



HADRIAN'S WALL  
COUNTRY

# Walking in Hadrian's Wall Country



[hadrians-wall.org](http://hadrians-wall.org)



United Nations  
Educational, Scientific and  
Cultural Organization



Frontiers of the Roman Empire  
inscribed on the World Heritage List in 2005

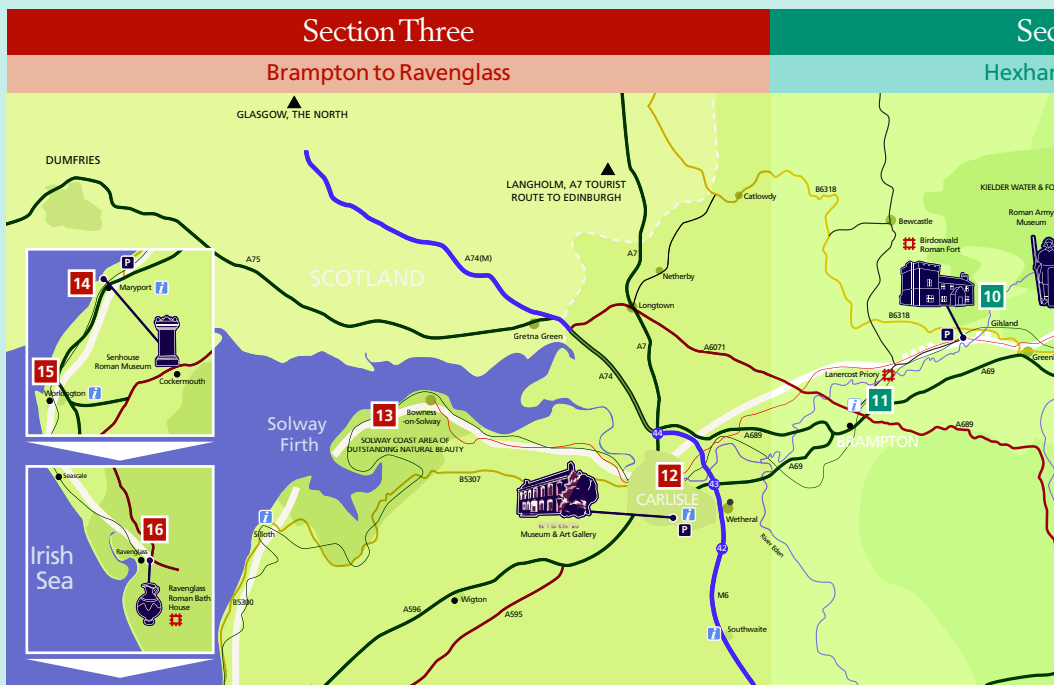
# Welcome to Walking in Hadrian's Wall Country



Fishing Boats, Maryport © Brian Sherwen

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Steel Rigg © Northern Horizons



Willowford Bridge Abutment © Heptinstall



Arbia Roman Fort © Northern Horizons

This set of walks and itineraries presents some of the best walking in Hadrian's Wall Country from South Shields to Ravenglass. 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 map

- Approximate line of Hadrian's Wall
- World Heritage Site
- Wall Remains
- Major Roman Site
- Tourist Information Centre (year-round)
- Tourist Information Centre (seasonal)
- Hadrian's Wall Path National Trail
- Hadrian's Cycleway
- Motorway
- A Roads (Major)
- A Roads (Minor)
- B Roads
- Minor Road
- Parking
- Rail station\*
- Tyne & Wear Metro station
- Airport
- Ferry port

\* Only rail stations relevant to the line of the World Heritage Site are shown. Major conurbations (eg Newcastle upon Tyne, Carlisle) have rail stations but these are not indicated for the sake of clarity.

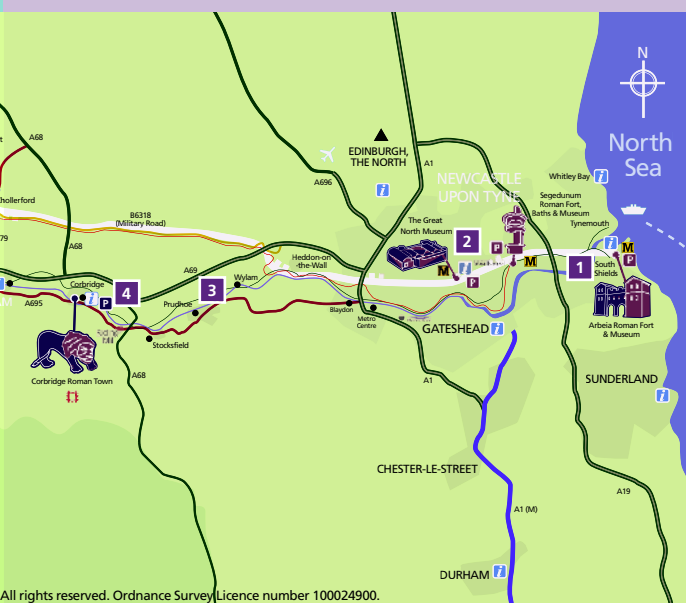
## Section Two

Hexham to Brampton



## Section One

South Shields/Newcastle to Hexham



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



Frontiers of the Roman Empire  
inscribed on the World Heritage List in 2005

## “The most complex and best preserved of the frontiers of the Roman Empire”

Hadrian's Wall was originally inscribed as a World Heritage Site (WHS) in 1987 as the most complex and best preserved of the frontiers of the Roman Empire. Today, Hadrian's Wall is part of the transnational Frontiers of the Roman Empire WHS, inscribed in 2005 and currently comprising Hadrian's Wall, the German Limes and the Antonine Wall in Scotland.

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.



*West of Aesica Fort (Great Chesters)*

© Natural England / Graeme Peacock

*Approach to Birdoswald* © Natural England / Graeme Peacock



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.



### CONSERVATION TIPS:

- **PLEASE DO NOT** stand or climb on Hadrian's Wall.
- Ditches, mounds and other earthwork features are archaeologically sensitive and protected by a grass surface. To help reduce the wear and tear on the ground, please walk side by side instead of single file and try to avoid walking in worn lines. This really does help.
- The ground surface that protects the archaeology is most vulnerable in wet winter conditions (November to April). Circular walks have been designed so that walkers can experience the World Heritage Site, whilst limiting their impact on archaeological remains.
- Take special care not to damage, destroy or remove natural or historical features.
- In order to protect the archaeology, organisers of large groups should contact us for advice on special arrangements.
- Running races are **NOT** encouraged along the National Trail. Contact us for advice on alternative routes, tel 01434 609700





Banks © Heptinstall



Cawfield Craggs © Northern Horizons



Birdoswald © Heptinstall

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



2. 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. The Trail's Passport season is between May and October only.



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



4. 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.



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



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



7. Follow the path, signed with the National Trail Acorns and coloured arrows.



8. Help to take pressure off the Wall itself by visiting a Roman fort as part of the journey.



Cawfields © Northern Horizons



### Walkers, Dogs and Farm Animals

Cattle are naturally protective towards their young and can attack both people and dogs.

Keep to the path where possible, however, do your best to avoid walking through herds of cattle and livestock. Farm animals can behave unpredictably if you get too close, especially if they're with their young – so give them plenty of space.

Always keep your dog under close control. Your dog can scare or harm farm animals. Keep it on a lead around livestock, but let go if chased by cattle.

# Hadrian's Wall Path National Trail



Solway Coast © Heptinstall

**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.

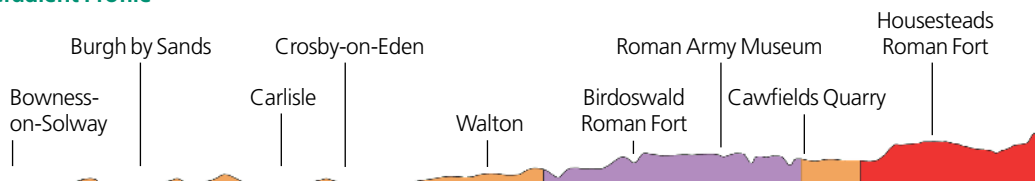
You do not have to walk all of the Trail in one go, although many people do; it is just as popular as a

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. Collecting all seven stamps in the passport from the stamping stations enables you to buy the exclusive Hadrian's Wall Path completion badge and certificate.

The Summer Passport was introduced in 2003, the year the Trail was officially opened. One of the most important reasons why it came into being was the need to promote the conservation of the World Heritage Site. Walking the Trail during the

## Gradient Profile



## National Trail Map





Whinshields Crag © Northern Horizons



Castle Nick © Roger Clegg



Housesteads Fort © Roger Clegg

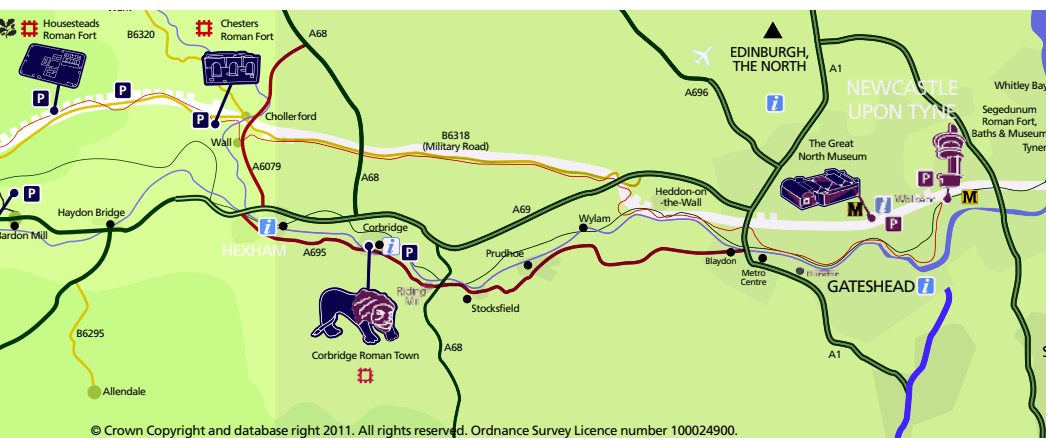
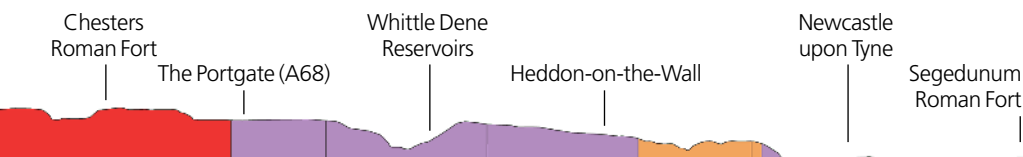
normally drier months helps to conserve the underlying archaeology when the soils tend to withstand more wear-and-tear. We also know that many people love to collect the stamps and to keep their fully stamped Passport as a great souvenir of their achievement!

During the winter months we recommend you walk instead some of the many footpaths in Hadrian's Wall Country – some of which are featured in this book.

National Trail Maps, Guides and Passports are available to purchase from the Hadrian's Wall Country Online Shop at [hadrians-wall.org](http://hadrians-wall.org)

### 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 Castle © English Heritage/D&H Photographers

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 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) and stay in Walton.

**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.



Bowness-on-Solway © Natural England / Graeme Peacock



### 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) – 1/2 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



### SOLWAY TIDE TIMES:

Check Tide Boards or visit [www.tidetimes.org.uk/silloth](http://www.tidetimes.org.uk/silloth) (flooding may occur at heights of 9 metres and above). GMT add 1 hour, BST add 2 hours





*Birdoswald* © Heptinstall



*Tyne bridges* © Andy Howorth



*Steel Rigg* © Northern Horizons

## 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 (17 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.

### 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 Country Bus (or service bus) to Heddon-on-the-Wall and walk the National Trail to the Errington Arms on the A68 (10 miles); then take the AD122 Bus to Corbridge and visit Corbridge Roman Site.

**Day 4:** Take the Hadrian's Wall Country Line railway from Corbridge to Hexham, then take the AD122 / 880 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.

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

*View from Gateshead Millennium Bridge* © Andy Howorth



### TRIP HIGHLIGHTS:

- Segedunum Roman Fort and Museum
- Newcastle's historic quayside and bridges
- Bessie Surtees' House (English Heritage – free)
- Great North Museum
- 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 (shopping, eating, entertainment)
- BALTIC Centre for Contemporary Art
- The Sage Gateshead
- The Biscuit Factory – contemporary art gallery

# The Roman Ring

An alternative long distance route that explores Hadrian's Wall Country



The Roman Ring, combined with the Moss Troopers' Trail and Hadrian's Wall Path, opens up new and exciting walking possibilities and opportunities within the broad central sector of Hadrian's Wall Country between Brampton and Corbridge. The Roman Ring guidebook reveals a network of routes enabling walkers to explore the diversity and richness of the landscape.

*The Roman Ring guidebook by Mark Richards is available to purchase from the Hadrian's Wall Country Online Shop [www.hadrians-wall.org](http://www.hadrians-wall.org)*



*Blood Stone at Cragend* © Mark Richards



*Haresby Lonnen* © Mark Richards



Vindolanda from Barcombe © Mark Richards

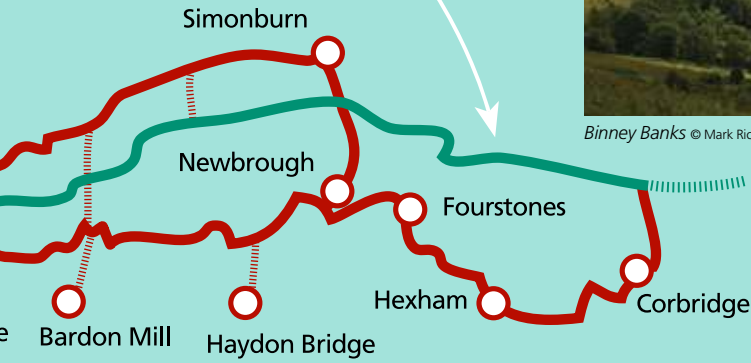


Talkin Tarn © Mark Richards

## Hadrian's Wall Path National Trail

53 km / 33 miles > 3 Days

land  
K



Binney Banks © Mark Richards

e

## The Roman Ring

Haytongate to Halton Chesters

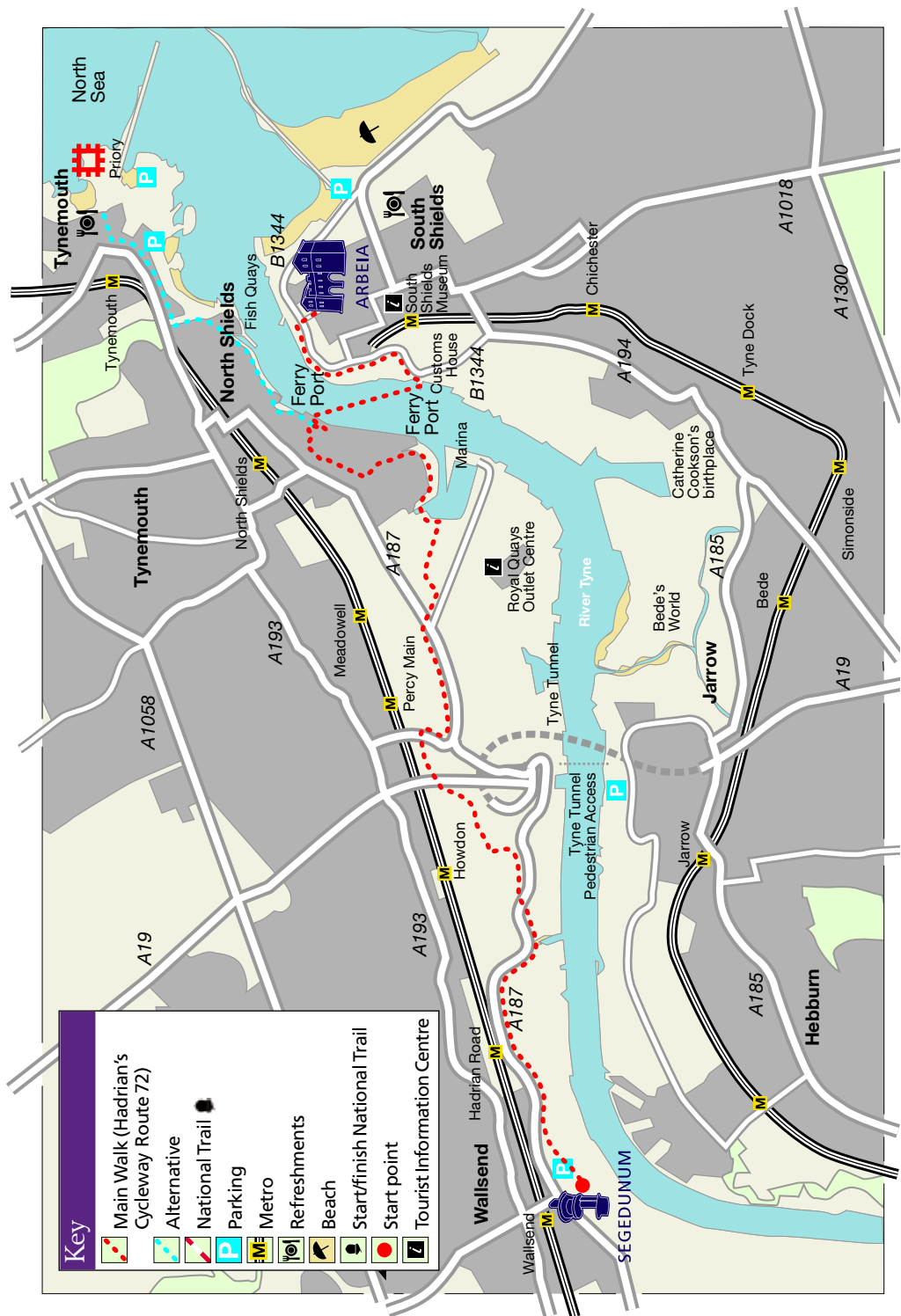
83 km / 52 miles > 4 days



The Moot Hall, Hexham © Mark Richards



Tindale Fell Cairn © Mark Richards





## 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.

● Alternatively, use the pedestrian access for the Tyne Tunnel between Howden and Jarrow and follow NCN 72 & 14 to South Shields.

## Highlights

- Arbeia Roman Fort with reconstructed barracks and gatehouse (free entry)
- Catherine Cookson birthplace
- Customs 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



© Tyne and Wear Museums

Arbeia Roman Fort



© Tyne and Wear Museums

## Nearby attractions

- Bede's World
- Blue Reef Aquarium
- Childhood Memories Toy Museum (Tynemouth)
- Royal Quays (shopping outlet)
- Royal Quays Marina
- Seaton Delaval Hall (National Trust)
- South Shields Museum and Art Gallery
- Stephenson Railway Museum
- St Paul's Monastery (Jarrow)
- Tynemouth / South Shields beaches
- Tynemouth Priory (English Heritage)
- Souter Lighthouse (National Trust)
- 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

North Shields Tourist Information Centre, Royal Quays  
Tel: 0191 200 5895  
South Shields, Museum & Art Gallery  
Tel: 0191 456 8740

### Public transport

Tyne and Wear Metro to Segedunum (Wallsend); Tynemouth and South Shields (combined Metro and ferry day tickets available); ferry terminal. Bus services on route.

### 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 South Shields and North Shields

### Other walks in this area

Coastal walks from the amphitheatre on Sea Road at South Shields to Frenchman's Bay, Souter Light House and Marsden Rock. North Tyneside Waggonways ([www.waggonways.co.uk](http://www.waggonways.co.uk))



# Around the Medieval Town Walls

Walk  
**2**

## 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](http://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)

Castle Keep



© NewcastleGateshead Initiative

## Nearby attractions

- BALTIC Centre for Contemporary Art
- Biscuit Factory – contemporary art gallery
- Denton Hall Turret and West Denton Hadrian's Wall
- Discovery Museum
- Eldon Square Shopping Centre
- Great North Museum
- Hatton Gallery
- Laing Art Gallery
- Saltwell Park and Towers (Gateshead)
- Seven Stories, The Centre for Children's Books
- Shipley Art Gallery (Gateshead)
- The Sage Gateshead
- Theatre Royal
- Tyne Bridges

[hadrians-wall.org](http://hadrians-wall.org)

## 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

Central Arcade, Tourist Information Centre, Newcastle City Centre  
Tel: 0191 277 8000

### Public transport

Haymarket, Monument and Central Station  
Metros; Quaylink bus services (linking bus, Metro and train services), AD122 Hadrian's Wall Country Bus, Central Station

### 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

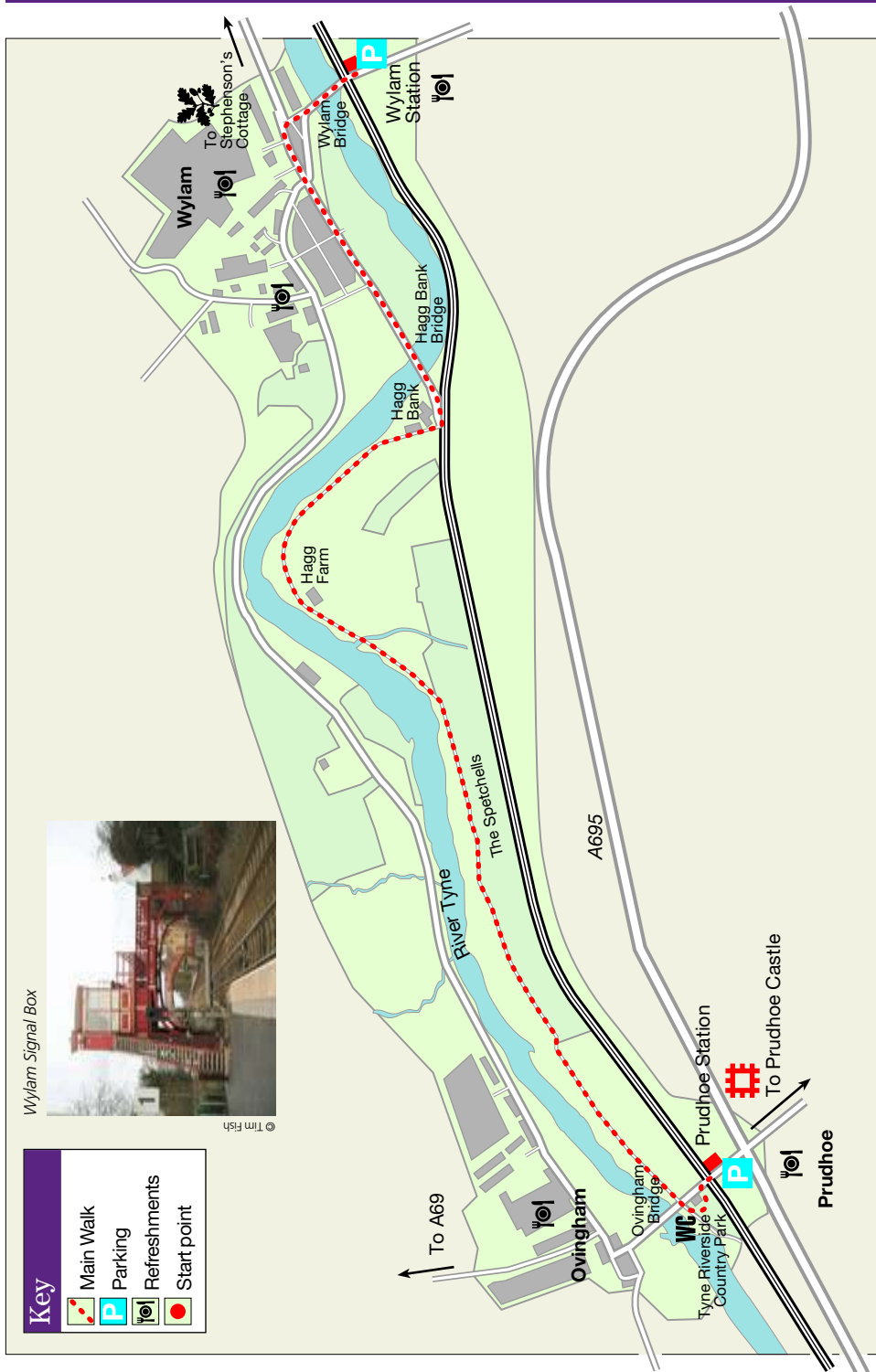
[www.newcastlegateshead.com/walkingguides](http://www.newcastlegateshead.com/walkingguides)



Bessie Surtees' House



© English Heritage





# Wylam to Prudhoe

Walk  
**3**

## Location:

Alongside the River Tyne

## Directions

● From Wylam walk along the Wylam Wagonway, signed for Newburn; Stephenson's Cottage is 1/2 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-arched railway bridge at Wylam
- Prudhoe's Norman castle (English Heritage)
- Riverside walks
- World's oldest working railway station at Wylam

Prudhoe Castle



© English Heritage

## Nearby attractions

- Cherryburn: Thomas Bewick Birthplace (National Trust)
- Corbridge market town
- Corbridge Roman Site (Corstopitum) (English Heritage)
- Dilston Physic Garden Ltd
- Fifeofum Fine Art Gallery (Newton)
- Gibside (National Trust)
- Hadrian's Wall at Heddon-on-the-Wall
- Hexham Abbey
- Hexham Old Gaol
- Ryton Willows
- Tyne Riverside Country Park
- Wylam Railway Station

## Linear walk

### Distance

3 1/2 miles

### Estimated walk time

2 1/2 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

Hadrian's Wall Country Line, Wylam and Prudhoe railway stations; 684 bus service, Newcastle-Throckley-Ovington/Hexham

### Ordnance Survey map

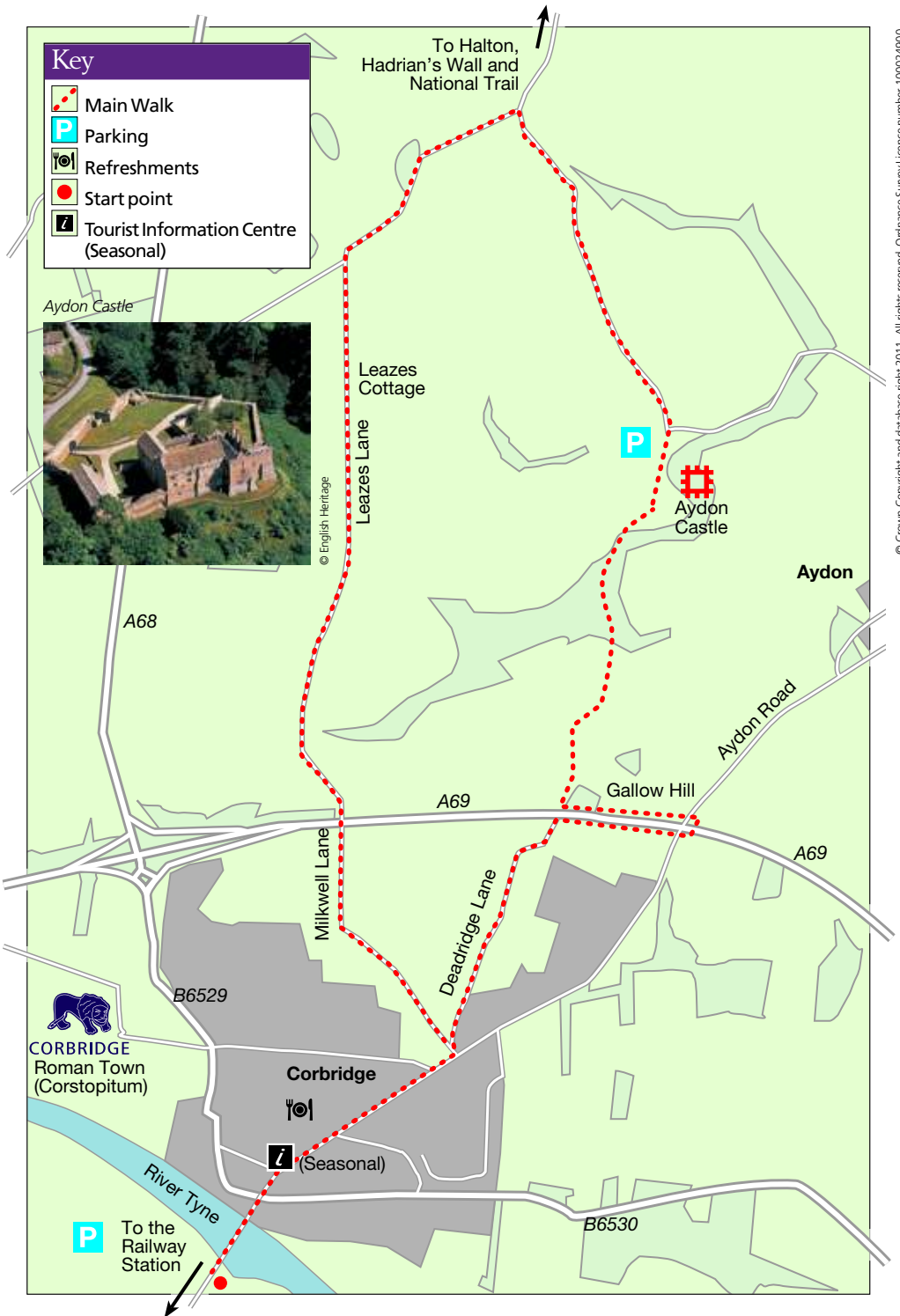
Explorer sheet 316  
Newcastle upon Tyne

### 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  
**4**

## Location:

Corbridge, Northumberland

## Directions

● Head across the river into Princes 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

- Ancient town of Corbridge
- Medieval Aydon Castle (English Heritage)

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

*Re-enactment at Corbridge*



© Janine Howarth

*Corbridge Roman Town*



© English Heritage

## Nearby attractions

- Brocksbushes Farm Shop
- Dilston Castle
- Dilston Physic Garden Ltd
- Fifieforum Fine Art Gallery (Newton)

- Hexham Abbey
- Hexham Moot Hall
- Hexham Old Gaol
- Queen's Hall, Hexham
- Tyne Green 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

Hadrian's Wall Country railway line connects Corbridge to Carlisle and Newcastle; AD122 Hadrian's Wall Country Bus (between Easter and October); Route 10 bus to Hexham and Newcastle; 685 bus to Carlisle and Newcastle

### Ordnance Survey map

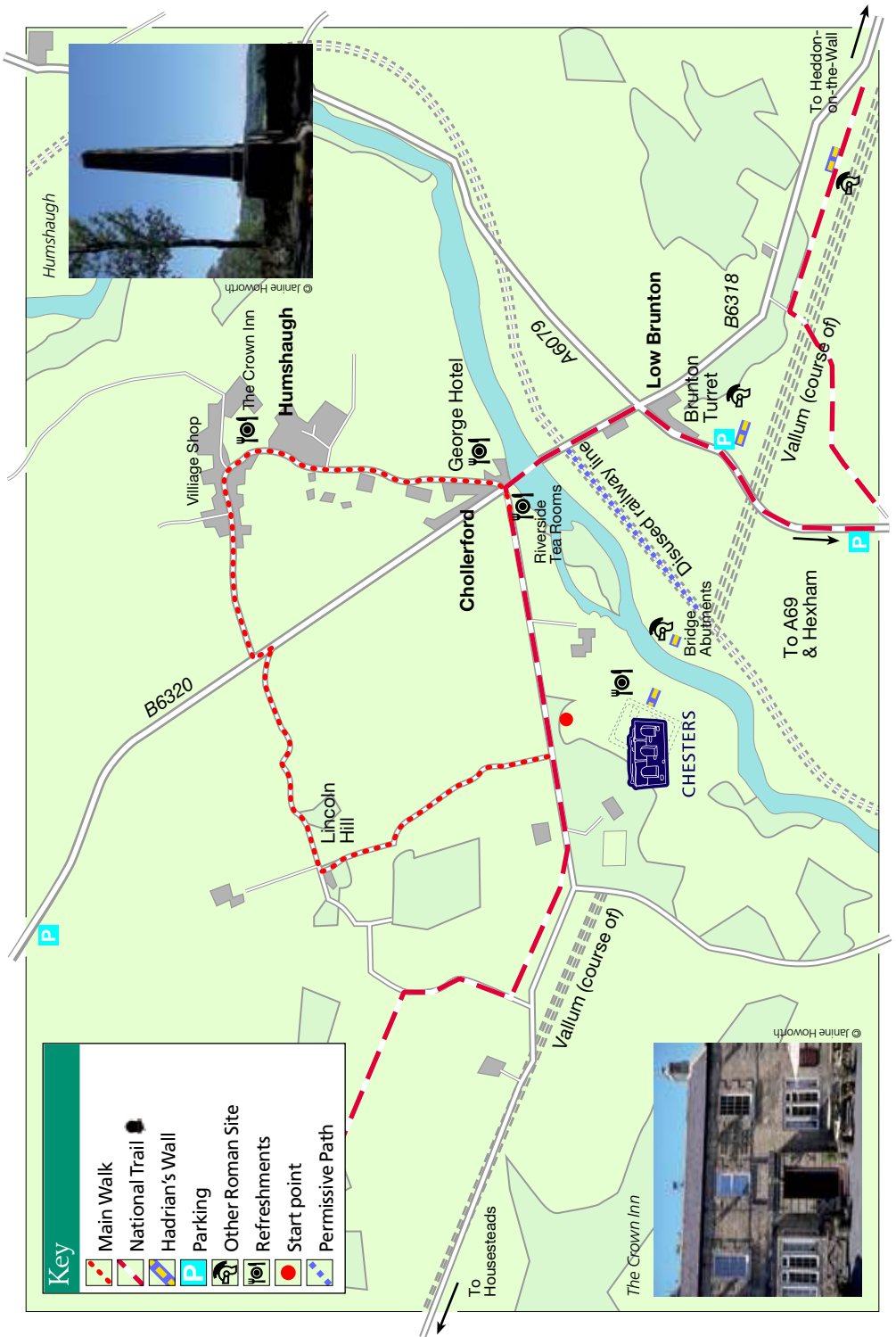
Explorer (OL) 43 Hadrian's Wall and Explorer Sheet 316 Newcastle upon Tyne

### Places to eat and drink

Many cafés, tea shops and pubs in Corbridge town centre.

### Other walks in this area

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





# Chesters and Humshaugh

Walk  
**5**

## Location:

### Chesters Roman Fort

## Directions

- From Chesters Roman Fort walk up the quiet lane and turn right 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 ½ mile, 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)
- Humshaugh village and church

*Chesters Roman Fort*



© English Heritage

## Nearby attractions

- Brocolitia Fort and the Temple of Mithras
- 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  
Country Bus 9 (Easter to  
October), 880 all year to  
Chollerford

### Ordnance Survey map

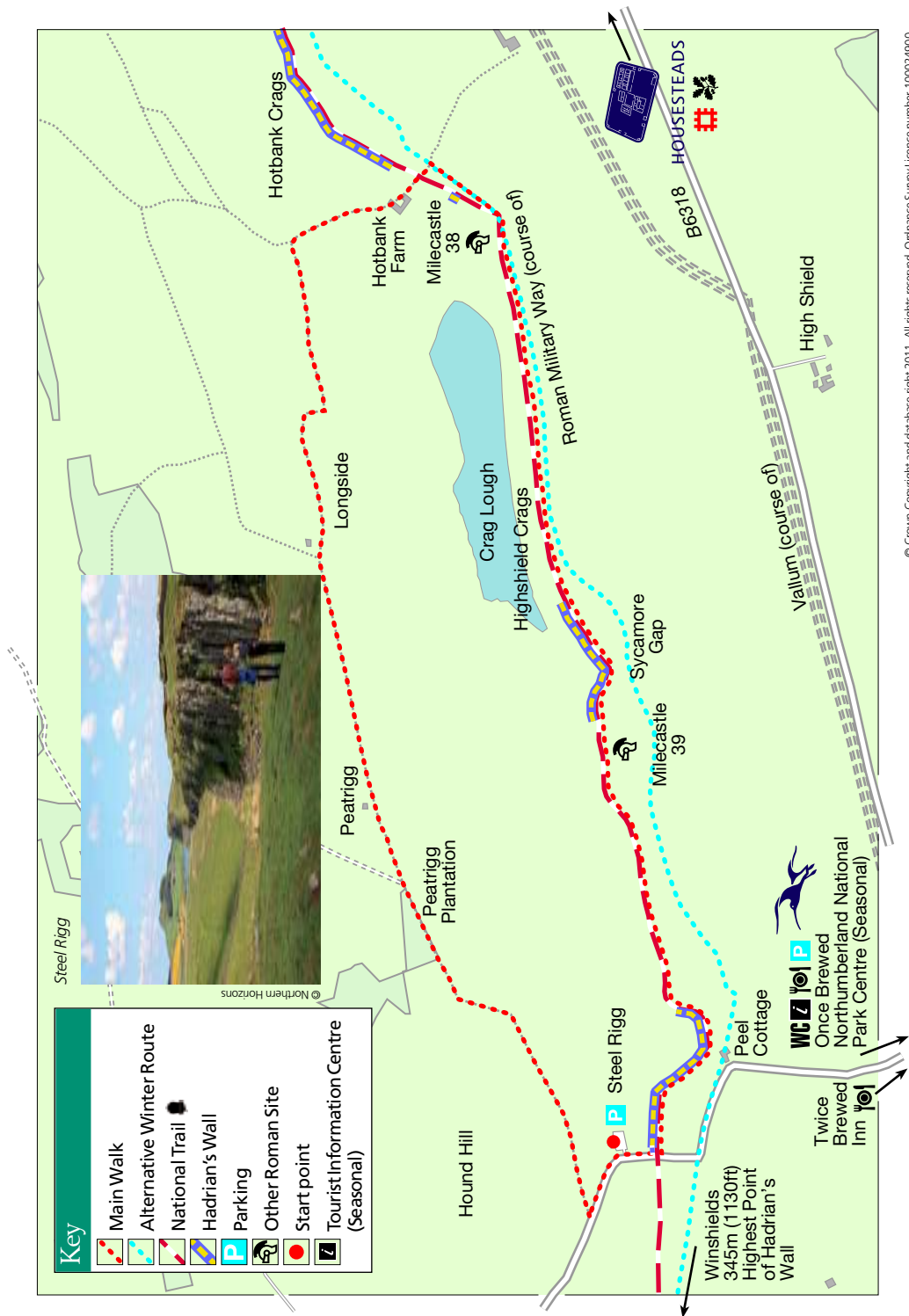
Explorer (OL) 43  
Hadrian's Wall

### 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  
**6**

## 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.

## Highlights

- Hadrian's Wall
- Landscape panoramas
- Steel Rigg
- Sycamore Gap
- The barbarian view of the Wall, from the north
- The Whin Sill

*Sycamore Gap*



© HWHU/Northern Horizons

## Nearby attractions

- Brocolitia Fort and the Temple of Mithras
- Cawfield Crag
- Chesters Roman Fort (English Heritage)
- Hexham market town
- Housesteads Roman Fort (English Heritage / National Trust)
- Northumberland National Park Centre, Once Brewed
- Pennine Way National Trail
- Roman Army Museum (Carvoran)
- Roman Vindolanda
- Walltown Crag
- Whinshields highest point on Hadrian's Wall 345 metres (1,132 ft)

## 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 Visitor  
Centre Tel: 01434 344396

### Public transport

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

### Ordnance Survey map

Explorer (OL) 43  
Hadrian's Wall

### Places to eat and drink

Twice Brewed Inn;  
Milecastle Inn

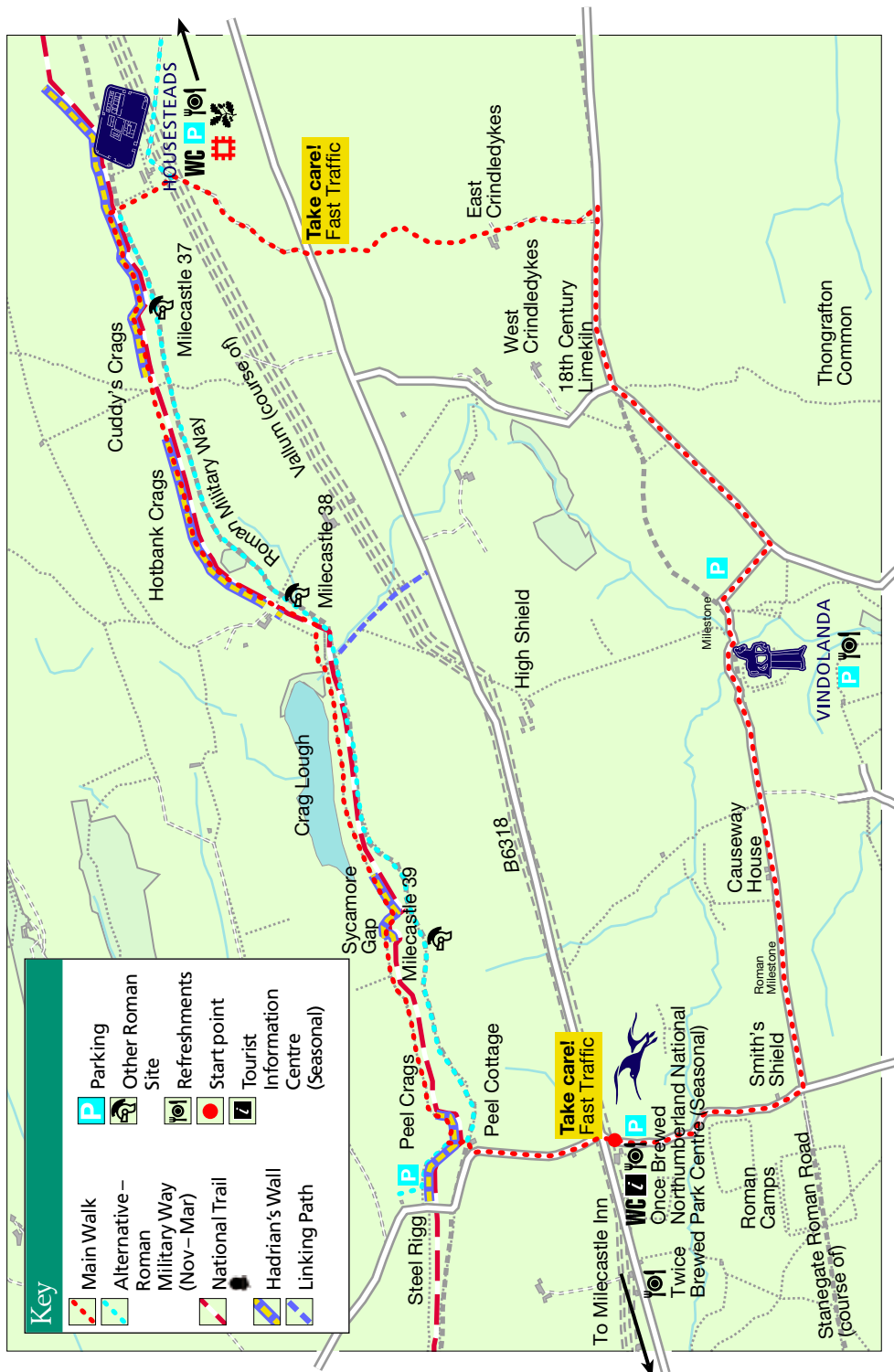
### Other walks in this area

“A Walk in the Park”.  
A selection of ten guided  
walks. Information from  
the Once Brewed Visitor  
Centre or visit  
[www.northumberlandnationalpark.org.uk](http://www.northumberlandnationalpark.org.uk)



### CONSERVATION TIP:

November to April  
when ground  
conditions are wet  
return to Steel Rigg  
along the footpath  
signed the Roman  
Military Way.





# Once Brewed, Roman Vindolanda and Housesteads

Walk  
**7**

## Location:

Hadrian's Wall in Northumberland National Park

## Directions

● Leaving the Northumberland National Park Centre, Once Brewed, 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 National Trail via the gate signed for Housesteads. Follow the path in an easterly direction to Housesteads Roman Fort and Museum, a visit is highly recommended.

● From the Fort and Museum, 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 Northumberland National Park Centre.

Housesteads Fort



© Northern Horizons

Vindolanda and Stanegate



© English Heritage

## Highlights

- Hadrian's Wall – spectacular section
- Housesteads Roman Fort (English Heritage/National Trust)
- Roman Military Way
- Stanegate Roman Road
- Roman Vindolanda
- Northumberland National Park Centre, Once Brewed

## Nearby attractions

- Brocolitia Fort and the Temple of Mithras
- Cawfield Crags
- Chesters Roman Fort (English Heritage)
- Hexham market town
- Pennine Way National Trail
- Roman Army Museum (Carvoran)
- Walltown Crags

## 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

Once Brewed Visitor Centre (Grid Ref: NY 752 669)

### Tourist information

Once Brewed Visitor Centre Tel: 01434 344396

### Public transport

AD122 Hadrian's Wall Country 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

Once Brewed Visitor Centre; Twice Brewed Inn; refreshment kiosk at Housesteads car park; café at Roman Vindolanda (site visitors only); Milecastle Inn

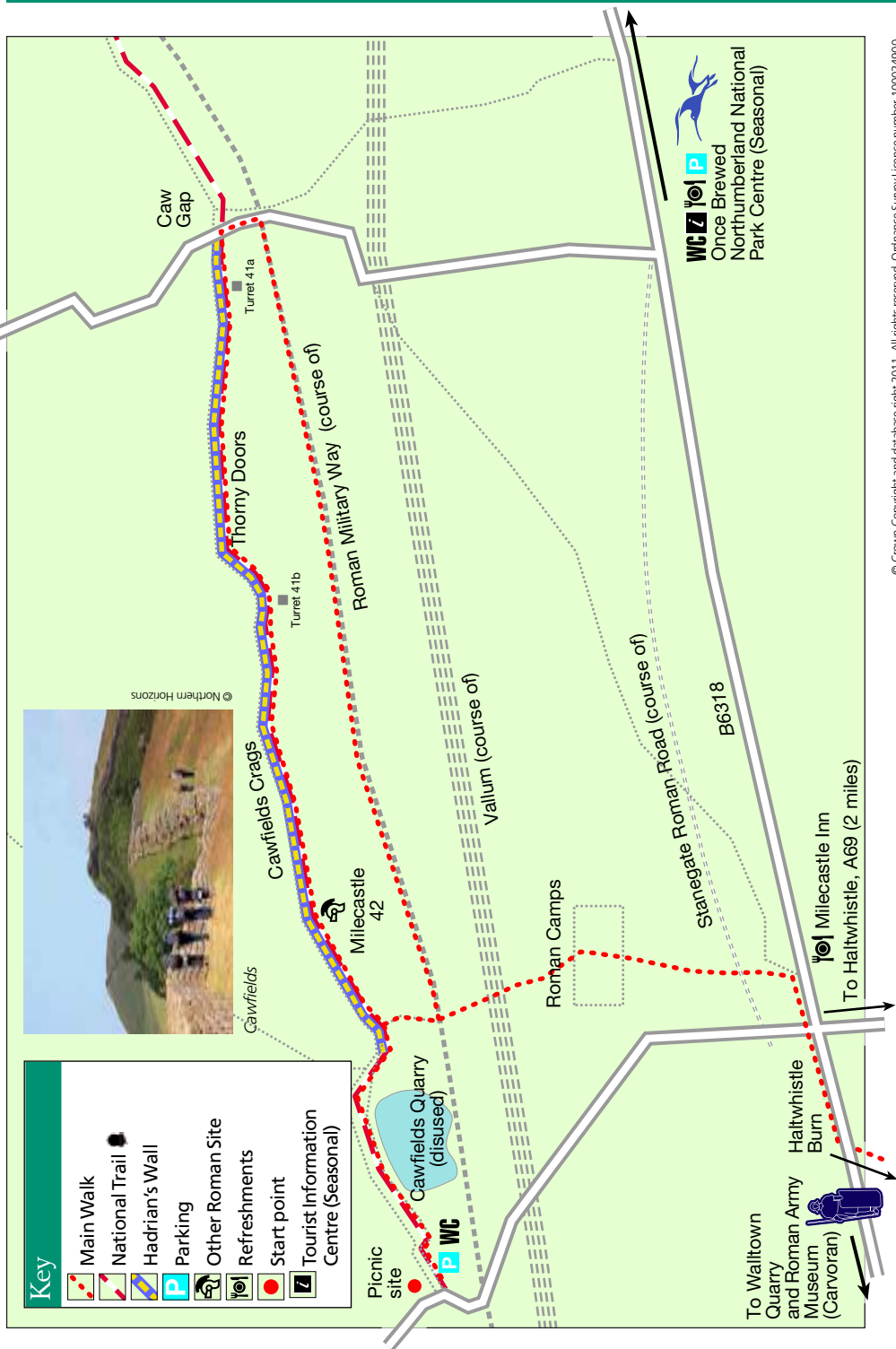
### Other walks in this area

Bardon Mill and Thorngrifton Common.



### CONSERVATION TIP:

November to April when ground conditions are wet, walk between Steel Rigg and Housesteads on signed Roman Military Way.



# Cawfields to Caw Gap

Walk  
**8**

## 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.

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

## Highlights

- 2 National Trails (Hadrian's Wall Path and Pennine Way)
- Cawfields Quarry
- Hadrian's Wall
- Milecastle 42
- Roman Military Way

- Turret 41a (Caw Gap)
- Turret 41b (Thorny Doors)
- Vallum – the bank and ditch earthwork
- Whin Sill

Cawfields



© Northern Horizons

## Nearby attractions

- Brocolitia Fort and the Temple of Mithras
- Cawfield Crag
- Chesters Roman Fort (English Heritage)
- Haltwhistle ('Centre of Britain')
- Hexham market town
- Housesteads Roman Fort (English Heritage/National Trust)

- Roman Army Museum (Carvoran)
- Roman Vindolanda
- Thirlwall Castle
- Walltown Quarry
- Willowford Roman bridge abutment
- Northumberland National Park Centre, Once Brewed
- Pennine Way National Trail

## 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 Visitor Centre Tel: 01434 344396

### Public transport

AD122 Hadrian's Wall Country 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; Haltwhistle, Herding Hill Farm Shop and cafe

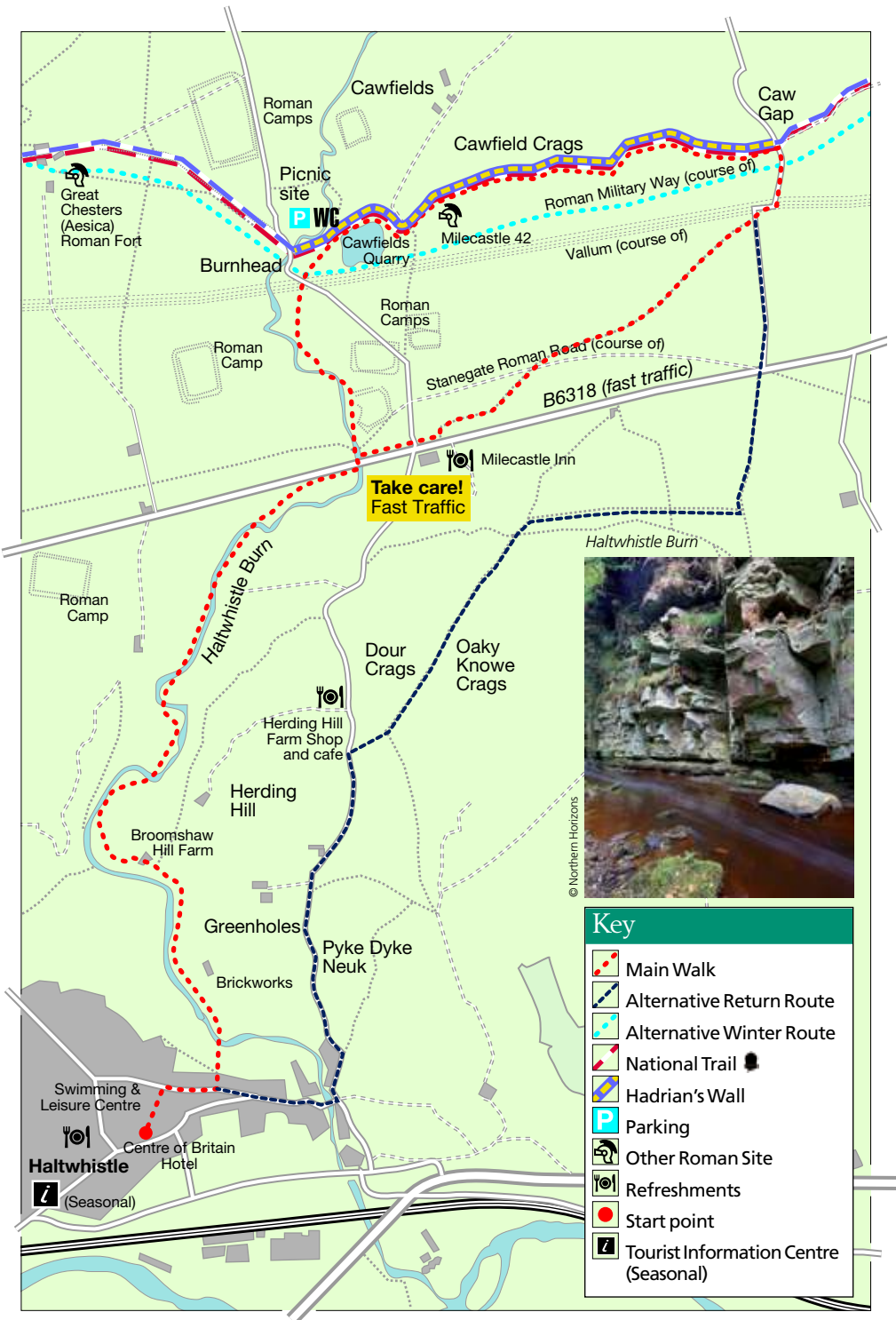
### Other walks in this area

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



### CONSERVATION TIP:

November to April when ground conditions are wet, help protect underlying archaeology next to the Wall by using the Military Way.



# Haltwhistle Burn to Cawfields

Walk  
**9**

## 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 1/2 mile.

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

## Highlights

- Haltwhistle ('Centre of Britain')
- Whin Sill
- Hadrian's Wall
- Industrial archaeology – lime kilns, brickworks
- "Lovers' Walk" river valley (Haltwhistle Ring Walk No. 3)

Haltwhistle Burn



Cawfields



## Nearby attractions

- Chesters Roman Fort (English Heritage)
- Hexham market town
- Housesteads Roman Fort (English Heritage/National Trust)
- Once Brewed National Park Visitor Centre
- Pennine Way National Trail
- 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 Country Bus (Easter to October), 185 and 685 buses; Hadrian's Wall Country Railway Line

### Ordnance Survey map

Explorer (OL) 43  
Hadrian's Wall

### Places to eat and drink

Milecastle Inn; Herding Hill Farm Shop and cafe plus cafés, hotels and pubs in Haltwhistle

### Other walks in this area

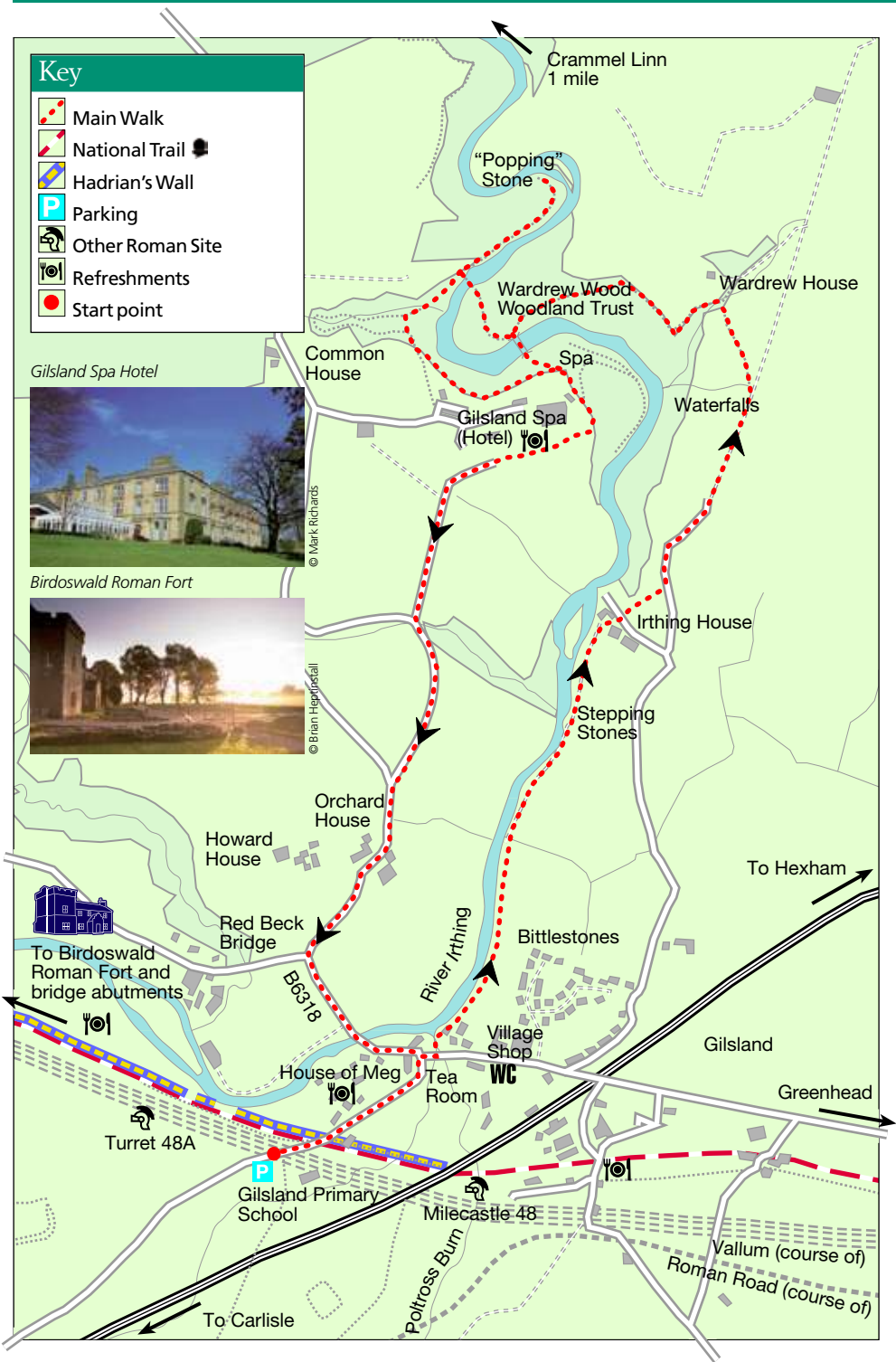
A series of 20+ walks known as the Haltwhistle Rings (details from Haltwhistle Tourist Information Centre or visit [www.haltwhistle.org](http://www.haltwhistle.org))



### CONSERVATION TIP:

November to April when ground conditions are wet, use the Military Way between Cawfields and Caw Gap.





# Gilsland Spa “Popping-stone” and Birdoswald

Walk  
**10**

## 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 1¼ 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

## Nearby attractions

- Bewcastle
- Birdoswald Roman Fort and Visitor Centre (English Heritage)
- Lanercost Priory (English Heritage)
- New Mills Trout Farm (Brampton)
- Talkin Tarn Country Park (Brampton)

- Once Brewed Northumberland National Park Centre
- Poltross Burn and Milecastle 48
- Roman Army Museum (Carvoran)
- Walltown Quarry
- Willowford Roman bridge abutment

## Circular walk

### Distance

3½ miles (+ optional 2½ miles to Birdoswald Roman Fort)

### Estimated walk time

2½ hours plus  
browsing time

### Grade

Moderate

### Suggested start/finish

Gilsland car park, 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 Country Bus (between Easter and October);  
Hadrian’s Wall Country Railway Line

### Ordnance Survey map

Explorer (OL) 43  
Hadrian’s Wall

### Places to eat and drink

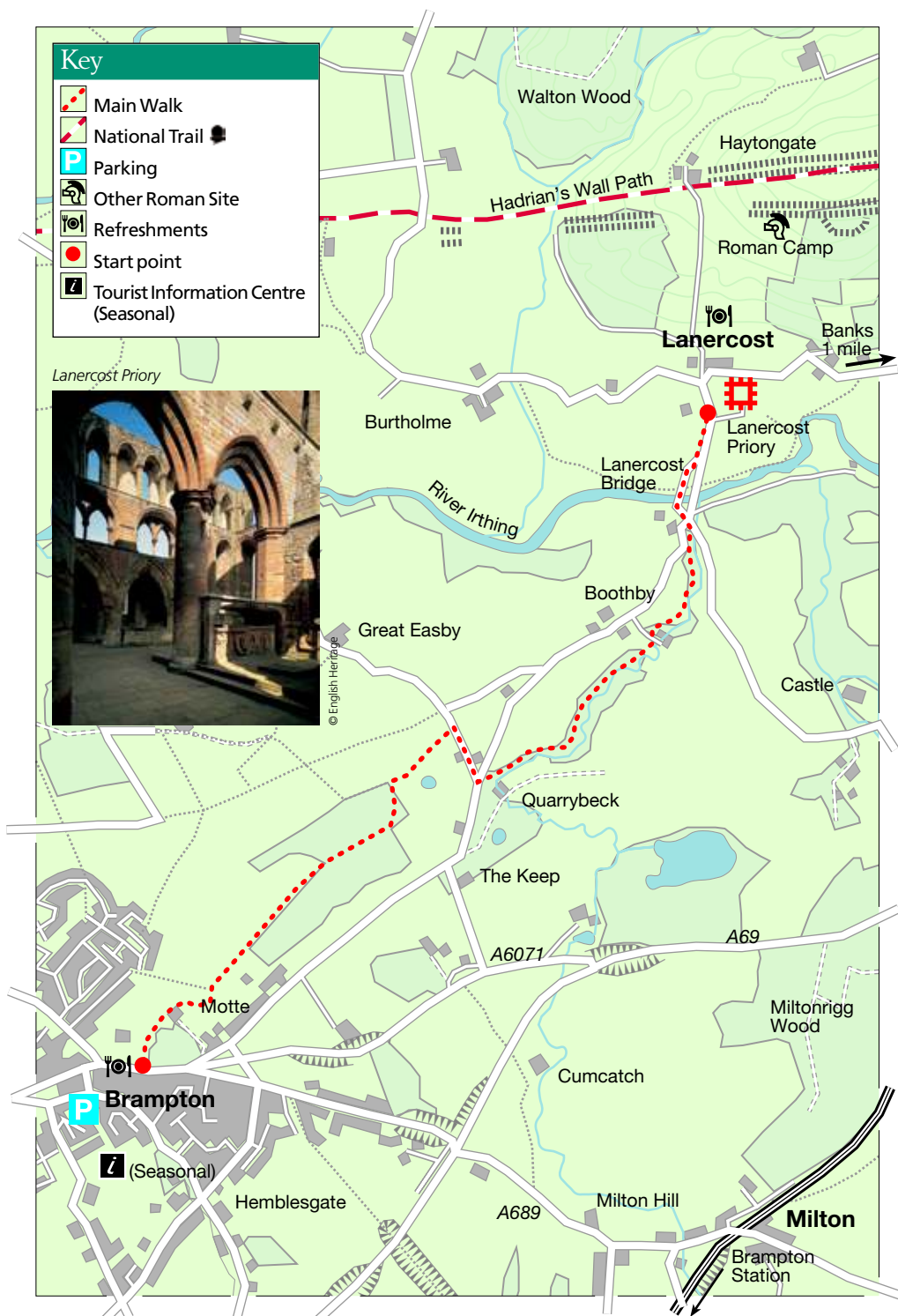
House of Meg tea room and pubs in Gilsland, Gilsland Spa Hotel, café at Birdoswald Roman Fort

### Other walks in this area

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



*Crammel Linn waterfall where the water has cut through the sandstone to give a 10m drop.*



# Brampton to Lanercost

Walk  
**11**

**Location:**  
Cumbria

## Directions

● From the Market Place go to High Cross Street. At the main road junction go right, cross the zebra crossing and follow the footway passing the Brampton Playhouse and up the steps onto The Moat. A huge glacier left this long ridge behind as it melted. Saxons held their councils on a mound, "The Moat" which they constructed on the highest end of the ridge. At its centre is an imposing bronze statue of the 7th Earl of Carlisle from nearby Naworth Castle, who died in 1864.

● Descend into the lane running up the north side of the wooded hill. After a kissing-gate wander along the top of the pasture. Soon a metal kissing-gate right gives access into Ridgewood, the Woodland Trust land running along Brampton Ridge. Walk beside the row of beech trees, there are great views all along this section.

● Go through the squeeze stiles, and continue along the path. Follow way-marking down through a young coniferous planting to a kissing-gate. The path joins a bridleway, keep sharp right to a gate entering a green lane. Pass a well-sited seat, which gives a lovely view from Craggle Hill and Haytongate round by the distant hills of Christianbury Crags and the Liddlesdale hills to the table-topped Burnswark and Criffel to the west. The bridle-lane exits into a minor road, turn right rising over the brow to meet the Lanercost road.

● Directly opposite a metal kissing-gate draws the walk into the woodland passing on down to come by Quarrybeck Cottage and then along Quarry Beck. Go past the workshops be careful crossing the road and continue alongside the beck. Cross the footbridge to meet the Naworth road. Go left down the narrow hollow-way to arrive at the Lanercost road between the old corn mill and the former Abbey Bridge Hotel (both now B&Bs). Cross Abbey Bridge.

● Pass through the picnic area and walk along the road verge beyond the entrance to the tearoom car park to reach the kiosk and bus stop opposite the handsome stone gateway entrance to Lanercost Priory.

*Banks Turret, Hadrian's Wall*



© HWHU/Hepinstall

## Linear walk

### Distance

4 miles

### Estimated walk time

2½ hours

### Grade

Easy

### Suggested start/finish

Brampton Market Place  
(Grid Ref: NY 531 612)

### Tourist information

Moot Hall, Market Place,  
Brampton  
Tel: 016977 3433

### Public transport

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

### Ordnance Survey map

Ordnance Survey Explorer  
Map 315

### Places to eat and drink

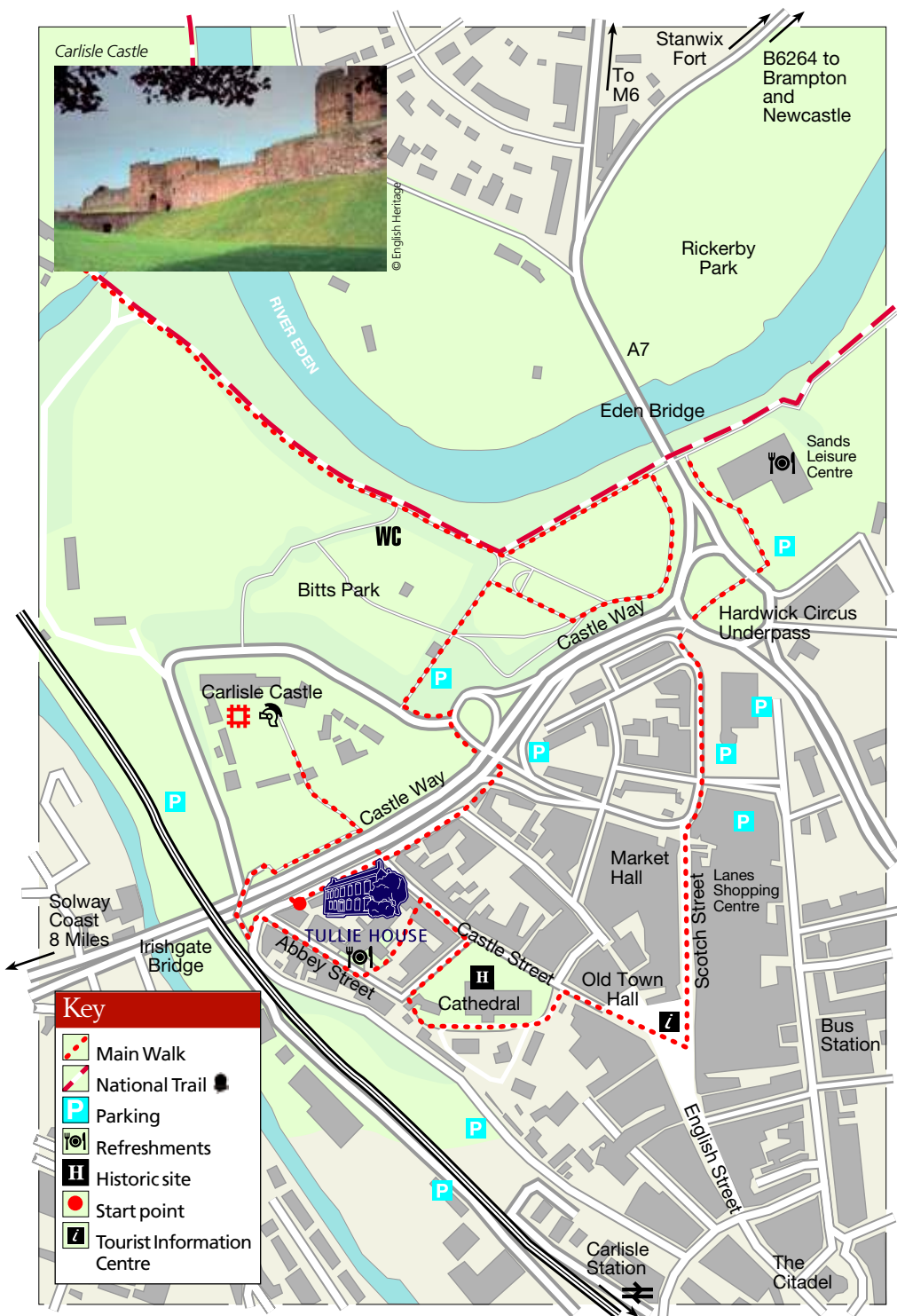
Off the Wall Tearoom  
(Brampton) and Lanercost  
Tearoom & Art Gallery

### Other walks in this area

Many walks around  
Brampton and the River  
Irthing.



Walk to Banks and along  
the National Trail  
towards Birdswald Roman fort  
to experience Hadrian's Wall  
and the Irthing Valley





# Historic Carlisle

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)  
Luguvalium, the site of the roman fort at Carlisle, lies partly buried beneath the castle keep
- Carlisle Cathedral
- Carlisle Citadel
- Guildhall Museum
- Rickerby Park
- River Eden and riverside parkland
- Sands Leisure Centre
- The Lanes Shopping Centre
- Town Walls
- Tullie House Museum and Art Gallery

Tullie House



© Bryan Scott

Carlisle Cathedral



© Hepinstall

## Nearby attractions

- Bewcastle Cross and Church
- Carlisle Racecourse
- Gretna Green (shopping outlet)
- Houghton Hall Garden Centre
- Lanercost Priory (English Heritage)
- New Mills Trout Farm (Brampton)
- Solway Aviation Museum (Carlisle Airport)
- Solway Coast Area of Outstanding Natural Beauty
- Stony Holme Golf Course
- Stanwix (Petrianum) Hadrian's Wall fort and settlement (Grid Ref: NY401571)
- Talkin Tarn Country Park (near Brampton)
- Walby Farm Park (Crosby)

## 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 Country 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

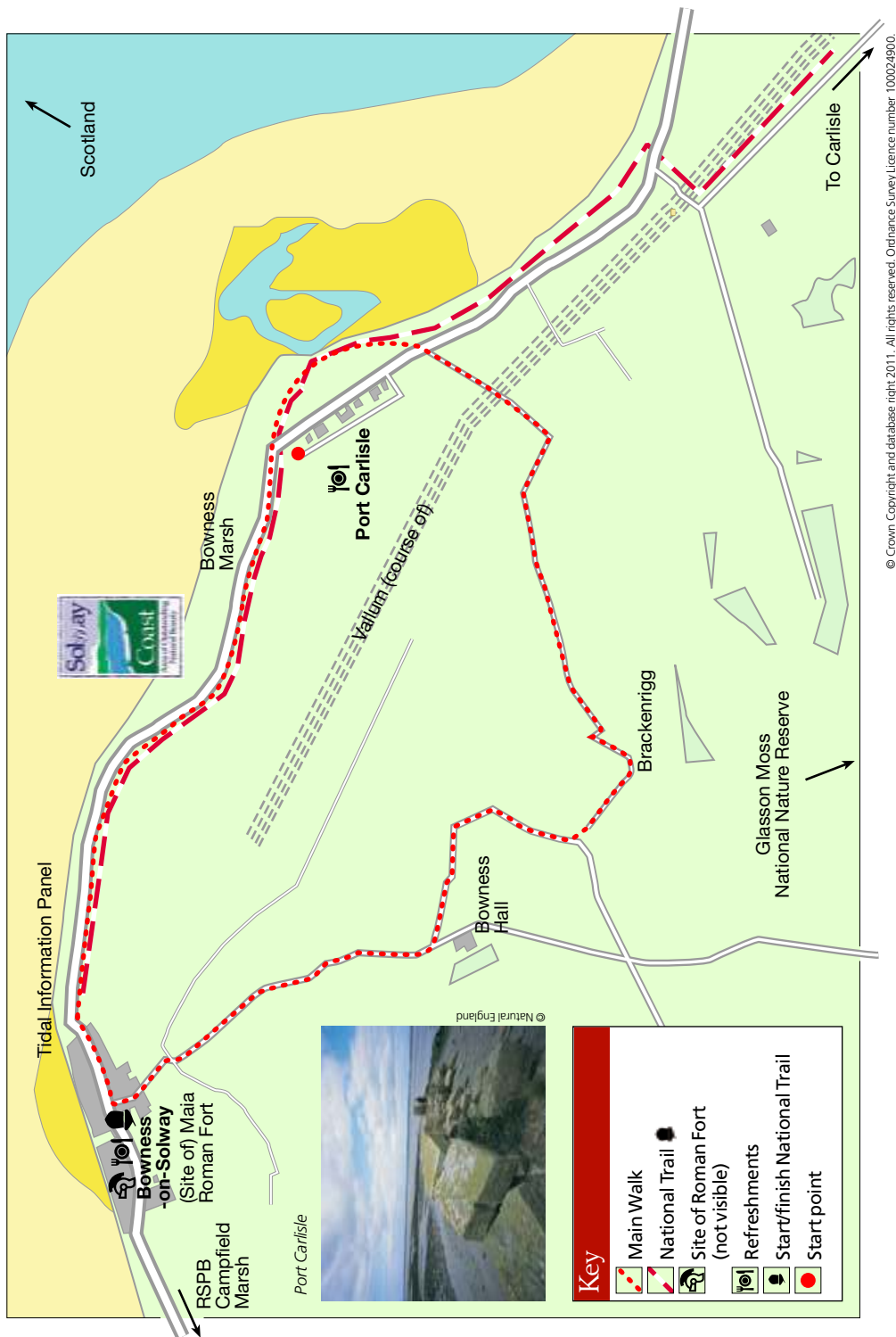
Carlisle Cathedral (Prior's Kitchen); Tullie House (Garden Restaurant); Sands Leisure Centre café; plus many other cafés, pubs and restaurants in Carlisle

### Other walks in this area

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



Tullie House Museum and Art Gallery – Roman Frontier Gallery, stories beyond Hadrian's Wall permanent exhibition



# 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.

## Highlights

- Bird watching on Bowness Marsh
- Estuary views into Scotland
- Extensive panoramic views
- Haafnetting, the traditional Solway fishing practice in Bowness and Port Carlisle
- Port Carlisle's Historic Canal Basin
- RSPB Campfield Farm

*Birdwatching, Bowness Marsh*



© Rose Wolfe, Solway Coast AONB Unit

*Haaf Netters*



© Natural England / Charlie Hedley

*Solway Firth*



© Hepinstall

## Nearby attractions

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

## 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, Silloth  
Tel: 016973 31944

### Public transport

Bus Service 93 (Carlisle  
to Bowness)

### Ordnance Survey map

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

### Places to eat and drink

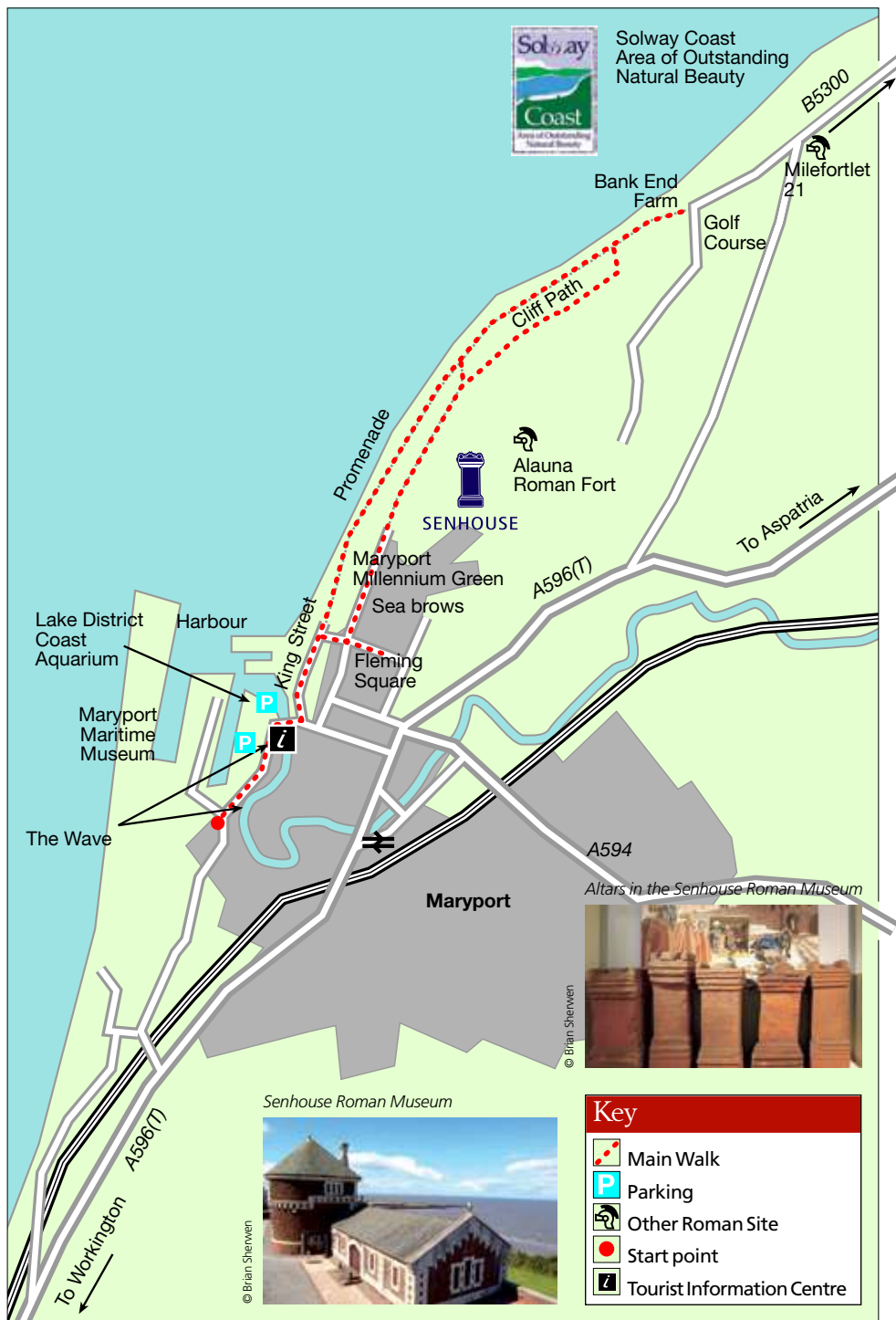
Hope and Anchor Inn in  
Port Carlisle; King's Arms  
Inn and the Old Chapel tea  
room in Bowness

### Other walks in this area

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



**SOLWAY TIDE TIMES**  
Bowness marsh is  
tidal and occasionally  
floods. Check at  
[www.nationaltrail.co.uk/hadrianswall](http://www.nationaltrail.co.uk/hadrianswall)  
(Planning a Trip)



# 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
- The Wave Museum
- Views across the Solway Firth

*Maryport Marina*



© Brian Sheroven

*Fleming Square, Maryport*



© Brian Sheroven

## Nearby attractions

- Crosscanonby Milefortlet 21
- Lake District Coast Aquarium
- Lake District National Park
- Lakeland Heavy Horse Centre
- Ravenglass/Eskdale Railway
- Solway Coast Discovery Centre (Silloth)
- The Beacon (Whitehaven)
- The Rum Story (Whitehaven)
- The Wave Museum
- 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
- 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
- Historic wagon way

Whitehaven



© Brian Shenwen

The End of an Era - Whitehaven



© Brian Shenwen

## Nearby attractions

- Haig Colliery Mining Museum
- Lake District National Park
- Muncaster Castle and World Owl Trust
- Ravenglass/Eskdale Railway
- Ravenglass Roman Bath House
- Senhouse Roman Museum (Maryport)
- St Bees' Beach
- The Rum Story (Whitehaven)

## 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 598914

### Public transport

Whitehaven & Parton railway stations.

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

### Ordnance Survey map

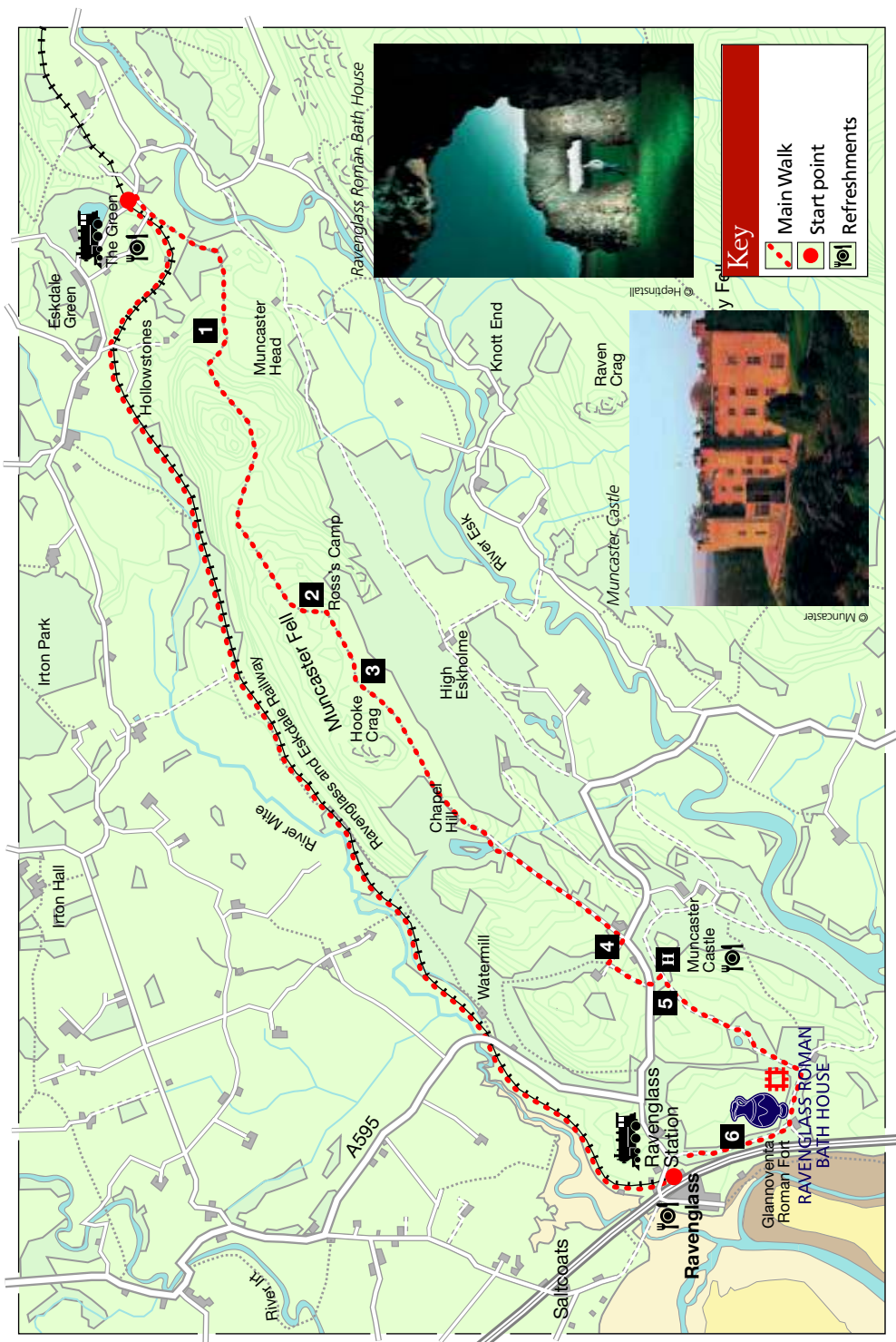
Explorer 303 Whitehaven and Workington

### 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)



# Ravenglass

Walk  
**16**

**Location:**  
Cumbria

## Directions

● Take the 'La'al Ratty' from Ravenglass Station to The Green Station, Eskdale Green. When you leave the train at The Green, walk to the end of the platform and turn left then immediately right to follow Bankend Wood. Continue along track until junction from Muncaster Head farm is reached.

● At the junction **1** turn right through field gate and then immediately left onto footpath over Muncaster Fell.

● Go through the opening and take path on the left which goes around, below the crag to Ross's Camp **2**.

● Continue ahead past Hooke Crag **3**, Muncaster Tarn then down Fell Lane.

● At the junction with A595 **4** you should turn right along the

track towards Brankenwall Barn and then left across the field to Muncaster Castle visitor car park.

● Cross A595, enter castle grounds through a stone archway **5** and proceed to visitor centre where refreshments and toilets are available. From the visitor centre turn right along the track signposted Ravenglass, you will pass a Roman bath house **6**.

● Ravenglass was an important naval base for the Romans in the 2nd century, Glannoventa. Little remains now of their large fort except for the remarkable bath house. The fort possibly represents the southern extremity of the 'Western Sea Defences', a line of forts and watch-towers strung along the north-western coastline of Cumbria; a western extension of Hadrian's Wall.

## Highlights

- Hooke Crag
- Muncaster Castle and Gardens
- Roman Bath House
- Ravenglass to Eskdale Railway

Hardknott Roman Fort



© Hepinstall

Ravenglass & Eskdale Railway



© River Irk & Northern Rock

## Nearby attractions

- Hardknott Pass
- Hardknott Roman Fort
- Muncaster Watermill
- The Lake District National Park
- The World Owl Trust
- Wrynose Pass

## Circular walk

### Distance

6 miles

### Estimated walk time

4 hours

### Grade

Moderate

### Suggested start/finish

Ravenglass and Eskdale Railway Station (Grid Ref: SD 086965)

### Tourist information

Ravenglass and Eskdale Railway Station, Tel: 01229 717171, Muncaster Castle, Tel: 01229 717614

### Public transport

Cumbrian Coast line from Carlisle or Lancaster, buses available to Ravenglass, Tel: 0871 2002233 for latest timetables

### Ordnance Survey map

OS Landranger OL6

### Places to eat and drink

Ravenglass and Eskdale Railway Station, Ratty Arms, Pennington Arms and Muncaster Castle

### Other walks in this area

Cumbrian Coastal Way.



# Welcome to Walking in Hadrian's Wall Country

The course of Hadrian's Wall runs through a varied and inspiring landscape ranging from the tranquility of the Solway Estuary to the rugged uplands of the central section of the Wall. It is rich in archaeology, wildlife and geological interest.

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!

## FIND OUT MORE

For further information please visit [hadrians-wall.org](http://hadrians-wall.org) or call the Hadrian's Wall Information Line on 01434 322002



Compiled by Bryan Scott

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