

**APPENDIX 5
CUMBRIA COASTAL WAY**



ALLONBY TO WHITEHAVEN SECTION



- Parishes through which the path passes are –
- Allonby
 - Hayton with Mealo
 - Crossscanonby
 - Netherhall & Ellenborough (now Maryport)
 - Flimby
 - Seaton
 - Workington
 - Harrington
 - Moresby
 - Whitehaven

