	Name	Parking details including grid reference		bass	coalfish	cod and codling	common eel	conger eel	dab	dogfish	flounder	mackerel	mullet	plaice	wrasse	whiting
1	Port Carlisle	NY255611	car park								S					
2	Skinburness	NY124561	none											S		
3	Silloth	NY108538	car parks	S			S					S	S	S		
4	Beckfoot	NY090491	car park/walk	S		W	S			S				S		W
5	Mawbray	NY082470	car park	S		W	S			S				S		W
6	Dubmill Point	NY076457	road	S			S				S			S		
7	Allonby	NY080430	car parks	S		W	S				S			S		W
8	Crosscanonby	NY064390	car park/walk	S		W								S		W
9	Maryport north of town	NY046383	none	S	W	W	S		W		S			S		W
10	Maryport Prom & Harbour	NY034365	car park	S	W	W	S		W		S			S		W
11	Flimby southwards	NY020337	verge on A596, cross railway by bridge	S	W	W	S				S					W
12	Workington north beach/estuary	NX995306	car park/walk	S		W	S				S			S		
13	Workington south Beach / Moss Bay	NX982297	car park		W	W	S	W		S	S	W		S		W
14	Harrington	NX988252	car park	S		W	S				S			S		
15	Parton	NX978206	parking area beyond railway			W	S				S			S		W
16	Whitehaven North and West Piers	NX972183	car parks			W	S				S	S		S		W
					S	summer										
					W	winter										