head down into Fleswick Bay you might smell something sweet! Wild camomile grows here and smells like sweet pineapple. If you are visiting in spring, beautiful yellow primrose and cowslip flowers hang down from the cliff edges.

## The Lighthouse

This grand lighthouse was built in the mid-19th century to help protect ships from becoming wrecked along the rocky coastline. The building next door is a fog signal station that let out an almighty horn sound when the mists came rolling in.

## Victorian Graffiti

People have been visiting Fleswick Bay for hundreds of years and some have left their mark. Do you think it is 'art', 'vandalism' or something else? Usually people carve their name and the date they visited. Can you spot any graffiti from long ago? It's best to leave wild places as you find them, so please leave only footprints and memories today.

## Bugs, Butterflies & Blooms

There are some amazing insects that live near Fleswick Bay. Look out for violet oil beetles that secrete golden liquid from their knees to defend themselves! You might also spot bright, stripy cinnabar moth caterpillars on the yellow ragwort flowers in spring. In summer delicate blue harebells and pink thrift flowers wave at you in the sea breeze. Beautiful common blue butterflies and small coppers can be spotted alongside the paths too.

## Use Your Senses

As you enter Fleswick Bay, stop for a moment... Listen to the magical sounds, smell the salty air and take time to really look around you. It's a magical place... *drips, waves sucking and swishing, pebbles rolling, salty seaweed smells, birds calling.* This special place has an atmosphere all of its own.

## Shipwrecks

Many ships have been wrecked along this coastline and now lie as memorials on the sea floor, but it is still possible to see the engine and gear from a fishing trawler that became stricken on the rocks at Fleswick Bay nearly 30 years ago. She was named the Coeur De Lion and was stranded here in a Force 6 storm. Luckily, thanks to the local lifeboat team, both of the crew were saved. Can you spot parts of the old trawler at the far end of the beach?

## Wildlife at Sea

The waters around St Bees Head are home to some amazing creatures. Did you know you can spot dolphins, porpoises and seals here... keep your eyes peeled. Superfast fin whales (the greyhound of the sea), ocean sunfish, moon jellyfish, leatherback turtles and even basking sharks live around here too!!

## Caverns and Caves

There are three hidden caves tucked away in the cliffs at Fleswick Bay - Swallows Cavern, Smugglers Cave and the sparkling Gemstone Cave. Can you work out which one is which? !!Although it is very tempting to explore inside you must take care as the rocks are very slippery and the cliffs above are unstable!!



**Trail Safety Information**  
This cliff-top trail follows a well-marked but at times exposed footpath across St Bees Head. It is part of the famous Cumbria Coastal Way. There are steep, unstable cliffs on the route and slippery surfaces. Fleswick Bay is a remote, tidal bay with surrounding sheer,

slippery rocks and a steep access path. Be sure to prepare well for your walk and check high tide times. Copyright © Copeland Borough Council 2022

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