Walking in Hadrian’s Wall Country

hadrians-wall.org
Welcome to Walking in Hadrian’s Wall Country

Fishing Boats, Maryport © Brian Sherwen

Contents

<table>
<thead>
<tr>
<th>Walk</th>
<th>Grade</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1  Fort-to-Fort</td>
<td>Easy</td>
<td>12</td>
</tr>
<tr>
<td>2  Around the Medieval Town Walls</td>
<td>Easy</td>
<td>14</td>
</tr>
<tr>
<td>3  Wylam to Prudhoe</td>
<td>Easy</td>
<td>16</td>
</tr>
<tr>
<td>4  Corbridge and Aydon Castle</td>
<td>Easy</td>
<td>18</td>
</tr>
<tr>
<td>5  Chesters and Humshaugh</td>
<td>Easy</td>
<td>20</td>
</tr>
<tr>
<td>6  A “barbarian” view of the Wall</td>
<td>Strenuous</td>
<td>22</td>
</tr>
<tr>
<td>7  Once Brewed, Roman Vinodolanda and Housesteads</td>
<td>Strenuous</td>
<td>24</td>
</tr>
<tr>
<td>8  Cawfields to Caw Gap</td>
<td>Moderate</td>
<td>26</td>
</tr>
<tr>
<td>9  Haltwhistle Burn to Cawfields</td>
<td>Strenuous</td>
<td>28</td>
</tr>
<tr>
<td>10 Gilsland Spa “Popping-stone” and Birdoswald</td>
<td>Moderate</td>
<td>30</td>
</tr>
<tr>
<td>11 Brampton to Lanercost</td>
<td>Easy</td>
<td>32</td>
</tr>
<tr>
<td>12 Historic Carlisle</td>
<td>Easy</td>
<td>34</td>
</tr>
<tr>
<td>13 Forts and Ports</td>
<td>Moderate</td>
<td>36</td>
</tr>
<tr>
<td>14 Roman Maryport and the Smugglers’ Route</td>
<td>Easy</td>
<td>38</td>
</tr>
<tr>
<td>15 Whitehaven to Moresby Roman Fort</td>
<td>Easy</td>
<td>40</td>
</tr>
<tr>
<td>16 Ravenglass</td>
<td>Moderate</td>
<td>42</td>
</tr>
</tbody>
</table>

Section Three

Brampton to Ravenglass

hadrians-wall.org
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!
Helping us to look after Hadrian’s Wall World Heritage Site

“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.

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

West of Aesica Fort (Great Chesters) © Natural England / Graeme Peacock

Approach to Birdoswald © Natural England / Graeme Peacock

hadrians-wall.org
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.

hadrians-wall.org

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

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...
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

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

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.

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

**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) – ½ 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
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 (12 ½ 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.

**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

hadrians-wall.org
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
Hadrian’s Wall Path National Trail
53 km / 33 miles > 3 Days

The Roman Ring
Haytongate to Halton Chesters
83 km / 52 miles > 4 days
**Fort-to-Fort**

**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)

**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.

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

**Places to eat and drink**
Café at Segedunum Roman Fort; plus several cafés and restaurants in Wallsend, Tynemouth South Shields and North Shields

**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

**Ordnance Survey map**
Explorer sheet 316 Newcastle upon Tyne

**Ordnance Survey map**
Explorer sheet 316 Newcastle upon Tyne

**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)
Around the Medieval Town Walls

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
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

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

Places to eat and drink
Newcastle has many cafés, pubs and restaurants

Other walks in this area
www.newcastlegateshead.com/walkingguides

hadrians-wall.org
Wylam to Prudhoe

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-arched railway bridge at Wylam
● Prudhoe’s Norman castle (English Heritage)
● Riverside walks
● World’s oldest working railway station at Wylam

Nearby attractions
● Cherryburn: Thomas Bewick Birthplace (National Trust)
● Corbridge market town
● Corbridge Roman Site (Corstopitum) (English Heritage)
● Dilston Physic Garden Ltd
● Fifiefofum 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

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

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, 1 1/2 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 1/2 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)

Nearby attractions
- Brocksbushes Farm Shop
- Dilston Castle
- Dilston Physic Garden Ltd
- Fifiefofum Fine Art Gallery (Newton)
- Hexham Abbey
- Hexham Moot Hall
- Hexham Old Gaol
- Queen’s Hall, Hexham
- Tyne Green Country Park

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, Bardon Mill and Haltwhistle railway stations. (Enquire at Tourist Information Centre)
Chesters and Humshaugh

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

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

© English Heritage

Offset

Walk
5

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

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

Nearby attractions

● Brocolitia Fort and the Temple of Mithras
● Cawfield Crags
● 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 Crags
● 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.northumberland nationalpark.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

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 ¾ 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.

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
- Hexham market town
- Pennine Way National Trail
- Roman Army Museum (Carvoran)
- Walltown Crags

Nearby attractions
- Brocolitia Fort and the Temple of Mithras
- Cawfield Crags
- Chesters Roman Fort
  (English Heritage)
- Hadrians-wall.org

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 Thorngrafton 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

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 Trial 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 Trials (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

Nearby attractions
- Brocolitia Fort and the Temple of Mithras
- Cawfield Crags
- 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

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

hadrians-wall.org
Haltwhistle Burn to Cawfields

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.

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
- 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 cafes, 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)

CONSERVATION TIP: November to April when ground conditions are wet, use the Military Way between Cawfields and Caw Gap.
Walk 10

Gilsland Spa “Popping-stone” and Birdoswald

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 ½ 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
- Crammel Linn waterfall where the water has cut through the sandstone to give a 10m drop.

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)
Brampton to Lanercost

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 Liddesdale 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 Turrett, Hadrian’s Wall

Walk 11

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.
Historic Carlisle

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)
  Luguvallium, 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

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 (Petriamen) Hadrian’s Wall fort and settlement (Grid Ref: NY401571)
○ Talkin Tarn Country Park
  (near Brampton)
○ Walby Farm Park (Crosby)

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

Tourist information
Carlisle Tourist Information Centre Tel: 01228 625600

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)

Walk 12

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)

Tullie House

Carlisle Cathedral

© Bryan Scott
© Heptinstall
Forts and Ports

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

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 (Planning a Trip)
Roman Maryport and the Smugglers’ Route

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

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

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

**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

**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)

hadrians-wall.org
Ravenglass

Location:
Cumbria

Directions
bullet 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.
bullet At the junction turn right through field gate and then immediately left onto footpath over Muncaster Fell.
bullet Go through the opening and take path on the left which goes around, below the crag to Ross’s Camp.
bullet Continue ahead past Hooke Crag, Muncaster Tarn then down Fell Lane.
bullet At the junction with A595 you should turn right along the track towards Brankenwall Barn and then left across the field to Muncaster Castle visitor car park.
bullet Cross A595, enter castle grounds through a stone archway 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.
bullet 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

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

hadrians-wall.org
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 or call the Hadrian’s Wall Information Line on 01434 322002

Compiled by Bryan Scott
Many thanks to Janine Howorth, Kerry Shaw and David McGlade for advice

Hadrian’s Wall Heritage Ltd
Published by Hadrian’s Wall Heritage
© Hadrian’s Wall Heritage