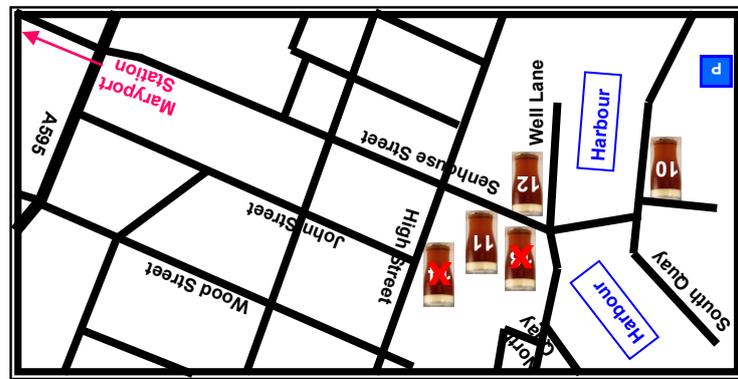
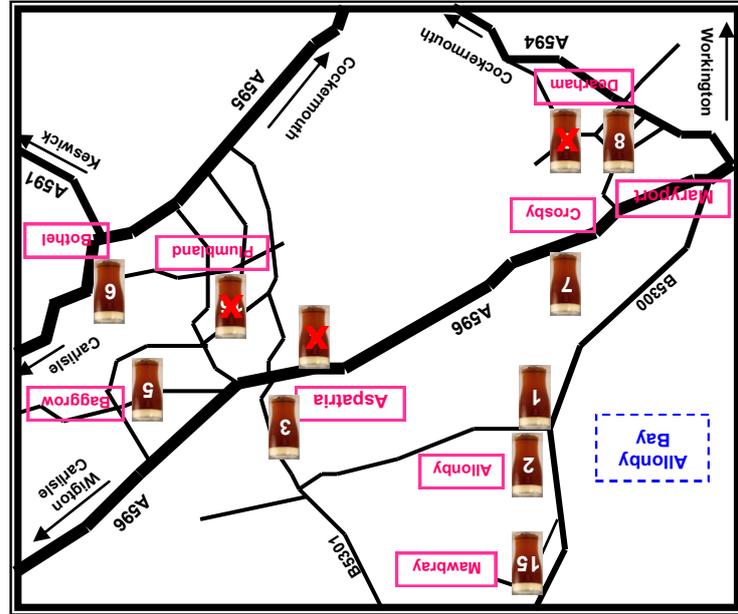


CAMRA cannot accept any responsibility for errors or changes. Premises contact details are shown to enable anyone to check out any facility, opening times or beers available, etc, before travelling to those premises. For information on CAMRA and updates visit our website at <http://www.camrawestcumbriaguides.org.uk/index.html>. You can also download a current version of this Guide. **WARNING:** Information in this Guide is the copyright of CAMRA and intended for private use only. No other use is permitted. Photographs are copyrighted and donated by their owners. Please do not re-use without our written permission. If you wish to comment or suggest any updates, please email them to Jim Chapple at [jimchapple@msn.com](mailto:jimchapple@msn.com). Please note that an (\*) asterisk alongside a beer entry for a premises denotes that it is a "house beer" supplied to them by the brewery indicated.



Maryport Town Centre Map



See [www.cumbria.gov.uk/roads-transport/](http://www.cumbria.gov.uk/roads-transport/)

There are no regular buses serving Bagrow or Plumland.

Service 68B (M-F) (Maryport to Cockermouth) calls at Dearham, Mawbray.

Service 60E (M-Sat) (Maryport to Skinburness) calls at Allonby and Mawbray.

**ELLENVALE**

Service 30 and 31 connects Maryport with Workington and Whitehaven. Service 300 and 301 (Whitehaven to Carlisle) connects Maryport with Crosby and Aspatia. Service 554 (Keswick to Carlisle) and 600 (Carlisle to Cockermouth/Whitehaven) calls at Bothel.

**STAGECOACH**

**Bus Services:**

**NORTHERN RAIL** service Carlisle to Barrow via Whitehaven, has stops at Maryport and Aspatia. See [www.northernrailway.co.uk/destinations](http://www.northernrailway.co.uk/destinations)

**Rail Services:**

**Public Transport:**

**FACILITIES SYMBOLS**

- See individual premises facility listings
- Quiet premises: free from piped music, jukeboxes, electronic games or TVs (at least one room).
- Family premises: where the licensee guarantees that families are warmly (and legally) welcome and in at least one distinct area of the premises : not just in a corridor or a corner of the main bar or lounge.
- Outdoor drinking area: this may vary from a garden to benches on a pavement or even a village green.
- Accommodation: rooms to let (no assessment of quality or price is made).
- Lunchtime meals: not snacks but substantial fare (including one hot dish) and in the premises itself, not in a separate restaurant.
- Evening meals: as for lunchtime meals; separate restaurants are often mentioned in the premises description.
- Wheelchair access: easy access to the premises and WCs.
- Camping: camping facilities for tents at the premises or within one mile; sometimes caravans are also welcomed and this is often mentioned.
- Bus routes that regularly pass close to the premises.
- Traditional pub games played.
- Real draught cider (not keg) available.
- Premises has its own car park.
- Dog friendly.
- WiFi access.
- Oversize lined pint glasses: used for some or all beers.

**LOCAP** These premises have undertaken to ensure they offer at least one truly locally brewed (no more than 20 miles from the brewery) Real Ale.

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**FREE** **Maryport, Aspatria & Solway Coast Real Ale Guide** **CAMRA** CAMPAIGN FOR REAL ALE



The historic town and port of **Maryport** is located on the Solway Coast, It was the creation of the Senhouse family in the 18th century, who developed the small fishing village and harbour into a coal port. It has an aquarium, maritime museum, Roman museum and The Wave Arts and Sports centre. It was a planned town with terraces of cottages built on a grid system, with employment centering on coal mining and ship building. The history of the town can be explored at the Maritime Museum, the Senhouse Roman Museum, and in the harbour area. The Lake District Coast Aquarium is on the harbour. The Wave Maryport is an entertainment, conference, and community centre in the heart of Maryport's historic harbour area. **Aspatria**, [the place of St Patrick's ash tree], is a small town in the north west of Cumbria, between Maryport and Wigton. There has been a settlement here for over 3000 years, and it lies on the route of a busy Roman road. The town is best known for its church of St Kentigern. An avenue of yew trees leads to the site where a Norman church once stood. It was demolished to build the larger stone St Kentigern, in 1846-48 in the Early English style. **Mawbray** means 'maiden's castle or stronghold' and refers to the existence of an old Roman fort. Indeed, the Roman fort of Bibra, between Mawbray and Beckfoot, was excavated in 1879. **Allonby** is a small village between Maryport and Silloth, in a designated Area of Outstanding Beauty. It has a long sandy beach, with fine views across the Solway Estuary to the mountains of Southern Scotland. **Crosby** is a small village straddling the A596 east of Maryport..The Church of St Mungo in Dearham was probably built in the early 12th Century, on a site where Christian worship has taken place since before the Norman conquest. Evidence of Vikings can be found at St Cuthbert's, **Plumland**. **Bagrow** is a small village joined to Blennerhasset by an attractive bridge over the River Ellen. **Bothel** is a small village situated alongside the A596 close to its junction with the A591. This Guide has been produced by members of the West Cumbria Branch of CAMRA (The Campaign for Real Ale) to promote the excellent real ale premises that we enjoy in our branch area.

**1 JACK'S SURF BAR**



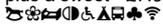
West End, **Allonby** CA15 5PE  
www.baywatchhotelallonby.co.uk

01900 881088

11-11 (M-Sun)

**Varies, up to two changing guests**

Bar in within Bay Watch Hotel. Separate games room. Good value all day food (Roast plus a sweet - £7.50 (M-F)). Beers £2 a pint after 8pm. Take away for campers.



**9 OLD MILL INN**

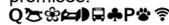
Rowbeck, **Dearham** CA15 7JP  
www.oldmildearham.co.uk

01900 813148

6-12 (M-Sun)

**NO REGULAR REAL ALE CURRENTLY**

Quiet bar in a 70 seater dining room. Beer garden and covered smoking area to rear of premises.



**2 SHIP INN**

Main Street, **Allonby** CA15 6QF  
www.theshipallonby.co.uk

01900 881017

12-3 6.30-11 (M-F) 12-11 (Sat) 12-10.30 (Sun)

**YATES Bitter, plus up to two changing guests (usually Yates)**

17th Century coaching inn. Centre of village community, overlooking the Solway Firth. Accommodation in oak beamed rooms. Small bar on entry, through to a larger bar.



**10 CAPTAIN NELSON TAVERN**

South Quay, Irish Street, **Maryport** CA15 8AB  
No website currently

01900 816697

12-11 (M-Th) 11-12 (Fri&Sat) 11-11 (Sun)

**Varies, but usually a Cumbrian beer**

Attractive L shaped room with real fire. Wide range of good value food served all day. Pleasant atmosphere.



**3 LETTERS INN**

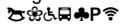
1a Outgang Road, **Aspatria** CA7 3HW  
No website currently

01697 508952

12-12 (M-Sun)

**Varies, up to two changing guests**

Traditional community hub, friendly atmospheric bar, wide range of customers. Quiet, characterful snug in a cosy room, and games room. Outdoor beer garden, childrens play area.



**POTS 2017**



**11 GOLDEN LION**

Shipping Brow, Senhouse Street, **Maryport** CA15 6AB  
No website currently

10.30-11 (M-Th) 10.30-12 (F&Sat) 10.30-11 (Sun)

**CUMBRIAN LEGENDARY ALES Loweswater Gold,**

Smart, refurbished hotel with large bar area. Dining room has spectacular harbour and Solway views. Upstairs function room. Good snack and meal menus. Attracts wide range of patrons.



**4 RED LION**

West Street, **Aspatria** CA7 3HQ  
No website currently

016973 20543

Closed (M) 7-12 (Tu-Th) 1-12 (Sat) 12-10.30 (Sun)

**NO REAL ALE CURRENTLY**

Attractive pub next to, but set back from, the main road. Spotlessly clean cosy interior and long bar with adjacent snug. Recently taken over and tastefully redecorated.



**12 LIFEBOAT INN**

Shipping Brow, Senhouse Street, **Maryport** CA15 6AB  
No website currently

01900 379008

11.30-12 (M-Sun)

**CUMBRIAN LEGENDARY ALES Langdale, Loweswater Gold**

A pub on this site since 1751. Cosy atmosphere with real fire. Excellent pub food. Upstairs function room. Superb views from front across harbour and Solway Firth to Scottish hills.



**GBG 2018**



**5 GREY GOAT**

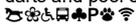
**Baggrow** CA7 3QH  
No website currently

016973 20026

4-11 (M-Th) 12-12 (F&Sat) 12-11 (Sun)

**Varies, up to three changing guests**

Recently re-opened and refurbished, with a cosy bar area. Separate games room for darts and pool etc.



**13 MIDDLE TAP**

16 Senhouse Street, **Maryport** CA15 6AB  
www.middletap.com

01900 379008

1-12 (M-Sun)

**CURRENTLY CLOSED**

Previously known as "Maryport Squash Club", "Board Vaults", it has always been referred to by the locals as "Middle Tap". One big narrow room, but some quiet corners. Real fire.



**6 GREYHOUND INN**

On A595, **Bothel** CA7 2HS  
No website currently

016973 20601

6.30-11 (M-F) 12-2 6.30-11 (Sat&Sun)

**JENNINGS Bitter, plus up to two changing guests (Marstons list)**

Large dining area and quiet corner. Midway between Keswick and Carlisle. Extensive menu with good fish dishes (landlady's father is a fisherman). Regular pub quizzes.



**14 PHOENIX TAP**

High Street, **Maryport** CA15 6BG  
http://ambertaverns.co.uk/pub/the-phoenix-tap-maryport/

01900 810263

11-11 (M-Th) 12-1.30am (F&Sat) 12-11 (Sun)

**NO REAL ALE CURRENTLY**

Previously "Broom Vaults", but locally referred to as "Top Tap". Recently extensively modernised, with seating on two levels. Multiple TV screens showing sports. Covered outside area.



**7 STAG INN**



On A596, **Crosby** CA15 6SH  
No website currently

01900 812549

11-11 (M, W-Sat) 3-11 (Tu) 12-10.30 (Sun)

**JENNINGS Bitter, WELLS Bombadier Burning Gold, plus a changing guest**

Welcoming, popular with locals and visitors. Great location, views over the Solway Firth to Scotland. Large bar, two serving points and quiet corners. Extensive menu to suit all tastes, incl. vegetarian and vegan.



**POTS 2017**



**15 LOWTHER ARMS**

**Mawbray** CA15 6QT  
www.mawbraypub.co.uk

01900 881750

6.30-11 (M) Closed (Tu-Th) 6-12 (F&Sat) 6-10.30 (Sun)

**DERWENT Parsons Pledge, plus up to 2 changing guests (usually Cumbrian)**

Traditional country pub, the heart of the village. On Solway Coast with views to the western fells from the beer garden.



**POTS 2015**

**GBG 2018**



**8 COMMERCIAL**

Maryport Road, **Dearham** CA15 7EG  
No website currently

01900 818040

4.30-11 (M-F) 12-12 (Sat) 11-11 (Sun)

**Varies, usually a KESWICK beer**

Traditional local community hub, with welcoming atmosphere. Large comfortable bar area and separate function room accessed by a few steps.



**16 LAST MAN INN**

**Plumbland** CA7 2ET  
No website currently

016973 21633

Closed (M&Tu) 6-11 (W-F) 12-3 6-12.30am (Sat) 12-3 6-11 (Sun)

**NO REAL ALE CURRENTLY**

Real ale dispense equipment being installed. Oblong bar with real fire, separate games room. Recently refurbished. Planning to open an outdoor drinking area shortly.

