



HADRIAN'S WALL
COUNTRY

Walking in Hadrian's Wall Country



HADRIAN'S WALL
Frontiers of the Roman Empire
WORLD HERITAGE SITE

NATIONAL TRAIL

Welcome to Walking in Hadrian's Wall Country



The Granary, Housesteads © Roger Clegg

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Section 4

West of Carlisle to Whitehaven



Section 3

Gilsland to West of Carlisle





Cuddy's Crag © 121















Walltown Crags © Roger Coulam



River Irthing Bridge © Graeme Peacock

This set of walks and itineraries presents some of the best walking in Hadrian's Wall Country. You can concentrate on the Wall itself or sample some of the hidden gems just waiting to be discovered – the choice is yours. Make a day of it by visiting some of the many historic sites and attractions along the walks and dwell awhile for refreshment at the cafés, pubs and restaurants that you will come across. Just pick the walks that suit you and enjoy yourself!

Key to Guide Map

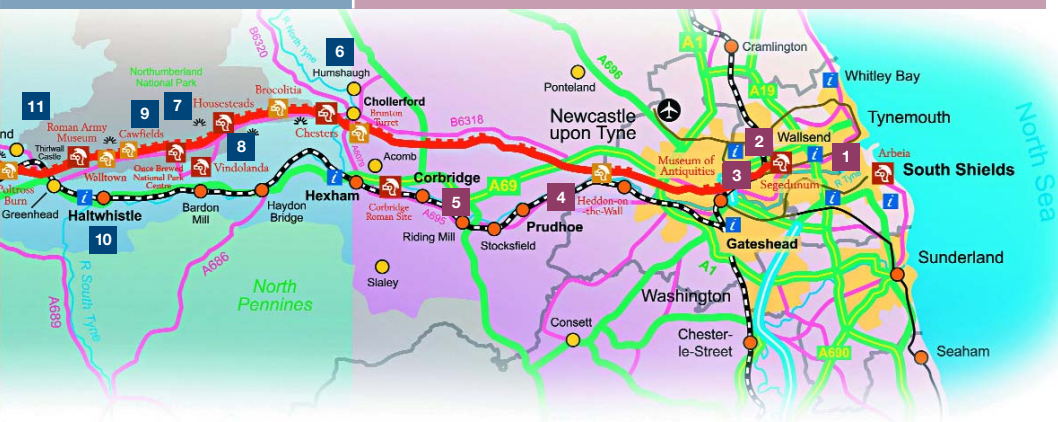
 Motorway	 Hadrian's Wall (course of)	 Information
 Primary route	 Hadrian's Wall (visible remains)	 Viewpoint
 Other main road	 Main Roman fort or museum	 Town/village
 Main rail route	 Other Roman site	 Town with railway station

Section 2

Chollerford to Gilsland

Section 1

South Shields to Chollerford



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Helping us to look after Hadrian's Wall World Heritage Site



Sycamore Gap © Roger Clegg

Hadrian's Wall is a very sensitive place, a fragile piece of our heritage. Almost everywhere that you walk is archaeologically important, so we all have a responsibility to make sure that the surviving remains are preserved for future generations.

As well as the visible archaeology (both masonry and earthworks) that you can see there is much more buried beneath the very paths that run alongside the Wall. We want to avoid damage and erosion to the ancient monument and the best way of doing this is by maintaining the path beside the Wall as a healthy grass surface.

You can help us to look after Hadrian's Wall for future generations by following a few very simple 'conservation tips'.

So please:

1. When walking beside Hadrian's Wall avoid walking in single file, instead simply walk side-by-side. This helps to spread the pressure over a wider area – it really does make a difference.
2. If you see a worn line in the grass path, please walk alongside it; the rule of thumb is to walk on healthy grass.
3. When the Trail was being designed, the basic rule of thumb was to avoid as many of the lumps and bumps as possible because they could be buried archaeology. So, please avoid walking on the lumps, bumps and grassy ridges.

Approach to Birdoswald © Graeme Peacock



West of Aesica Fort (Great Chesters) © Graeme Peacock





Near Limestone Corner © 121



Cawfield Crags © Roger Clegg



Approaching Walltown Crags © Graeme Peacock

The Wall's own country code, Every Footstep Counts

This code was devised by the National Trail in partnership with all of the projects and organisations associated with the World Heritage Site. It suggests tips on how visitors can help us to look after the Wall for them and future generations.



1. Start and finish your walk along the Wall at different places, or follow a circular route. This way there will be half as much wear on the path next to the Wall.



2. Use public transport, including the Hadrian's Wall Bus, wherever you can.



3. You can support the people living and working in the World Heritage Site by staying nearby whenever you can and using shops, restaurants and pubs in the area.



4. Take any litter away with you and never light fires.



5. Never climb up or walk on top of Hadrian's Wall.



6. During the wet winter months the ground is waterlogged and this is when the risk of damage to the monument is greatest. Instead you could walk one of the alternative circular walks close by.



7. Close all gates behind you unless it is clear that the farmer needs the gate to be left open.



8. Stick to the path signed from the road with coloured arrows.



9. Help to take pressure off the Wall itself by visiting a Roman Fort as part of the journey. They all have visitor facilities and will tell you all about Roman life and times.



10. Always keep your dog under close control.

Hadrian's Wall Path National Trail



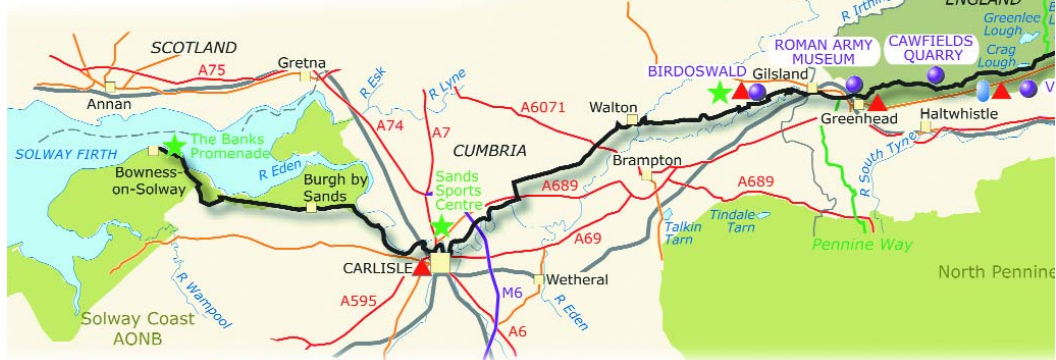
Housesteads Roman Fort © Roger Clegg

Hadrian's Wall Path National Trail is an unbroken 84-mile signposted footpath stretching coast-to-coast and crossing England from Wallsend in the east to Bowness-on-Solway in the west. It passes through some of England's most beautiful and dynamic landscapes – the forces that shaped our island's geography have left behind a kaleidoscope of scenery – from rolling fields and rugged moorland to the vibrant cities of Newcastle upon Tyne and Carlisle.

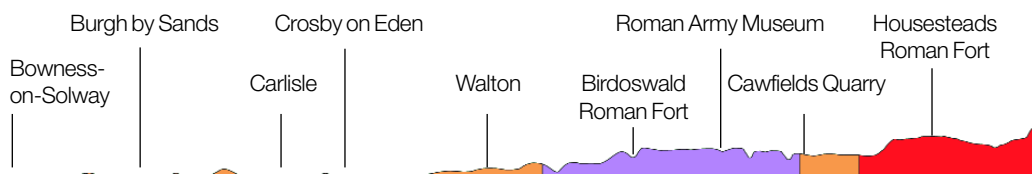
You do not have to walk all of the Trail in one go, although many people do; it is just as popular as a short-stay destination, perhaps walking a section over a long weekend, or for a day walk.

If you do decide to walk the Trail please note that its popular passport scheme operates from 1st May to 31st October only.

National Trail Map



Gradient Profile





Steel Rigg © 121



Blackcarts Turret © 121



Birdoswald Roman Fort © Roger Clegg

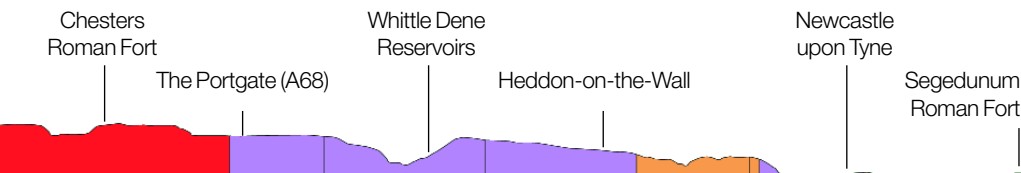
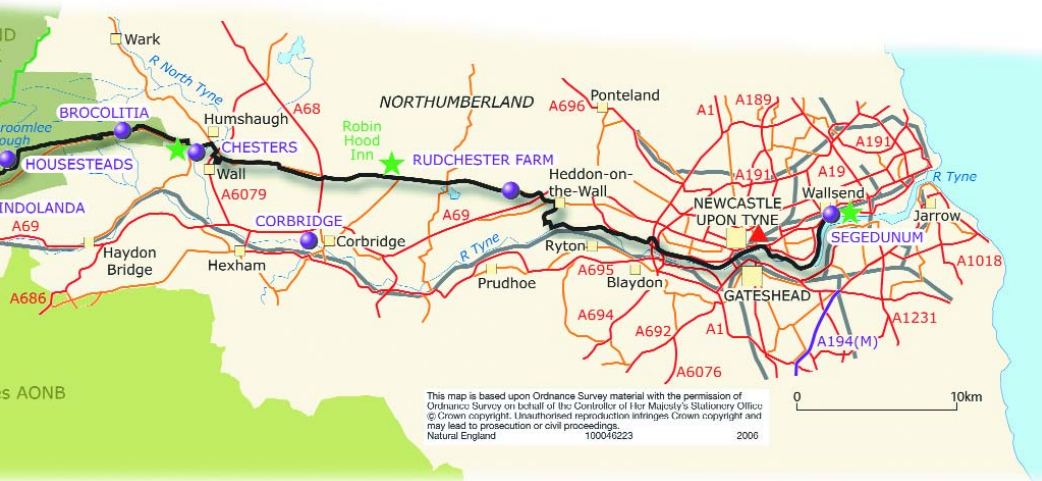
This is because we promote the Trail as a spring, summer and autumn destination only when the risks of erosion to the ancient monument are reduced. In the wet winter months the risk of erosion and damage increases significantly and during this period we ask that you respect our shared heritage and walk instead some of the many footpaths within the Wall's corridor.

Key to National Trail Map

- Hadrian's Wall Path National Trail
- Roman Site
- Youth Hostel - check for seasonal opening
- National Park Visitor Centre
- Passport Stamping Station

Key to Gradient Profile

- Easy walk suitable for wheelchair users
- Easy walk unsuitable for wheelchair users
- More difficult walk – wear boots
- Very strenuous walk



Three walking itineraries incorporating the National Trail



Carlisle at night © Graeme Peacock

We have put together some suggestions for walking sections of the National Trail, using Newcastle or Carlisle as your base. The following itineraries have been designed for the summer months, taking advantage of the seasonal AD122 Hadrian's Wall Bus, and allow time to take in the landscapes and visit some of the Roman sites and attractions.

A 5-day itinerary starting in Carlisle (3 walking days)

Walk the Cumbrian section of the Trail in 3 days. Use Carlisle as your initial base for 2 nights before you walk further east.

Day 1: Arrive in Carlisle and leave your bags in your accommodation. Explore the city's parks, cultural quarter and museums.

Day 2: Take the No 93 service bus/AD122 Hadrian's Wall Bus to either Bowness (15 miles) or, if you prefer a shorter walk, to Burgh-by-Sands (7 miles) and walk back to Carlisle.

Day 3: Walk from Carlisle to Walton (11 miles).

Day 4: Walk from Walton to Gilsland (8 miles). Stay in Gilsland or take the AD122 Hadrian's Wall Bus back into Carlisle for a final evening there.

Day 5: Last-minute sight-seeing and souvenir shopping in Carlisle before returning home.

Advice

Bowness marsh is tidal and occasionally floods. Check www.nationaltrail.co.uk/hadrianswall (Planning a Trip)

Highlights

- Views across the Solway marshes into Scotland
- Port Carlisle's historic canal basin
- Drumburgh Moss National Nature Reserve
- Carlisle Castle (English Heritage)
- Carlisle Cathedral
- Tullie House Museum
- Lanercost Priory (English Heritage) – half-mile south of the Trail
- 360° panoramas
- Hadrian's Wall, milecastles, turrets, Vallum and Wall ditch
- Birdoswald Roman Fort and Museum (English Heritage)
- Award-winning footbridge across River Irthing gorge

Bowness-on-Solway © Graeme Peacock





Castle Keep © Graeme Peacock



Tyne bridges at night © Janine Howorth



Vindolanda Roman Fort © Graeme Peacock

A 6-day itinerary starting in Newcastle upon Tyne (4 walking days)

Northumberland is the more difficult section of the route so we have suggested two itineraries: a Grade A which is a little bit more demanding, or Grade B which takes things at a slightly more leisurely pace.

Grade A

Day 1: Arrive in Newcastle and explore this vibrant and historic city of the north.

Day 2: Take the Metro train to Wallsend and walk to Newburn (12 miles). Return to Newcastle by service bus for a second night there.

Day 3: Walk from Newburn to Chollerford (13 miles).

Day 4: Walk from Chollerford to Steel Rigg (12½ miles).

Day 5: Steel Rigg to Gilsland (9 miles). Stay in Gilsland or take the AD122 Hadrian's Wall Bus and train back to Newcastle for a final night in the city.

Day 6: Last-minute sight-seeing and souvenir shopping in Newcastle before returning home.

Gateshead Millennium Bridge © Kippa Matthews



Grade B

Day 1: Arrive in Newcastle and explore this vibrant and historic city of the north.

Day 2: Take the Metro train to Wallsend and walk to Newcastle's Tyne bridges (6 miles).

Day 3: Catch the AD122 Hadrian's Wall Bus (or service bus) to Heddon-on-the-Wall and walk to the A68 (6 miles); then take the AD122 Bus to Corbridge and visit Corbridge Roman Site.

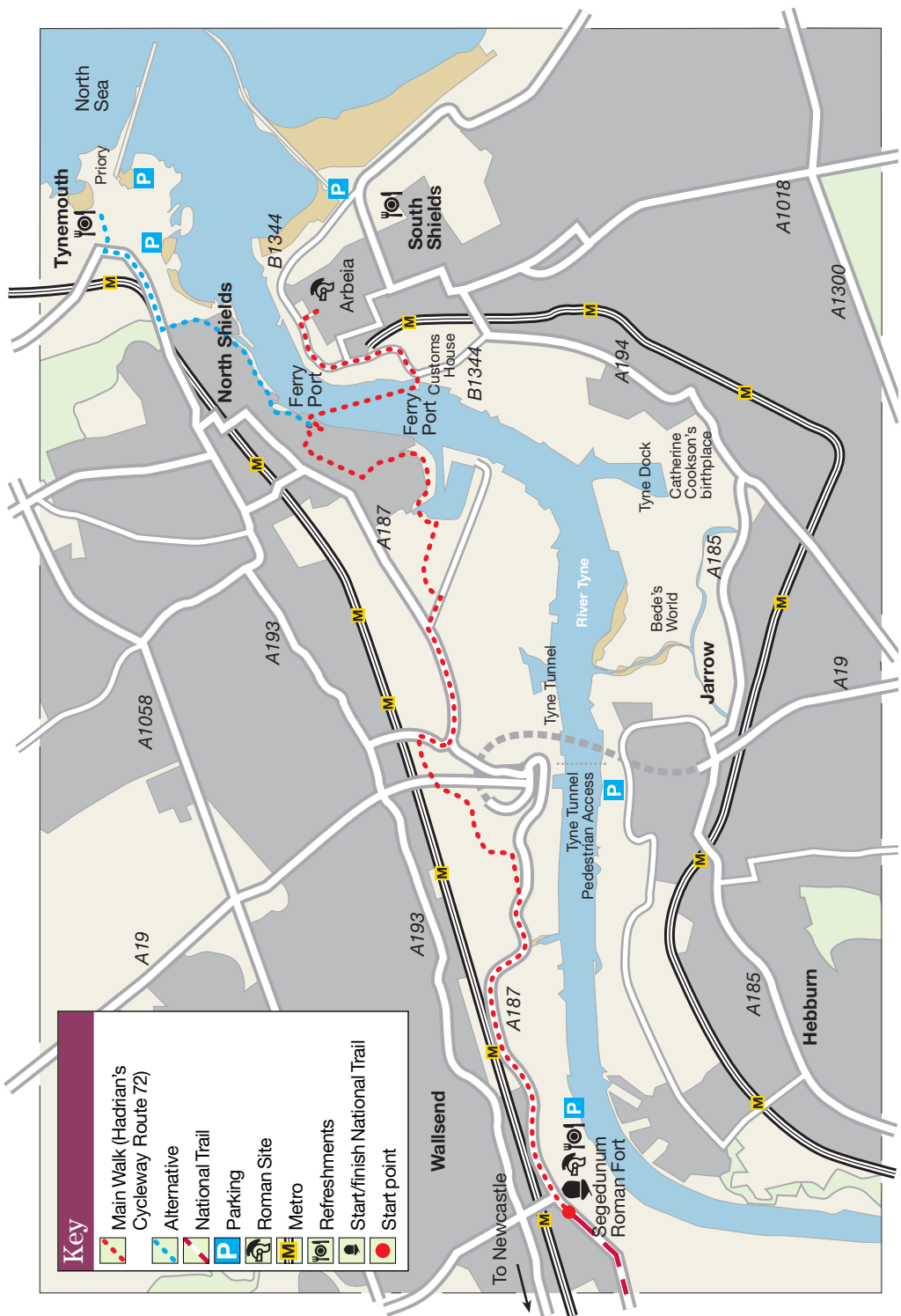
Day 4: Take the Tyne Valley railway from Corbridge to Hexham then take the No 880 service bus to Chollerford; walk to Housesteads (10 miles).

Day 5: Walk from Housesteads to Cawfields (6 miles) then take the AD122 Hadrian's Wall Bus back to Newcastle with time for another look around the city.

Day 6: Last-minute sight-seeing and souvenir shopping in Newcastle before returning home.

Highlights

- Segedunum Roman Fort and Museum
- Newcastle's historic quayside and bridges
- Bessie Surtees' House (English Heritage – free)
- Museum of Antiquities
- Grainger Town and Grey Street: "the loveliest street in England"
- Housesteads, Chesters and Vindolanda Roman Forts
- Hadrian's Wall, its forts, milecastles, turrets, Vallum and Wall-ditch
- Metro Centre
- BALTIC Centre for Contemporary Art
- The Sage Gateshead
- The Biscuit Factory – contemporary art gallery



Key

Main Walk (Hadrian's Cycleway Route 72)

Alternative

National Trail

Parking

Roman Site

Metro

Refreshments

Start/finish National Trail

Start point

Fort-to-Fort

Walk

1

Location:

North and south Tyneside

Directions

● Follow Route 72 Hadrian's Cycleway between Segedunum Roman Fort and Tynemouth Priory.

● Take the ferry between North and South Shields to visit Arbeia Roman Fort.



Highlights

- Arbeia Roman Fort with reconstructed barracks and gatehouse (free entry)
- Catherine Cookson birthplace
- Custom House South Shields
- Historic fish quays
- Pedestrian tunnel under the Tyne
- Reconstructed section of Hadrian's Wall at Segedunum
- Segedunum Roman Fort and museum with reconstructed bath house
- Tynemouth Priory (English Heritage)

Segedunum Roman Fort



© Kippa Matthews

Arbeia Roman Fort



© Roger Coulam

Nearby attractions

- Benwell Roman Temple
- Buddle Arts Centre
- Childhood Memories Toy Museum (Tynemouth)
- National Glass Centre (Sunderland)
- Rising Sun Country Park and Countryside Centre
- Royal Quays (shopping outlet)
- Seaton Delaval Hall
- South Shields Museum and Art Gallery
- Stephenson Railway Museum
- St Paul's Monastery (Jarrow)
- Sunderland Museum and Winter Gardens
- Wet 'n' Wild (North Shields)
- Whitley Bay Ice Rink

Linear walk

Distance

Up to 8 miles

Estimated walk time

3 – 4 hours plus
visiting time

Grade

Easy

Suggested start/finish

Segedunum Roman Fort
(Grid Ref: NZ 301 660)

Tourist information

Royal Quays, Tourist
Information Centre,
North Shields
Tel: 0191 200 5895

Public transport

Tyne and Wear Metro
to Segedunum (Wallsend);
Tynemouth and South
Shields (combined Metro
and ferry day tickets
available);
Quaylink bus services
(linking bus, Metro and
train services)

Ordnance Survey map

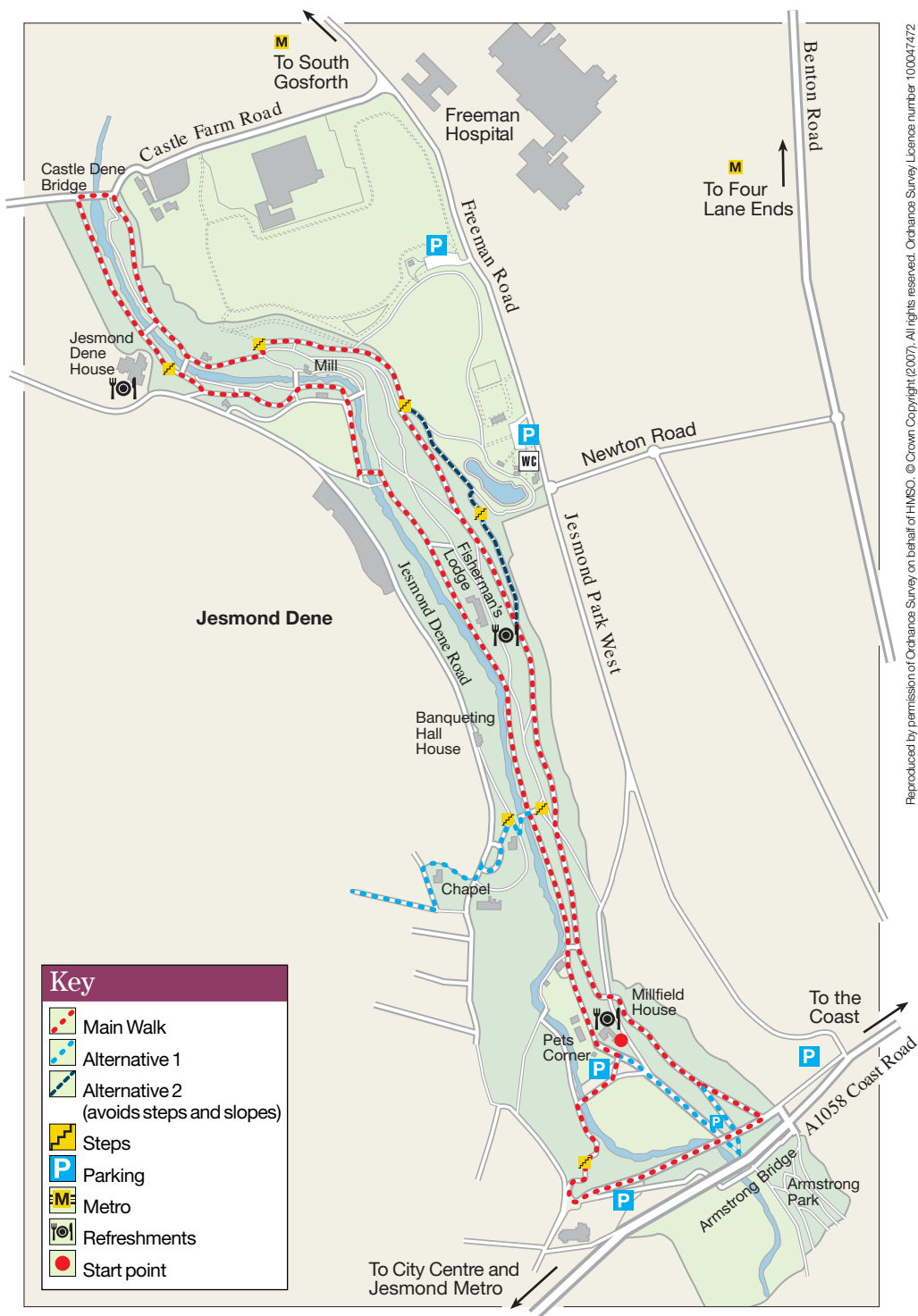
Explorer sheet 316
Newcastle upon Tyne

Places to eat and drink

Café at Segedunum
Roman Fort; plus several
cafés and restaurants in
Wallsend, Tynemouth and
South Shields

Other walks in this area

Coastal walks from the
amphitheatre on Sea
Road; at South Shields to
Frenchman's Bay, Souter
Light House (National Trust),
Marsden Rock. (Enquire at
Tourist Information Centre)



Jesmond Dene

Lord Armstrong's Back Garden

Walk
2

Location:

Ouseburn Valley, Newcastle upon Tyne

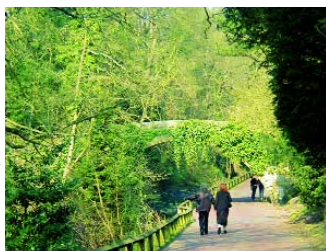
Directions

● Work your way around the parkland at your leisure from the start point indicated.

Highlights

- 12th century chapel
- 18th century mill
- 19th century landscaped pleasure grounds and architecture
- Historic bridge
- Peaceful woodland walks
- Pets' Corner
- Armstrong Bridge Sunday arts and crafts market
- Wildlife

Jesmond Dene



© Newcastle City Council

Jesmond Dene



© Newcastle City Council

Nearby attractions

- BALTIC Centre for Contemporary Art
- Bessie Surtees' House
- Biscuit Factory
- Castle Keep
- Discovery Museum
- Hatton Gallery
- Laing Art Gallery
- Museum of Antiquities
- Seven Stories, The Centre for Children's Books
- St Nicholas Cathedral
- The Sage Gateshead

Circular walk

Distance

Up to 3 miles

Estimated walk time

1½ hours

Grade

Easy

Suggested start/finish

Millfield House by
Pets' Corner
(Grid Ref: NZ 261 664)

Tourist information

Newcastle Tourist
Information Centre,
8-9 Central Arcade,
(near Grey's Monument),
Tel: 0191 2778000

Public transport

Jesmond Metro station
15 minutes' walk.
Buses from city centre,
alight at Armstrong Bridge
or Freeman Road

Ordnance Survey map

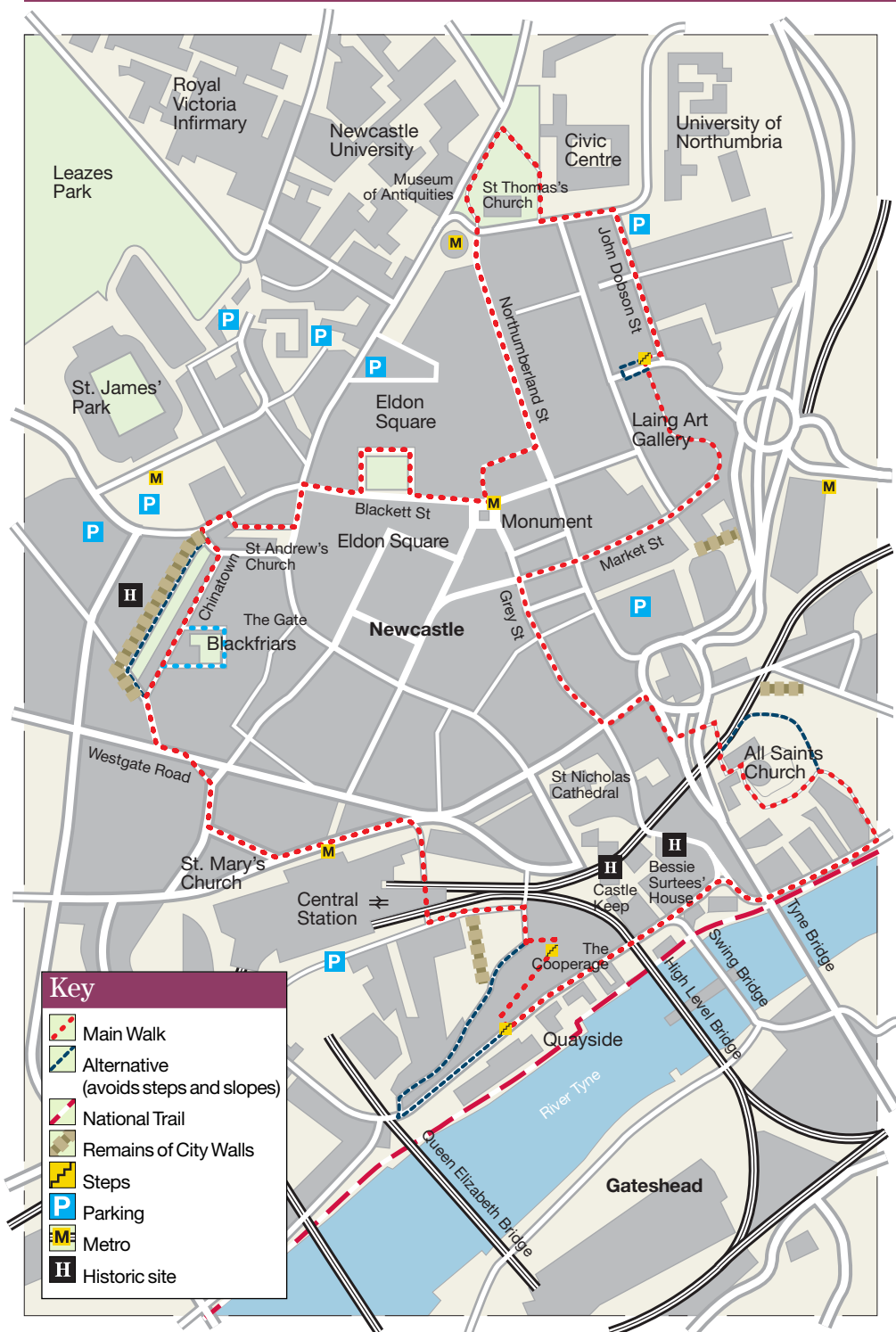
Explorer sheet 316
Newcastle upon Tyne

Places to eat and drink

Millfield House café;
Fisherman's Lodge
restaurant; Jesmond Dene
House; Cradlewell Road
eateries

Other walks in this area

The Lower Ouseburn
Valley and Jesmond Vale.
(Enquire at Tourist
Information Centre)



Around the Town Walls

Walk
3

Location:

Newcastle City

Directions

- Work your way around the route starting at any point.

Highlights

- 17th century Bessie Surtees' House (English Heritage – free entry)
- Chinatown
- Medieval town wall and streets (medieval street map available at www.nationaltrail.co.uk/hadrianswall (planning a trip))
- Georgian planned town
- Grey Street, the “loveliest street in England”
- Newcastle quayside
- Norman keep, on the site of the original Roman fort (Pons Aelius)

Circular walk

Distance

3 miles

Estimated walk time

1½ hours plus browsing and visiting time

Grade

Easy

Suggested start/finish

Bessie Surtees' House
(Grid Ref: NZ 251 638)

Tourist information

Guildhall Quayside,
Tourist Information Centre,
Newcastle Quayside
Tel: 0191 277 8000

Public transport

Haymarket, Monument and Central Station
Metros;
Quaylink bus services (linking bus, Metro and train services)

Ordnance Survey map

Explorer sheet 316
Newcastle upon Tyne

Places to eat and drink

Newcastle has many cafés, pubs and restaurants

Other walks in this area

Jesmond Dene; Bridges and Quaysides. (Enquire at Tourist Information Centre)

Bessie Surtees' House



© Janine Howarth

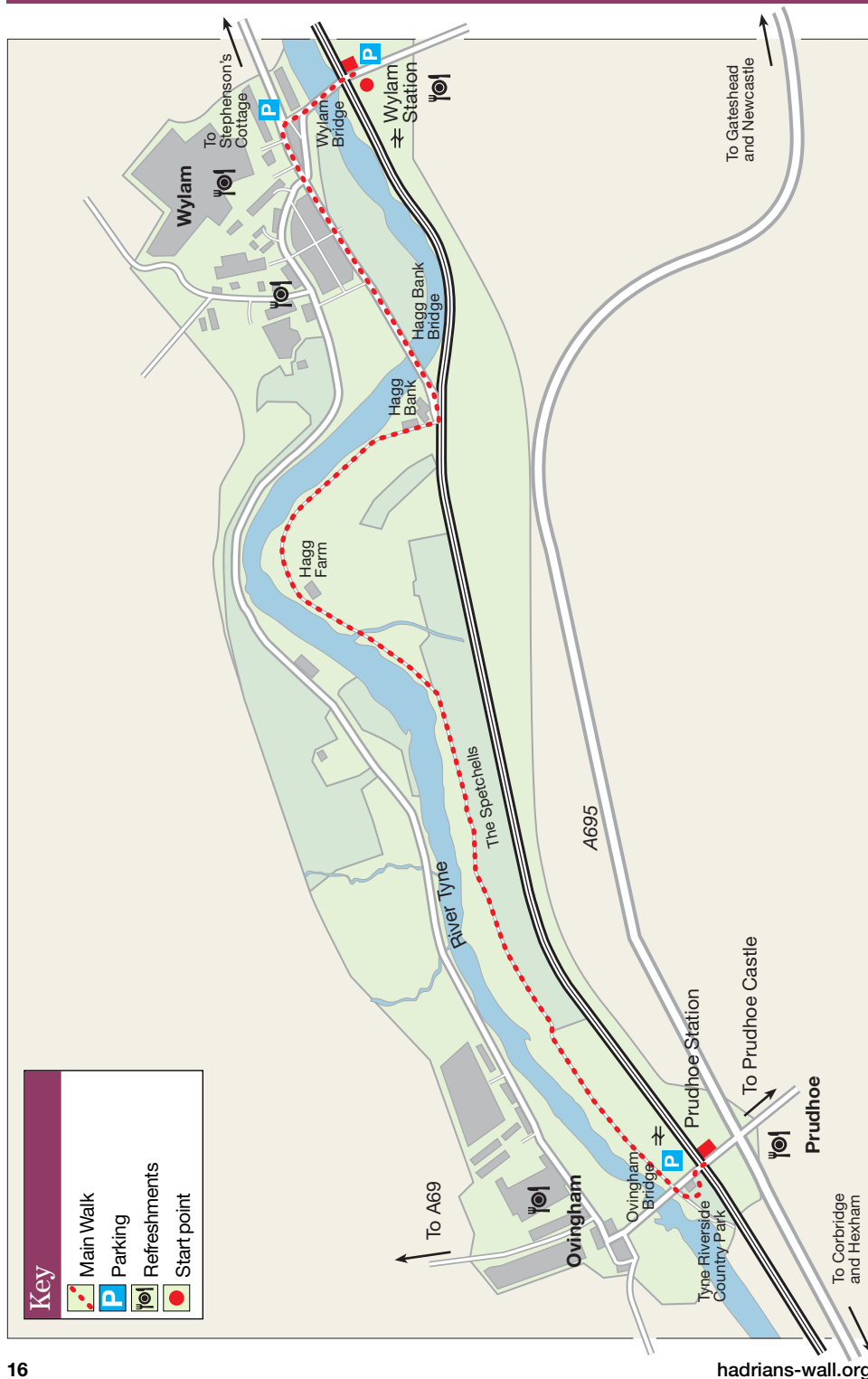
Newcastle Quayside



© Kippa Matthews

Nearby attractions

- BALTIC Centre for Contemporary Art
- Biscuit Factory - contemporary art gallery
- Denton Hall Turret and West Denton Hadrian's Wall
- Discovery Museum
- Hatton Gallery
- Museum of Antiquities
- Saltwell Park and Towers (Gateshead)
- Seven Stories, The Centre for Children's Books
- Shipley Art Gallery (Gateshead)
- The Sage Gateshead
- Theatre Royal



Wylam to Prudhoe

Walk

4

Location:

Alongside the River Tyne

Directions

● From Wylam walk along the Wylam Wagonway, signed for Newburn; Stephenson's cottage is ½ mile away.

● Re-trace your steps back to Wylam and remain on the footpath to Prudhoe, crossing Hagg Bank

bridge (one of the first bowed-arched bridges to be built anywhere in the world).

● Visit Prudhoe Castle and return to Wylam using the Tyne Valley railway line.

Highlights

- George Stephenson's Cottage (National Trust)
- Historic bowed-arch railway bridge at Wylam
- Prudhoe's Norman castle (English Heritage)
- Riverside walks
- World's oldest working railway station at Wylam

George Stephenson's Cottage



Wylam Signal Box



Nearby attractions

- Cherryburn: Thomas Bewick Birthplace Museum (National Trust)
- Corbridge market town
- Corbridge Roman Site (Corstopitum) (English Heritage)
- Dilston Physic Garden Ltd
- Fi-Fie-Fo-Fum Art Gallery (Stocksfield)
- Gateshead International Stadium
- Gibside (National Trust)
- Glass and Art Gallery (Consett)
- Hadrian's Wall at Heddon-on-the-Wall
- Hexham Abbey
- Hexham Old Gaol
- Lamplight Arts Centre (Crook)
- Prudhoe Castle (English Heritage)
- Prudhoe Waterworld
- Rainton Meadows Nature Reserve and Visitor Centre
- Ryton Willows
- Saltwell Park and Towers
- Shibdon Pond Local Nature Reserve
- Shipley Art Gallery
- Tyne Green Country Park
- Tyne Riverside Country Park
- Wylam Railway Museum

Linear walk

Distance

3½ miles

Estimated walk time

2½ hours plus visiting time

Grade

Easy

Suggested start/finish

Wylam car park
(Grid Ref: NZ 120 646)

Tourist information

Tourist Information point at Prudhoe Waterworld
Tel: 01661 833144

Public transport

Tyne Valley railway line to Wylam and Prudhoe railway stations; 602 bus Prudhoe to Hexham and Newcastle

Ordnance Survey map

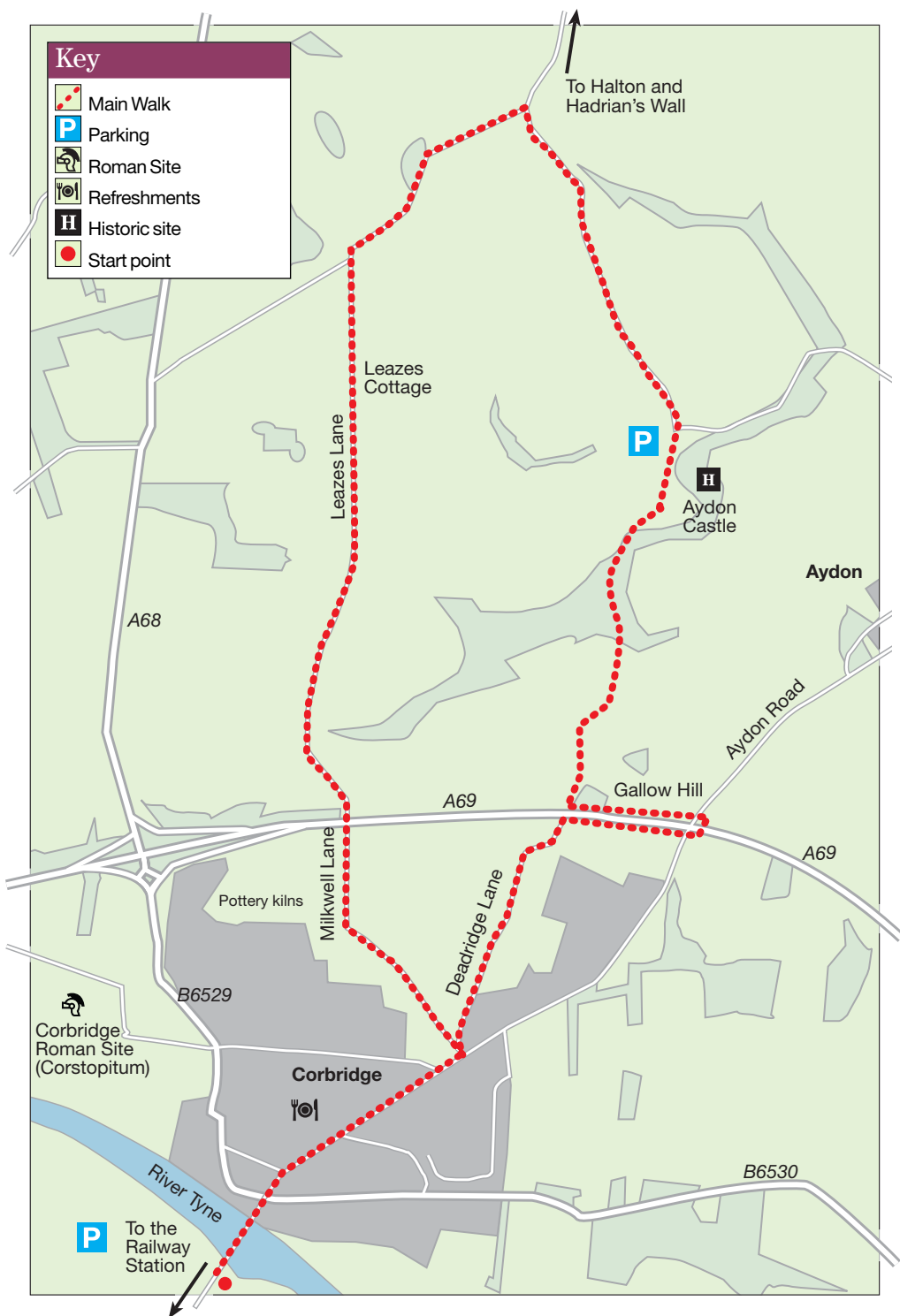
Explorer sheet 316
Newcastle upon Tyne

Places to eat and drink

Wylam has plenty of cafés, restaurants and pubs, including a micro brewery

Other walks in this area

Tyne Valley Train Trails linking Wylam with Prudhoe, Stocksfield, Riding Mill, Corbridge and Hexham railway stations, Derwent Walk (Consett). (Enquire at Tourist Information Centre)



Corbridge and Aydon Castle

Walk
5

Location:

Corbridge, Northumberland

Directions

● Head across the river into Prince's Street, which becomes Aydon Road.

● Turn left by large gates (Riversdale) and immediately right into Deadridge Lane, signed bridleway to Aydon Castle, 1½ miles.

● At the lane end bear right (east) alongside the A69, crossing it at road bridge. Immediately follow the sign for Aydon Castle, follow path west along A69.

● After approximately ½ mile turn right, then follow waymarks across fields through a gate into

woodland, the path rising steeply to Aydon Castle.

● After your visit turn right out of castle and follow the road. At car park continue ahead ignoring the road on your right. Stay on this road ignoring other minor roads that join from the right.

● After approximately 2 miles turn first left and carry straight on down Leazes Lane towards Corbridge, crossing the footbridge next to the ford, going under the A69 to visit pottery kilns on your right. Re-joining Aydon Road continue back into Corbridge.

Highlights

- 19th century pottery kilns
- Ancient town of Corbridge
- Medieval Aydon Castle (English Heritage)

- Corbridge Roman Site and Museum (Corstopitum) (English Heritage)

Corbridge Roman Site



© Graeme Peacock

Aydon Castle



© Graeme Peacock

Nearby attractions

- Chipchase Castle (Wark)
- Dilston Physic Garden Ltd
- Fi-Fie-Fo-Fum Art Gallery (Stocksfield)
- Hexham Abbey
- Hexham Moot Hall and Gallery

- Hexham Old Gaol
- Prudhoe Waterworld
- Queen's Hall, Hexham
- Tyne Green Country Park
- Tyne Riverside Country Park

Circular walk

Distance

6 miles

Estimated walk time

4 to 5 hours plus visiting time

Grade

Moderate

Suggested start/finish

Corbridge car park, on the south side of the River Tyne. (Grid Ref: NY 988 640)

Tourist information

Corbridge Tourist Information Centre,
Tel: 01434 632815
Hexham Tourist Information Centre,
Tel: 01434 652220

Public transport

Tyne Valley railway line connects Corbridge to Carlisle and Newcastle; AD122 Hadrian's Wall Bus (between Easter and October); 602 bus to Hexham and Newcastle; 685 bus to Carlisle and Newcastle

Ordnance Survey map

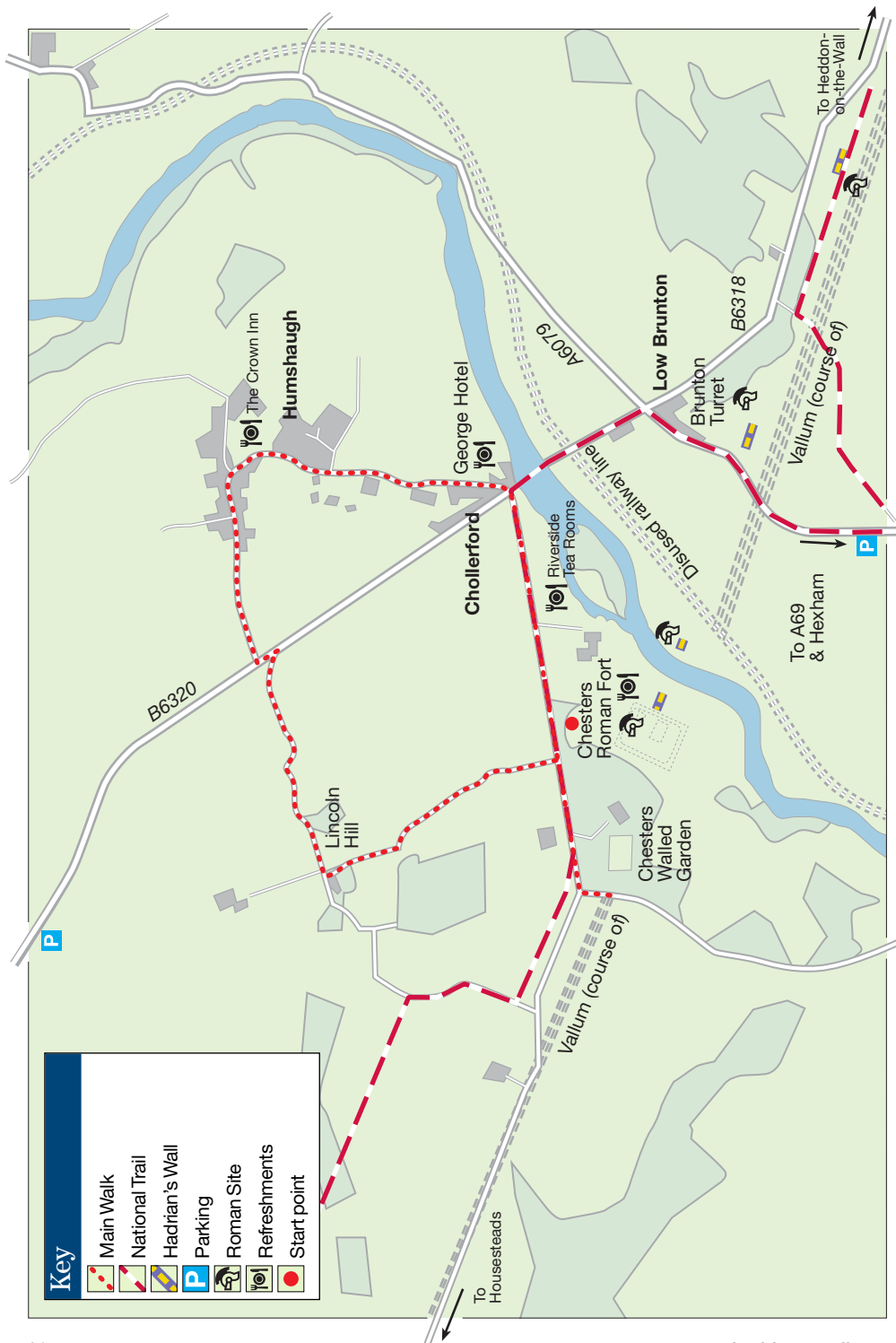
Explorer (OL) 43 Hadrian's Wall and Explorer Sheet 316 Newcastle upon Tyne

Places to eat and drink

Many cafés, tea shops and pubs in Corbridge town centre including: Indian restaurant, "The Valley" (the famous curry train) at Corbridge station

Other walks in this area

Tyne Valley Train Trails linking Corbridge with Hexham, Haydon Bridge, Bardon Mill and Haltwhistle railway stations. (Enquire at Tourist Information Centre)



Chesters and Humshaugh

Walk
6

Location:

Chesters Roman Fort

Directions

- After visiting the Walled Garden, walk up the quiet lane (about half way between the Fort and Walled Garden) to Lincoln Hill.
- You will arrive at a crossroads, turn right here, this part of the route will be signed for the Cycle Byway.

- After about 1 km, cross the main road and continue into Humshaugh.

- Admire the magnificent eastward views from the War memorial, and walk through the village.

- Leaving the village follow the road back to Chollerford and Chesters Roman Fort.

Highlights

- Chesters Roman Fort (English Heritage)
- Chesters Walled Garden
- Humshaugh village and church

Chesters Walled Garden



© Susie White

Chollerford Weir



© Graeme Peacock

Nearby attractions

- Brocolitia
- Brunton Turret
- Chesters Bridge abutment
- Chesters Walled Garden
- Hadrian's Wall
- Hexham Abbey
- Hexham Moot Hall and Gallery
- Hexham Queen's Hall
- Housesteads Roman Fort (English Heritage/National Trust)
- Roman Vindolanda

Circular walk

Distance

2½ miles

Estimated walk time

1 hour walking plus time to visit attractions

Grade

Easy

Suggested start/finish

Chesters Roman Fort (Grid Ref: NY 910 704)

Tourist information

Hexham Tourist Information Centre,
Tel: 01434 652220

Public transport

AD122 Hadrian's Wall Bus (between Easter and October)

Ordnance Survey map

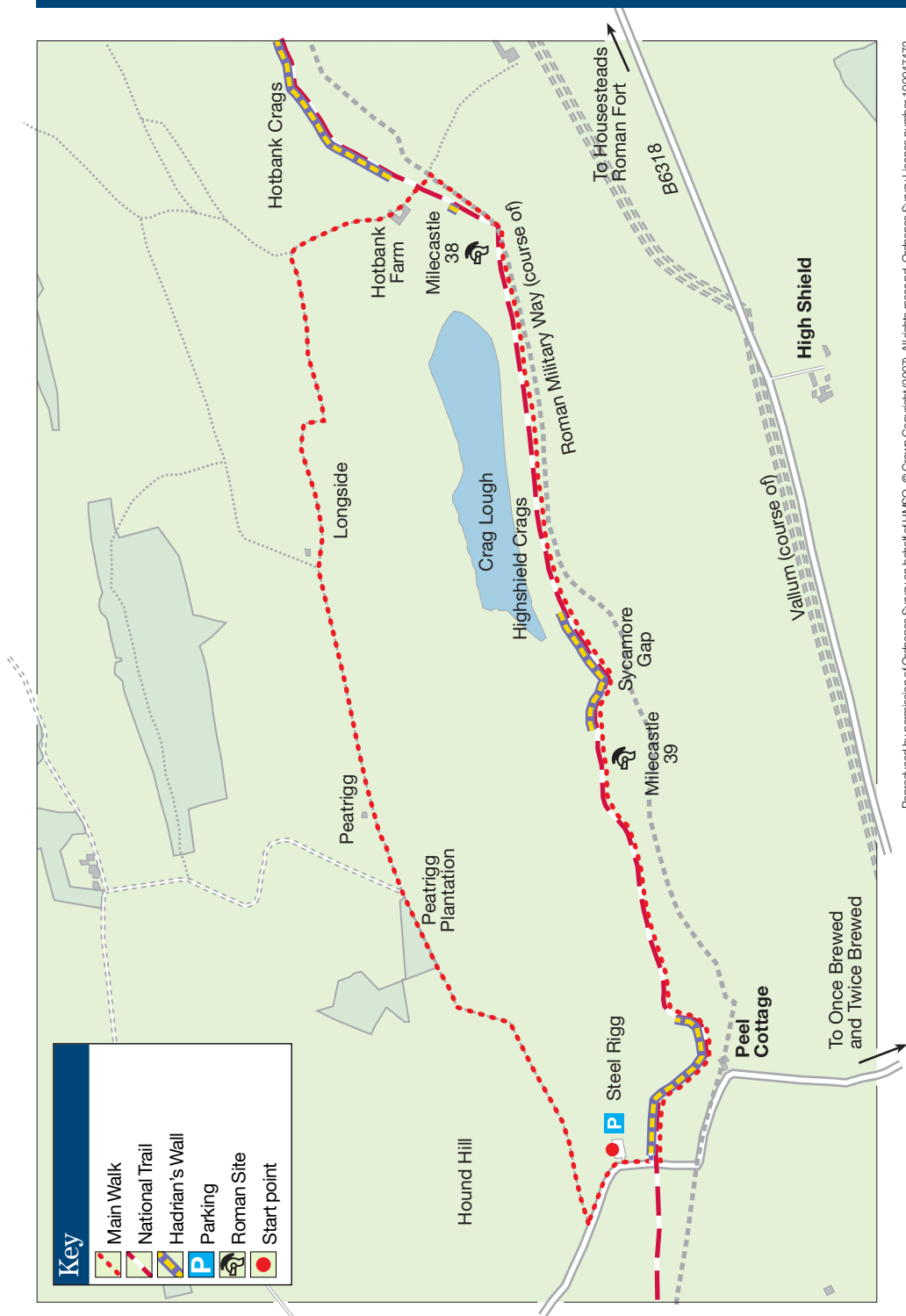
Explorer (OL) 43
Hadrian's Wall

Places to eat and drink

Crown Inn, Humshaugh;
George Hotel and
Riverside tea room at
Chollerford;
"Lucullus's Larder" at
Chesters Roman Fort
(site visitors only)

Other walks in this area

Walks Around the Mid-Tyne (Wall, Humshaugh and Chollerford). (Enquire at Tourist Information Centre)



A “barbarian” view of the Wall

Walk
7

Location:

Hadrian's Wall in Northumberland National Park

Directions

● Turn right out of Steel Rigg car park and in a couple of hundred yards bear right along a track signed “footpath to Hotbank 1½ miles”, towards first Peatrigg plantation, then the buildings of Peatrigg and Longside.

● Continue east and soon after crossing a second footbridge take the path signed to the right towards Hotbank farm.

● Emerge onto Hadrian's Wall Path National Trail at the earthwork remains of Milecastle 38. Turn right and follow the National Trail Acorn waymarks back towards Steel Rigg.

Conservation tip - November to March when ground conditions are wet return to Steel Rigg along the footpath signed the Roman Military Way.

Highlights

- The barbarian view of the Wall, from the north
- Hadrian's Wall
- Landscape panoramas
- Sycamore Gap (Robin Hood's tree)
- The Whin Sill

Steel Rigg



Sycamore Gap



Nearby attractions

- Once Brewed National Park Visitor Centre
- Brocolitia Fort and the Temple of Mithras
- Cawfield Crag
- Chesters Roman Fort (English Heritage)
- Greenhead village
- Hexham market town
- Housesteads Roman Fort (English Heritage/National Trust)
- Poltross Burn
- Roman Army Museum (Carvoran)
- Roman Vindolanda
- Walltown Crag

nationaltrail.co.uk/hadrianswall

Circular walk

Distance

3½ miles

Estimated walk time

2 + hours

Grade

Strenuous
(several steep slopes)

Suggested start/finish

Steel Rigg car park
(Grid Ref: NY 751 677)

Tourist information

Once Brewed Information Centre Tel: 01434 344396

Public transport

AD122 Hadrian's Wall Bus
(between Easter and October)

Ordnance Survey map

Explorer (OL) 43
Hadrian's Wall

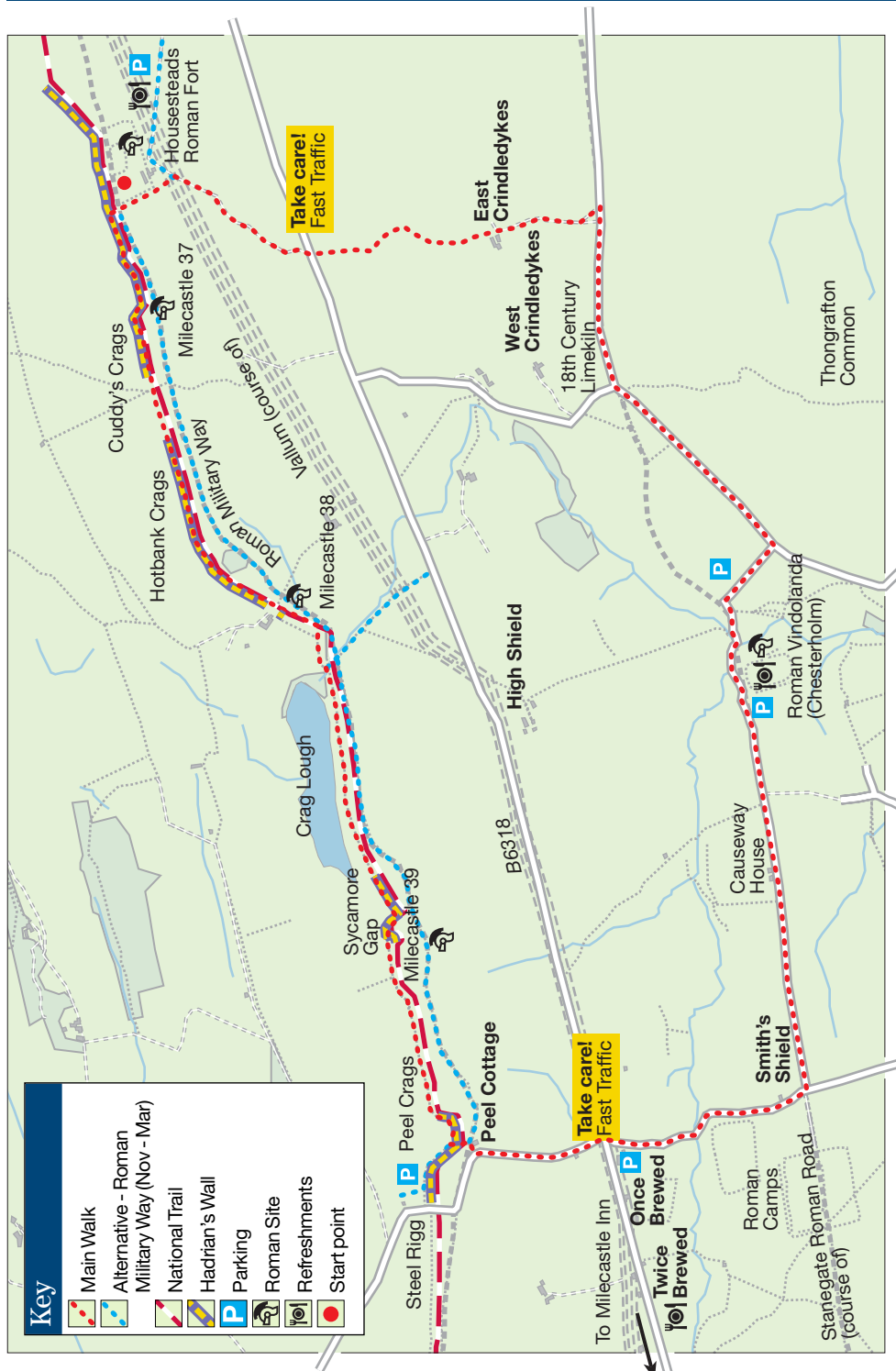
Places to eat and drink

Twice Brewed Inn;
Milecastle Inn

Other walks in this area

“A Walk in the Park”.

A selection of ten guided walks. Information from the Once Brewed Information Centre or visit www.northumberlandnationalpark.org.uk



Once Brewed, Roman Vindolanda and Housesteads

Walk

8

Location:

Hadrian's Wall in Northumberland National Park

Directions

● From the Housesteads car park take the broad access path uphill to the Roman Fort and Museum, a visit is highly recommended.

● Follow the tarmac road in a south westerly direction from the old farmhouse down to the B6318 Military Road. Turn right and in only a few yards cross the road (taking care) to take the ladder stile signed for Crindledykes.

● After $\frac{3}{4}$ mile turn right onto a road (it is also the Roman Stanegate).

● Take the second road on the right for Roman Vindolanda. Once again, a visit is highly recommended, otherwise continue on the single track road around the back of the site and back onto the Stanegate.

● Turn right at the junction signed for Once Brewed National Park Visitor Centre. Leaving the centre, cross the B6318 (taking care) at the dog-leg junction signed for Steel Rigg.

● Before reaching Steel Rigg car park join Hadrian's Wall Path via the ladder stile signed for Housesteads.

Conservation tip - November to March when ground conditions are wet use the Roman Military Way between Steel Rigg and Housesteads.

Highlights

- Hadrian's Wall – spectacular section
- Housesteads Roman Fort (English Heritage/National Trust)

- Roman Military Way
- Stanegate Roman Road
- Roman Vindolanda

Nearby attractions

- Once Brewed National Park Visitor Centre
- Brocolitia Fort and the Temple of Mithras
- Cawfield Crag

- Chesters Roman Fort (English Heritage)
- Greenhead village
- Hexham market town
- Roman Army Museum (Carvoran)
- Walltown Crag

Circular walk

Distance

Up to 7½ miles

Estimated walk time

4 to 4½ hours plus
browsing time

Grade

Strenuous
(several steep slopes)

Suggested start/finish

Housesteads Roman Fort
(Grid Ref: NY 797 686)

Tourist information

Once Brewed Information
Centre Tel: 01434 344396

Public transport

AD122 Hadrian's Wall Bus
(between Easter and
October) stops at Once
Brewed Visitor Centre,
Housesteads and Roman
Vindolanda

Ordnance Survey map

Explorer (OL) 43
Hadrian's Wall

Places to eat and drink

Twice Brewed Inn;
refreshment kiosk at
Housesteads carpark;
café at Roman Vindolanda
(site visitors only);
Milecastle Inn

Other walks in this area

Bardon Mill and
Thorngrifton Common.
(Enquire at Tourist
Information Centre)



Cawfields to Caw Gap

Walk
9

Location:

Hadrian's Wall in Northumberland National Park

Directions

● From Cawfields Quarry car park walk east past the quarry lake towards Milecastle 42.

● With Hadrian's Wall on your left, follow the National Trail as far as the road at Caw Gap.

● Turn immediately to your right, in a few yards cross over the stile signed Cawfields Quarry 1 mile.

● Following the low-level route next to the Vallum and Roman Military Way back to Cawfields Quarry.

Conservation tip - Not suitable for walking between November and March.

Highlights

- Hadrian's Wall
- Whin Sill
- Vallum – the bank and ditch earthwork

Cawfield Craggs



© Roger Coulam

Milecastle 42 and Cawfields



© Graeme Peacock

Nearby attractions

- Once Brewed National Park Visitor Centre
- Brocolitia Fort and the Temple of Mithras
- Cawfield Craggs
- Chesters Roman Fort (English Heritage)
- Greenhead village
- Hexham market town
- Housesteads Roman Fort (English Heritage/National Trust)
- Roman Army Museum (Carvoran)
- Thirlwall Castle
- Roman Vindolanda
- Walltown Craggs
- Willowford Roman bridge abutment

Circular walk

Distance

2 miles

Estimated walk time

1 hour

Grade

Moderate
(some steep slopes)

Suggested start/finish

Cawfields Quarry car park
(Grid Ref: NY 714 666)

Tourist information

Once Brewed Information Centre
Tel: 01434 344396

Public transport

AD122 Hadrian's Wall Bus
(between Easter and October)

Ordnance Survey map

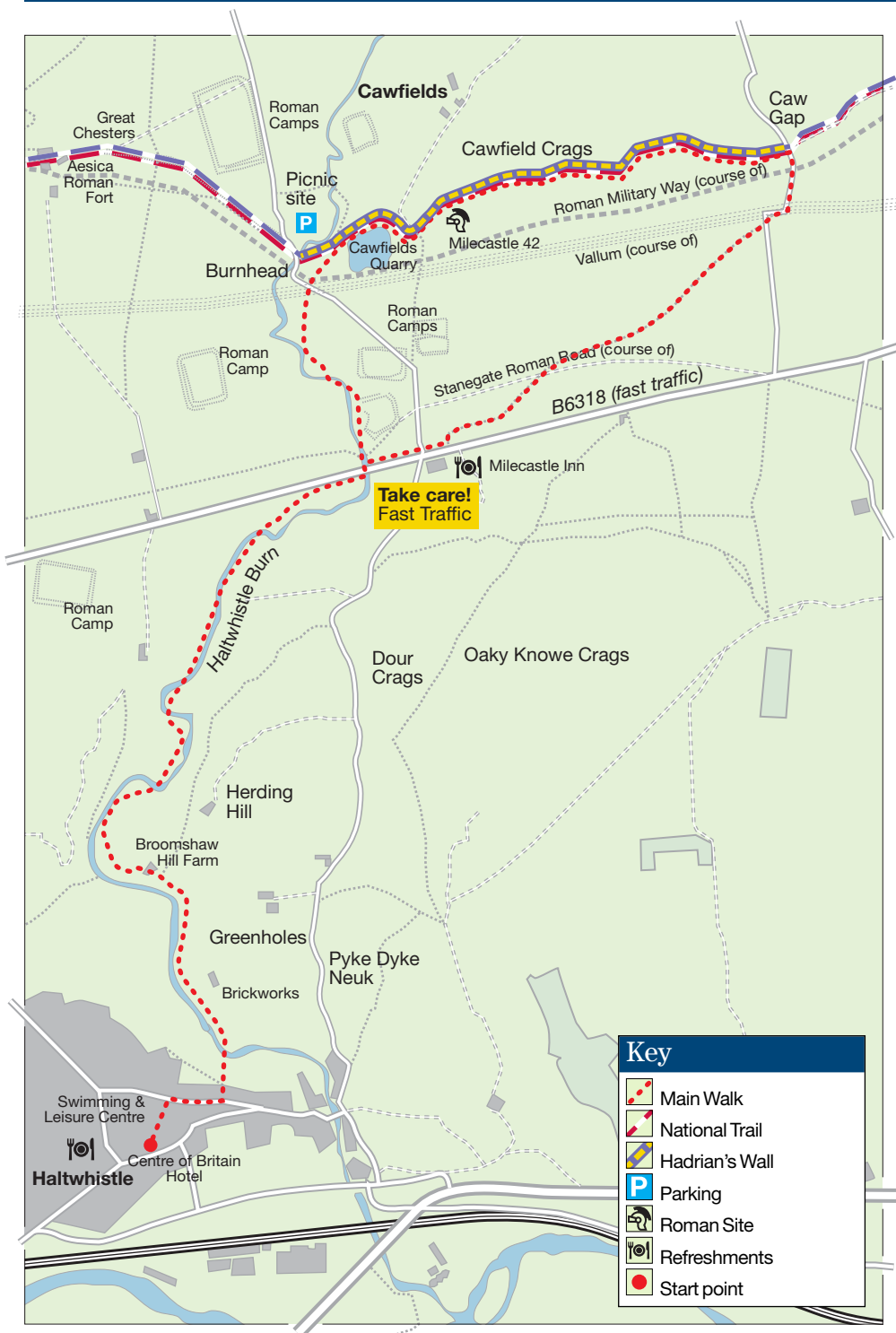
Explorer (OL) 43
Hadrian's Wall

Places to eat and drink

Milecastle Inn ½ mile on B6318 military road; picnic table at Cawfields Quarry;
Greenhead Hotel and Olde Forge Tea Room

Other walks in this area

Greenhead and Blenkinsopp Common (includes Walltown Quarry). (Enquire at Tourist Information Centre)



Haltwhistle Burn to Cawfields

Walk
10

Location:

Haltwhistle is on the edge of Northumberland National Park

Directions

● From the 'Centre of Britain' sign walk through the archway opposite and into the supermarket car park.

● Turn right out of car park entrance uphill for 200 yards to Fairfield housing estate.

● Take immediate left after Fairfield marked to Haltwhistle Burn (sign fixed to wall).

● Go through metal kissing gate, passing playing field to reach a second gate.

● Descend steps to footbridge and follow burn-side path to old brickworks.

● Continue until you reach the military road, turning right (take care when crossing road),

then soon after follow the path signed for Cawfields.

● From Cawfields Quarry car park follow Hadrian's Wall Path National Trail east for 1 mile.

● At Caw Gap turn right along the road and take the second footpath, signed for Milecastle Inn ½ mile.

● Re-trace your steps to Haltwhistle Burn and then return to Haltwhistle.

Conservation tip - November to March when ground conditions are wet use the Roman Military Way between Cawfields and Caw Gap.

Highlights

- Haltwhistle ('Centre of Britain')
- Whin Sill
- Hadrian's Wall

- Industrial archaeology – lime kilns, brickworks
- "Lovers' Walk" river valley (Haltwhistle Ring Walk No. 3)

Nearby attractions

- Once Brewed National Park Visitor Centre
- Chesters Roman Fort (English Heritage)
- Greenhead village
- Hexham market town
- Housesteads Roman Fort (English Heritage/National Trust)

- Roman Army Museum (Carvoran)
- Roman Vindolanda
- Walltown Crags
- Willowford Roman bridge abutment

Circular walk

Distance

6 miles

Estimated walk time

4 to 5 hours plus
browsing time

Grade

Strenuous
(with some steep slopes)

Suggested start/finish

Centre of Britain sign
(Grid Ref: NY 707 641)

Tourist information

Haltwhistle Tourist
Information Centre
Tel: 01434 322002

Public transport

AD122 Hadrian's Wall Bus
(between Easter and
October);
Tyne Valley railway line

Ordnance Survey map

Explorer (OL) 43
Hadrian's Wall

Places to eat and drink

Milecastle Inn; plus several
cafés, hotels and pubs in
Haltwhistle

Other walks in this area

A series of 20+ walks
known as the Haltwhistle
Rings (details from
Haltwhistle Tourist
Information Centre or visit
www.haltwhistle.org)



Gilsland Spa

“Popping-stone”

Walk

11

Location:

Cumbria/Northumberland borders

Directions

● Turn right out of the car park towards the village centre, passing the House of Meg tea room.

● Turn right, crossing the bridge, and almost immediately take the footpath on the left signed for Irthing House ½ mile.

● At Irthing House walk ahead and go through a wicket gate followed by two stiles to a minor road.

● Turn left and in a quarter of a mile take the drive on the left signed for Wardrew House.

● Take the first path left, to enter the Woodland Trust's Irthing Gorge wood.

● Shortly pass a footbridge on the left, an optional short-cut to the Gilsland Spa hotel.

● At second footbridge, cross River Irthing. Turn right, walk to

Sir Walter Scott's "popping stone" (path often muddy), where he is said to have proposed to his wife; re-trace your steps back to the footbridge.

● Do not re-cross the bridge but stay on the main path, ignoring linking paths joining from the right, to the Gilsland Spa hotel. Walk around the hotel and along its driveway down to the road and back into Gilsland.

● Back at the car park you now have the option of walking 1 ¼ miles to Birdoswald Roman Fort (English Heritage). Follow the brown sign indicating Willowford ½ mile and cross the River Irthing over the National Trail's award winning footbridge.

● You can either re-trace your steps back to Gilsland or return using the AD122 Hadrian's Wall Bus.

Highlights

- River Irthing gorge
- Sir Walter Scott's "popping stone" where he proposed marriage to his wife

- Optional link to Birdoswald Roman Fort (English Heritage)
- Hadrian's Wall and Roman bridge abutments
- Award winning footbridge

Nearby attractions

- Bewcastle
- Birdoswald Roman Fort and Visitor Centre (English Heritage)
- Lanercost Priory (English Heritage)
- New Mills Trout Farm (Brampton)
- Pedalpushers Cycle Hire (Brampton)
- Talkin Tarn (Brampton)
- Once Brewed Northumberland National Park Centre
- Poltross Burn and Milecastle 48
- Roman Army Museum (Carvoran)
- Walltown Crags Wall and Turret
- Willowford Roman bridge abutment

Circular walk

Distance

3 ½ miles (+ optional 2 ½ miles to Birdoswald Roman Fort)

Estimated walk time

2 ½ hours plus browsing time

Grade

Moderate

Suggested start/finish

Gilsland carpark, next to village primary school (Grid Ref: NY 631 662)

Tourist information

Haltwhistle Tourist Information Centre
Tel: 01434 322002

Public transport

AD122 Hadrian's Wall Bus (between Easter and October);

Tyne Valley railway line

Ordnance Survey map

Explorer (OL) 43
Hadrian's Wall

Places to eat and drink

House of Meg tea room and pubs in Gilsland, Gilsland Spa Hotel, café at Birdoswald Roman Fort

Other walks in this area

From Gilsland to Birdoswald (see above directions). (Enquire at Tourist Information Centre)



Carlisle City

Walk
12

Location:

Carlisle City's historic quarter

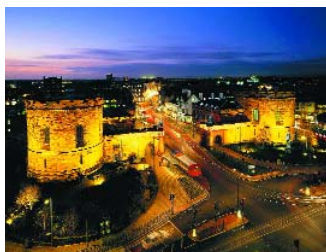
Directions

● Start the route from any point and follow it at your leisure.

Highlights

- Bitts Park
- Carlisle Castle (English Heritage)
- Carlisle Cathedral
- Carlisle City Centre
- Rickerby Park
- River Eden and riverside parkland
- Sands Leisure Centre
- Tullie House Museum and Art Gallery

Carlisle Citadel



© Graeme Peacock

Tullie House Museum and Art Gallery



© Graeme Peacock

Nearby attractions

- Bewcastle Cross and Church
- Carlisle Racecourse
- Crelt Woods
- Gretna Green (shopping outlet)
- Guildhall Museum (Carlisle)
- Houghton Hall Garden Centre
- Lanercost Priory (English Heritage)
- New Mills Trout Farm (Brampton)
- Solway Aviation Museum (Crosby on Eden)
- Solway Coast Area of Outstanding Natural Beauty
- Stoueyholm Golf Course
- Talkin Tarn (near Brampton)
- The Lanes Shopping Centre
- World in Miniature Museum

Circular walk

Distance

1½ miles

Estimated walk time

1 hour for walk plus browsing and visiting time.

Grade

Easy

Suggested start/finish

Tullie House Museum and Art Gallery
(Grid Ref: NY 398 560)

Tourist information

Carlisle Tourist Information Centre Tel: 01228 625600

Public transport

Tyne Valley Railway Line to Newcastle;
Terminus of the Settle to Carlisle Railway;
AD122 Hadrian's Wall Bus (between Easter and October);
685 bus to Newcastle;
Local buses for Cumbria and southern Scotland

Ordnance Survey map

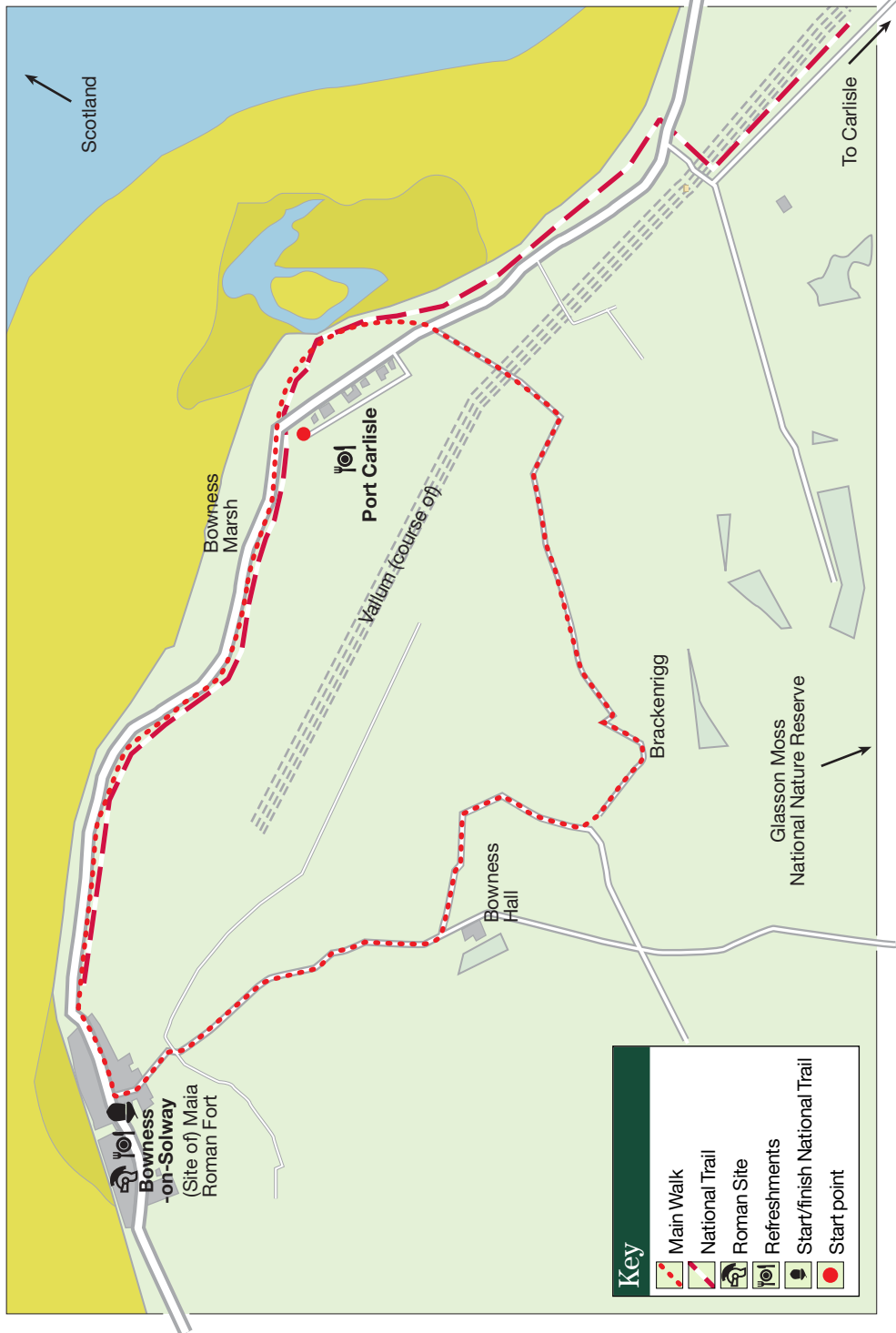
Explorer 315 Carlisle

Places to eat and drink

Carlisle Cathedral (Prior's Kitchen); Tullie House (Garden Restaurant); Sands Leisure Centre café; plus many other cafés, pubs and restaurants in Carlisle

Other walks in this area

Rickerby Park in Carlisle.
(Enquire at Tourist Information Centre)



Forts and Ports

Walk

13

Location:

Port Carlisle, Bowness-on-Solway in Solway Coast Area of Outstanding Natural Beauty

Directions

● From Port Carlisle follow the National Trail along the edge of the marsh into Bowness-on-Solway. Visit the Trail's start/finish point, signed the Banks Promenade.

● Turn left at the King's Arms pub following the road south. Pass Bowness Hall and after a mile take the footpath left, for Brackenrigg.

● After about a mile the path meets the main road beside the Methodist chapel. Cross the road and go through a gate onto a footpath that brings you back onto the Trail and into Port Carlisle.

Advice - Bowness marsh is tidal and occasionally floods. Check at www.nationaltrail.co.uk/hadrianswall (Planning a Trip)

Highlights

- Haafnetting, the traditional Solway fishing practice in Bowness and Port Carlisle
- Glasson Moss National Nature Reserve

- Bird watching on Bowness Marsh
- Estuary views into Scotland

Birdwatching, Bowness Marsh



© Rose Wolfe, Solway Coast AONB Unit

Haaf Netters



© Natural England/Charlie Hedley

Nearby attractions

- Carlisle Castle (English Heritage)
- Carlisle Cathedral
- Tullie House Museum and Art Gallery
- Edward I Memorial
- Solway Coast Discovery Centre

Circular walk

Distance

3½ miles

Estimated walk time

2 hours

Grade

Moderate

Suggested start/finish

Hope and Anchor Inn, Port Carlisle
(Grid Ref: NY 240 621)

Tourist information

Solway Coast Discovery Centre, Sillloth
Tel: 016973 31944

Public transport

AD122 Hadrian's Wall Bus (between Easter and October) and Bus Service 93 (Carlisle to Bowness)

Ordnance Survey map

OS Explorer Map (314) Solway Firth, Wigton and Sillloth





Places to eat and drink

Hope and Anchor Inn in Port Carlisle; King's Arms Inn and the Old Chapel tea room in Bowness

Other walks in this area

Solway Coastal Rambles (Bowness-on-Solway, Glasson, Drumburgh, Burgh by Sands, Beaumont). (Enquire at Tourist Information Centre)

Key

-  Main Walk
-  Parking
-  Roman Site
-  Start point



Roman Maryport and the Smugglers Route

Walk
14

Location:

Maritime Maryport on the edge of the Solway Coast Area of Outstanding Natural Beauty

Directions

● From the Maritime Museum, cross the road and head down King Street.

● Turn right at the junction. Walk up the 109 steps, turn left at the top and walk up the grass path.

● Turn left to the sea brows and walk north away from the harbour, to reach Senhouse Roman Museum.

● Follow the hard surface path as it meanders down the sea brows. Eventually this easy-going cliff path forks. To the left, you can take a

short cut back to Maryport along the promenade. If you bear right you will continue on your way over the second of three hills leading towards Bank End.

● Now turn back and begin your stroll along the long, dog-legged promenade to Maryport.

● Turn left off the promenade opposite the play area and continue along the road past the Maryport Millennium Green. Follow King Street until you arrive back at the harbour.

Highlights

- Bank End (former smugglers' cave and secret passage)
- Harbour
- Historic 18th century planned town and port

- Maritime Museum
- Promenade walks
- Senhouse Roman Museum
- Views across the Solway Firth

Maryport Marina



© Brian Sherwen

Senhouse Roman Museum



© Brian Sherwen

Nearby attractions

- Carlisle
- Cockermouth
- Crosscanonby Milefortlet
- Harbour Gallery
- Keswick
- Lake District Coast Aquarium

- Lake District National Park
- Ravenglass/Eskdale Railway
- The Beacon
- The Rum Story
- Wigton
- Wood Hall Gardens

Circular walk

Distance

3 miles

Estimated walk time

1½ hours plus browsing

Grade

Easy

(the path is surfaced and there is some hill walking)

Suggested start/finish

The walk begins at the Maritime Museum, near the harbour
(Grid Ref: NY 034 365)

Tourist information

Maryport Tourist Information Centre,
Tel: 01900 812101 or
Solway Coast Visitor Centre Tel: 016973 31944

Public transport

Journey planner enquiry line Tel: 01228 606000
Stagecoach Cumberland Tel: 01946 63222.

Maryport railway station is a stop on the scenic Cumbrian Coast Line

Ordnance Survey map

Explorer (OL) 4 Keswick, Cockermouth and Wigton

Places to eat and drink

Various places to eat and drink in Maryport

Other walks in this area

Maryport Town Trails;
Smugglers Route;
Start/finish of coast-to-coast long distance path at St Bees. (Enquire at Tourist Information Centre)



Whitehaven to Moresby Roman Fort

Walk
15

Location:

Coastal walk from Whitehaven

Directions

● From the railway station walk ahead to Tesco petrol station, north of Whitehaven Harbour.

● Take immediate left and within a few yards left again along the Wagon Way (cycleway signed).

● The William Pit Memorial is reached from the Wagon Way by a path to Cumbria Steelstock.

● Continue along the Wagon Way until the road to Parton is reached. Bear left and continue until school on right and village hall on left are reached.

● Take road up hill opposite village hall and continue past four bungalows on left where there is a

short tarmac path through to field. Walk across old bowling green to stile, from there look for a stone wall on the right side of the field and follow wall to stile into road.

● Continue past the church entrance, after another 90 yards on left there is a tarmac path downhill. Upon reaching road cross over and turn right to small bridge over beck. Turn left and pass under railway line and re-cross beck over footbridge, keeping left along foreshore.

● Walk along foreshore path to car park. Either follow foreshore to one of the arches beyond car park or through arch beside car park to rejoin outgoing walk.

Highlights

- Historic industrial village of Parton
- Historic wagon way
- Moresby Church built on the site of the Roman Fort
- Moresby Hall Grade 1 listed building
- Whitehaven historic harbour and marina
- Memorial to the 1947 William Pit disaster

Nearby attractions

- Cockermouth
- Keswick
- Lake District National Park
- Muncaster
- Ravenglass/Eskdale Railway
- Senhouse Roman Museum (Maryport)
- The Rum Story

Circular walk

Distance

3 miles

Estimated walk time

2 hours

Grade

Easy

(the path is surfaced and there is some hill walking)

Suggested start/finish

Whitehaven railway station
(Grid Ref: NX 974 186)

Tourist information

Whitehaven Tourist Information Centre,
Tel: 01946 852939

Public transport

Whitehaven & Parton railway stations. Whitehaven railway station is a stop on the scenic Cumbrian Coast Line

Ordnance Survey map

Explorer 303 Whitehaven and Workington

Places to eat and drink

Various places in Whitehaven

Other walks in this area

Lake District National Park, start/finish of coast-to-coast long distance path at St. Bees. (Enquire at Tourist Information Centre)



HADRIAN'S WALL COUNTRY

hadrians-wall.org
nationaltrail.co.uk/hadrianswall
Info Line Tel: 01434 322002

Useful contacts

Tourist Information Centres

Haltwhistle 01434 322 022
Carlisle 01228 625 600
Newcastle 0191 277 8000
Hexham 01434 652 220
Maryport 01900 812 101
Whitehaven 01946 852 939

Traveline 08706 082 608
National Rail Enquiries 08457 484 950
Northumberland National Park ... 01434 344 396
Solway Coast Discovery Centre ... 01697 331 944

Other publications

Hadrian's Wall Path, *Mark Richards (2004)*,
Cicerone Press, two-way National Trail description

Hadrian's Wall, *David Breeze, English Heritage (2006)*; the most popular souvenir guide to the Wall

Ancient Frontiers, *British Geological Survey (2006)*; the geology and landscape explained for the non-expert

Special offer – The Essential Hadrian's Wall Walking Pack*

Purchase all three of these
publications for **£24.99** by visiting
nationaltrail.co.uk/hadrianswall

● **Hadrian's Wall Path National Trail Guide**,
Anthony Burton (2007), *Aurum Press*; route
described east to west, with Ordnance Survey
strip-maps at 1:25,000 scale

● **The Essential Companion to Hadrian's
Wall Path National Trail** *David McGlade (2007)*,
Hadrian's Wall Heritage Ltd; pocket-sized guide
written by the Trail Manager, to help walkers and
visitors find essential services and facilities
along the Trail. The perfect compliment to the
official National Trail guide and Harvey Map

● **Hadrian's Wall Path Map**, *Harvey Map
Services Ltd (2007)*; walkers' waterproof strip-
map of the route at 1:40,000 scale

* Subject to availability

Conceived and produced by Hadrian's Wall Heritage Ltd.

