Henry Stedman wrote the first edition of Hadrian’s Wall Path and has rewalked and updated most of the subsequent editions including this sixth. Born in Chatham, Kent, he has been writing guidebooks for over a quarter of a century and is the author or co-author of over half a dozen Trailblazer titles including Kilimanjaro, Coast to Coast Path, Dales Way and all three books in the South-West Coast Path series. On most walks he’s accompanied by Daisy. Two parts trouble to one part Parson’s Jack Russell, Daisy has now completed over ten national trails as well as the Coast to Coast Path and Dales Way.

When not travelling or writing, Henry lives in Battle, maintaining his Kilimanjaro website and arranging climbs on the mountain through his company, Kilimanjaro Experts.
Acknowledgements

Many thanks to Alan Whitworth, whom I met by chance in Brampton, but who turns out to be one of the foremost experts on the Wall, for sharing his wisdom with me. (Thanks for the lift back to Carlisle too, Alan – which saved me the long walk back to Brampton station in the rain). And from the same day, thanks also go to Richard Dixon for the lift from the station to Brampton. Thanks are also due to Paul at Vallum Lodges for both the info and free sweets, Jenny Rose in Carlisle for the tips, Malcolm Hardy for the excellent service (and for being open!) at Winshields Campsite, and Alan & Sally Toft for the photograph information, email and boost to my ego near Great Chesters Fort. I’m also grateful to Anna Jacomb-Hood for her detailed suggestions and also to Hilary Bradt for feedback from her walk. A big thank you to all the readers who sent in suggestions for this new edition, in particular Tom Anderson, Lisa Bates, Jared Bond, Keith Dunbar, Anne Devecchi, Ken, Rich & Sophie Eames, Don Edmonson, Keith Frayn, Andy Harper, Dr John Higgs, George & Julie Home, John Kersey, Pete Mason, Connie Meng, Steve Nagle, John Nichols, Unni Oberhofer, Kornelle Oostlander-Vos, Liz Opalka, Cathy Rooke, Michael Scarlatos, Philip Scriver, Jason Smith, Ingrid Strobl, Ursula Studer, Rick & Mel Toyer, David Twine & Murray Turner, Pam & Stephen Turner, Doug Whitehead, and Dr Ulrich Wolfhard.

A request

The author and publisher have tried to ensure that this guide is as accurate and up to date as possible. Nevertheless, things change. If you notice any changes or omissions, please write to Trailblazer (address above) or email us at info@trailblazer-guides.com. A free copy of the next edition will be sent to persons making a significant contribution.

Warning: long-distance walking can be dangerous

Please read the notes on when to go (pp13-16) and outdoor safety (pp70-72). Every effort has been made by the author and publisher to ensure that the information contained herein is as accurate and up to date as possible. However, they are unable to accept responsibility for any inconvenience, loss or injury sustained by anyone as a result of the advice and information given in this guide.

Updated information will be available on trailblazer-guides.com

Photos – Front cover and this page: The undulating terrain east of Walltown Crags. Previous page: A good stretch of Roman Wall at Willowfield Farm, near Gilsland. Overleaf: Far-reaching views from Winshield Crags.

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Hadrian’s Wall PATH

Large-scale maps (1:20,000) for the entire route & detailed guides to 30 towns and villages

PLANNING – PLACES TO STAY – PLACES TO EAT

HENRY STEDMAN

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ABOUT THIS BOOK

This guidebook contains all the information you need. The hard work has been done for you so you can plan your trip without having to consult numerous websites and other books and maps.

When you’re all packed and ready to go, there’s comprehensive public transport information to get you to and from the trail and detailed maps (1:20,000) and town plans to help you find your way along it. The guide includes:

- All standards of accommodation with reviews of campsites, bunkhouses, hostels, B&Bs, guesthouses and hotels
- Walking companies if you want an organised tour and baggage-transfer services if you just want your luggage carried
- Itineraries for all levels of walkers
- Answers to all your questions: when to go, degree of difficulty, what to pack, and how much the whole walking holiday will cost
- Walking times and GPS waypoints
- Cafés, pubs, tearooms, takeaways, restaurants – and shops for buying supplies
- Rail, bus and taxi information for all places along the path
- Street plans of the main towns both on and off the Wall: Newcastle, Wylam, Corbridge, Hexham, Haltwhistle, Brampton and Carlisle
- Historical, cultural and geographical background information
- GPS waypoints

MINIMUM IMPACT FOR MAXIMUM INSIGHT

Man has suffered in his separation from the soil and from other living creatures ... and as yet he must still, for security, look long at some portion of the earth as it was before he tampered with it.

Gavin Maxwell, Ring of Bright Water, 1960

Why is walking in wild and solitary places so satisfying? Partly it is the sheer physical pleasure: sometimes pitting one’s strength against the elements and the lie of the land. The beauty and wonder of the natural world and the fresh air restore our sense of proportion and the stresses and strains of everyday life slip away. Whatever the character of the countryside, walking in it benefits us mentally and physically, inducing a sense of well-being, an enrichment of life and an enhanced awareness of what lies around us.

All this the countryside gives us and the least we can do is to safeguard it by supporting rural economies, local businesses, and low-impact methods of farming and land-management, and by using environmentally sensitive forms of transport – walking being pre-eminent.

In this book there is a detailed and illustrated chapter on the wildlife and conservation of the region and a chapter on minimum-impact walking, with ideas on how to tread lightly in this fragile environment; by following its principles we can help to preserve our natural heritage for future generations.
Introduction

Just when you think you are at the world’s end, you see a smoke from East to West as far as the eye can turn, and then under it as far as the eye can stretch, houses and temples, shops and theatres, barracks and granaries, trickling along like dice behind – always behind – one long, low, rising and falling, and hiding and showing line of towers. And that is the Wall!

Rudyard Kipling, Puck of Pook’s Hill

On 23 May 2003, Britain’s 13th National Trail, the Hadrian’s Wall Path, was opened in the border country between England and Scotland. The trail (84 miles/135km from end to end) follows the course of northern Europe’s largest-surviving Roman monument, a 2nd-century fortification built on the orders of Emperor Hadrian in AD122. The Wall marked the northern limits of Hadrian’s empire – an empire that stretched for 3000 miles across Europe and the Mediterranean all the way to the Euphrates.

To say that creating such a path was problematic would be something of an understatement. This was the first National Trail to follow the course of a UNESCO World Heritage Site. As such, every time a fencepost, signpost or waymark was driven into the ground,
an archaeologist had to be present to ensure that the integrity of the Wall was not in any way compromised. To give you an indication of just how careful they had to be, it took ten years before the Hadrian’s Wall Path was finally opened to the public. By comparison, it took the 2nd and 6th legions of the Roman army only six years to build the actual Wall!

Since its opening many have walked the trail and all seem to agree that the difficulties involved in its creation were well worth it, allowing the walker to follow in the sandal-steps of those who built it with the trail itself rarely diverting from the course of the Romans’ barrier by more than a few hundred metres. And, though there’s only about ten miles of the Wall left and it hardly ever rises to more than half its original height, it – or at least the route it would have taken – makes for a fascinating hiking companion. Punctuated by forts, milecastles and turrets spaced evenly along its length, the Wall snaked over moor and down dale through Northumberland and Cumbria, between the mouth of the Solway River in the west and Roman fort of Segedunum (at the appro-
appropriately named Newcastle suburb of Wallsend) in the east. It’s an incredible feat of engineering, best appreciated in the section from Housesteads to Cawfield Quarry where the landscape is so bleak and wild that human habitation and farming never really took a hold. It is here that the Wall stands most intact, following the bumps and hollows of the undulating countryside – as integral a part of the scenery now as the whinstone cliffs on which it is built. Here, too, are some of the best-preserved fortresses, from the vast archaeological trove at Vindolanda, set just off the Wall to the south, to the subtle charms at Birdoswald and the beautifully situated Housesteads itself.

After the Romans withdrew the Wall fell into disrepair. What we see as a unique and awe-inspiring work of military architecture was to the local landowners a convenient source of ready-worked stones for their own building projects. The Wall is part of the fabric of many of the major constructions built after the Romans left: the churches, priories and abbeys that lie just off the Wall, such as those at Hexham and Lanercost; the Norman castles at Carlisle and Newcastle; the Military Road which you follow for part of the walk; the stronghouses at Thirlwall and Drumburgh – all beautiful, historically important buildings. And all of them incorporate stones from the Wall. Yet even in those places where its destruction was total, the Wall’s legacy continues to echo through the ages in the names of the villages that lie along the route: Wallsend, Wallend, Wallhouses, Walton, Wall village and Oldwall are just some of the place names that celebrate the Wall. The past, it seems, is inseparable from the present.

Quite apart from the architectural and historical interest, all around the Wall is scenery of breathtaking beauty, from the serenity of Bowness-on-Solway, an Area of Outstanding Natural Beauty and a haven for birdwatchers and those seeking peaceful solitude, via the pastoral delights of Cumbria and the wild, wind-blasted
moors of Northumberland, to the sophisticated cityscape of Newcastle. After all, what other national trail can boast that it passes through Paradise (a suburb of Newcastle), Eden (the river flowing through Carlisle) and the site of the Battle of Heavenfield (before Chollerford)?

You can see the impact the Wall has had on popular culture, too. Occasionally in the book you’ll find quotes by such literary giants as WH Auden and Rudyard Kipling (see p7). And to bring it right up to today, it’s hard to watch the blockbuster box set A Game of Thrones (see below) and not be struck by the similarities between the soldiers of the Night Watch keeping guard over a northern Wall – soldiers who are described in the series as ‘the only thing...
standing between the realm and what lies beyond’ – and the Roman auxiliary legions who manned the Wall for Hadrian!

Yet perhaps the best feature of the Wall is that all its treasures are accessible to anyone with enough get-up-and-go to leave their armchair. The path itself is regarded as one of the easiest National Trails, a week-long romp on a grassy path through rolling countryside with the highest point, Green Slack, just 345m above sea level. The waymarking is clear and, with the Wall on one side and a road a little distance away on the other, it’s very difficult to lose one’s way. There are good facilities, from lively pubs to cosy B&Bs, friendly, well-equipped bunkhouses and idyllic little tearooms. And for those for whom completing the entire trail is over-ambitious, there are good transport connections, including a special Hadrian’s Wall Country bus (the AD122). With a little planning, you can arrange a simple stroll along a short section of the trail, maybe take in a fort or museum on the way, then catch a bus back to ‘civilisation’. While for those who prefer not to follow any officially recognised National Trail, the path also connects to 43 other walks, details of which are readily available from one of the tourist information offices serving the trail.

So, while the Wall no longer defines the border between Scotland and England (90% of Northumberland, an English county, actually lies to the north of the Wall, and at no point does the Wall actually coincide with the modern Anglo-Scottish border), it nevertheless remains an inspiring place and a monument to the breathtaking ambition of both Hadrian, the youthful dynamic emperor, and of Roman civilisation itself. And there can be few greater ways to appreciate it than by walking along this trail.

Below: The trig point at Green Slack (see p141), at 345m, is the highest point on the path.
But really, while it is no mean achievement to complete this walk, it is nevertheless a straightforward but fairly exhausting stroll by the standards of other hikes in northern Britain and should be enjoyed and appreciated as such.

**Hadrian’s Wall highlights**

Trying to pick one particular section that is representative of the entire trail is impossible because each is very different. Undoubtedly if I had to recommend one highlight it would be from Steel Rigg to Chollerford (see pp146-62), with its excellently preserved Wall, its milecastles and Wall forts. The landscape is the most dramatic here, too, as you ride the crests and bumps of the various crags. Others prefer the Walltown section of the Wall (see pp134-7), the forts of Housesteads and Vindolanda (the former for its excellent state of preservation, the latter for the treasures of its museum), and the Solway Estuary (see pp87-93) because of its birdlife.

But just because these sections are our favourites does not mean that the others should be dismissed. The cityscape and suburbs of Newcastle, the absorbing roadside tramp from Heddon-on-the-Wall to Chollerford, the gentle rolling countryside of Cumbria, and ‘The Land that Time Forgot’ near Bowness are all worth experiencing.

Henry Stedman

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**How long do you need?**

Most people take around six days to complete the walk, making it one of the shorter national trails. Of course, if you’re fit there’s no reason why you can’t go a little faster, if that’s what you want to do, and finish the walk in five days (or even less), though you will end up having a different sort of hike to most of the other people on the trail. For where theirs is a fairly relaxing holiday, yours will be more of a sport. What’s more, you won’t have as much time to enjoy the forts and other attractions – one of the main reasons for visiting the Wall in the first place.

When deciding how long to allow for the walk, those intending to camp and carry their own luggage shouldn’t underestimate just how much a heavy pack can slow them down; bank on taking more like seven or eight days if carrying all your luggage.

See pp34-5 for some suggested itineraries covering different walking speeds.
tides and plan your walk through the marshes so that you are not there during particularly high-level tides; the box on p87 gives advice on how to do this.

**Spring**

Find a dry week in springtime (around the end of March to mid June) and you’re in for a treat. The wild flowers are coming into bloom, lambs are skipping in the meadows, the grass is green and lush and the path is not yet badly eroded. Of course, finding a dry week in spring is not easy but occasionally there’s a mini-heatwave. Another advantage with walking at this time is that there will be fewer hikers and finding accommodation is relatively easy, though do check that the hostels/B&Bs have opened. Easter is the exception; the first major holiday in the year when people flock to the Wall.

**Summer**

Summer, on the other hand, can be a bit too busy but even over the most hectic weekend in August it’s rarely insufferable. Still, the chances of a prolonged period of sunshine are of course higher at this time of year than any other, the days are much longer, all the facilities and public transport are operating and the heather is in bloom, turning some of the hills around the crags a fragrant purple. If you’re flexible and want to avoid seeing too many people on the trail, avoid the school holidays, which basically means ruling out the tail end of July, all of August and the first few days of September. Alternatively, if you crave the company of other hikers, summer will provide you with the opportunity of meeting plenty of them. Do remember that you **must book your accommodation in advance**, especially if staying in B&Bs.

Despite the higher than average chance of sunshine, take clothes for any eventuality – it will probably still rain at some point.
PLANNING YOUR WALK

Practical information for the walker

ROUTE FINDING

With the Wall to follow, it’s difficult to get lost on this walk. The route is well marked with the familiar National Trail ‘acorn’ signposts, arrows and other waymarks, so keeping to the trail shouldn’t really be a problem. Nevertheless, you may find a compass or GPS unit (see box below) useful.

ACCOMMODATION

The route guide (Part 5) lists a detailed selection of the most convenient places to stay along the length of the trail. You have three main options: camping, staying in hostels/bunkhouses/camping barns, or

☐ USING GPS WITH THIS BOOK

I never carried a compass, preferring to rely on a good sense of direction ... I never bothered to understand how a compass works or what it is supposed to do ... To me a compass is a gadget, and I don’t get on well with gadgets of any sort.

Alfred Wainwright

While Wainwright’s acolytes may scoff, other walkers will accept GPS technology as an inexpensive, well-established if non-essential, navigational aid. To cut a long story short, within a minute of being turned on and with a clear view of the sky, GPS receivers will establish your position as well as elevation in a variety of formats, including the British OS grid system, anywhere on earth to an accuracy of within a few metres. These days most smartphones have a GPS receiver built in and mapping software available to run on it (see box p41).

The maps in the route guide include numbered waypoints; these correlate to the list on pp225-8, which gives the grid reference as well as a description. You can download the complete list of these waypoints for free as a GPS-readable file (that doesn’t include the text descriptions) from the Trailblazer website: www.trailblazer-guides.com.

Bear in mind that the vast majority of people who tackle the Hadrian’s Wall Path do so perfectly successfully without a GPS unit. Instead of rushing out to invest in one, consider putting the money towards good-quality waterproofs or footwear instead.

(Opposite): After the Romans departed, the Wall was soon overrun by barbarians – who have never left. You’ll see a lot of them on this walk.
ily dangerous. Always carry some water with you and in hot weather drink three or four litres a day. Don’t be tempted by the water in the streams; if the cow or sheep faeces in the water doesn’t make you ill, the chemicals from the pesticides and fertilisers used on the farms almost certainly will. Using iodine or another purifying treatment will help to combat the former, though there’s little you can do about the latter. It’s a lot safer to fill up from taps instead.

MONEY

Outside Newcastle and Carlisle, banks (and ATMs) are few and far between on the Hadrian’s Wall Path – indeed, there are only two places, Heddon-on-the-Wall and Gilsland, which boast an ATM, though there are plenty in the towns (Hexham, Corbridge, Haltwhistle and Brampton) that lie a mile or two off the trail; see the table on pp32-3 for details. However, you can get cash (by debit card) for free at any post office counter if you bank with most UK banks or building societies; and there are post offices at Carlisle, Walton, Gilsland, Heddon-on-the-Wall and Newcastle. Note, however, that two of these (Walton and Gilsland) are little more than pop-up post offices with very limited opening hours. For details see www.postoffice.co.uk/branch-finder.

Another way of getting money in your hand is to use the cashback system: find a store that will accept a debit card and ask them to advance cash against the card. However, you will almost always need to buy something. Some pubs can also do this. Nevertheless, it is pretty essential to carry plenty of cash with you. Some B&Bs don’t accept credit cards, either.

OTHER SERVICES

Pretty much every B&B, hotel and hostel has wi-fi now. (Indeed, pretty much the only places that didn’t have wi-fi, we found, were the English Heritage-owned forts and accompanying tearooms along the route.) Most villages away from the Wall have a grocery store, often with a post office in part of it, and nearby you’ll usually find a phone box. There are outdoor equipment shops in Carlisle, Newcastle and Hexham; pharmacies/chemists in those towns as well as Corbridge and Brampton; and tourist information centres (see box p45).

WALKING COMPANIES

It is, of course, possible to turn up with your boots and backpack at Bowness or Wallsend and just start walking, with little planned save for, perhaps, your accommodation (see box on p20). The following companies, however, are in the business of making your holiday as stress-free and enjoyable as possible.

Baggage transfer and accommodation booking

There are several baggage-transfer companies serving the Hadrian’s Wall Path, from national organisations such as Sherpa Van Project to companies that consist of little more than one man and his van. With all these services you can
### VILLAGE AND TOWN FACILITIES

#### Newcastle to Bowness – Walking West

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<th>Place*</th>
<th>Distance*</th>
<th>Bank (atm)</th>
<th>Post Office</th>
<th>Tourist Info*</th>
<th>Eating Place*</th>
<th>Food Shop</th>
<th>Camp- Bunk/ Hostel*</th>
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<td>Newcastle/Wallsend</td>
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<td>Housesteads</td>
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<td>Steel Rigg</td>
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<td>Banks</td>
<td>2.5/4.1</td>
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<td>(Lanercost Priory)</td>
<td>(0.75/1.25)</td>
<td>VC</td>
<td>✔</td>
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<tr>
<td>Walton</td>
<td>2.5/4.1</td>
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<tr>
<td>Carlisle</td>
<td>5/8</td>
<td>✔ ✔ ✔</td>
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<td>Grinsdale</td>
<td>3.5/5.6</td>
<td>✔ ✔ ✔</td>
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<td>Beaumont (&amp; Monkhill)</td>
<td>2/3.2</td>
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<td>Burgh-by-Sands</td>
<td>1.5/2.4</td>
<td>✔ ✔ ✔</td>
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<td>(Boustead Hill)</td>
<td>(0.3/0.5)</td>
<td>✔</td>
<td>B</td>
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<td>Drumburgh</td>
<td>2.5/5</td>
<td>✔ ✔ ✔</td>
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<tr>
<td>Port Carlisle</td>
<td>3.5/5.6</td>
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<tr>
<td>Bowness-on-Solway</td>
<td>1/1.6</td>
<td>✔ ✔</td>
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<td>B</td>
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#### TOURIST INFO

- **TIC/VC** = Tourist Information/Visitor Centre
- **NPC** = National Park Centre

#### EATING PLACE

- ✔ = one place
- ✔ ✔ = two
- ✔ ✔ ✔ = three or more
- ✔(m) = café for museum visitors only

#### FOOD SHOP

- ✔(r) = unmanned refreshments stall with honesty box or vending machine

#### CAMPING

- (u) = no official campsite though can camp nearby; ask locals

#### BUNK/HOSTEL

- YHA = YHA hostel
- H = independent hostel
- B = bunkhouse

#### B&B/HOTEL

- ✔ = one place
- ✔ ✔ = two
- ✔ ✔ ✔ = three or more
to have a separate map of the region; such maps can prove invaluable should you need to abandon the path and find the quickest route off the trail in an emergency. They also help in identifying local features and landmarks and devising possible side trips.

Perhaps the best map for the whole walk is Hadrian’s Wall Adventure Atlas, published by A–Z (www.az.co.uk); this booklet includes the OS maps (1:25,000) spread over 38 pages with the path clearly marked; also included are distances and an index.

Also worth considering is Hadrian’s Wall Path (XT40) strip map (1:40,000) published by Harvey Map Services (www.harveymaps.co.uk); the bonus for this map is that it is waterproof.

Ordnance Survey (www.ordnancesurvey.co.uk) also produce a waterproof strip map (Explorer OL43) that covers the central section of the trail (centred on Haltwhistle and Hexham) at a scale of 1:25,000 as part of their Explorer Outdoor Leisure series. In addition, you’ll need Explorer 314, 315 and 316 to cover the rest of the trail. They also offer online maps which you can download and tailor to your requirements by plotting routes, adding notes and photos and so on. A one-month subscription for this service costs £3.99 (£29.99 for one year), or if you opt for automatic renewal it’s slightly cheaper at £2.99/23.99 for one month/year.

While it may be extravagant to buy all these maps, members of Ramblers’ (see box p45) can make use of their library which allows them to borrow up to ten maps for up to six weeks free of charge. It is also possible that you will be able to borrow them from your local public library.

**HADRIAN’S WALL PATH PASSPORT**

A simple piece of folded card, the Hadrian’s Wall Path Passport not only provides walkers with a bit of fun, and proof that they walked the entire trail, but is also an important measure in protecting the Wall. It is available from May to October only, so encourages walkers to view the trail as a summertime-only activity, and the money raised from it goes towards support for the maintenance of the Path.

You can buy a Passport (£5) in person from Segedunum, Walltown Quarry Country Park, Carlisle TIC, or in Bowness at the King’s Arms. They are also available online: www.shoptwmuseums.co.uk (£5.50 inc UK post and packing), or www.trailgiftshop.co.uk (£5.99 inc UK P&P).

Open up the passport and you’ll find seven blank spaces; the idea is to collect seven stamps from various places along the trail. Get the full set and you qualify for the right to purchase a commemorative badge and/or certificate; these are available from most of the above places or by post. The ‘stamping stations’ are located at:

- **Bowness-on-Solway** (p85)
- **Carlisle** (p104)
- **Birdoswald Roman Fort** (p125)
- **Housessteads** (p150)
- **Chesters Roman Fort** (p161)
- **East Wallhouses** (p171)
- **Segedunum** (pp186-7)
Public Transport

- Regular bus service
- Infrequent bus service

NOT TO SCALE

Bowness-on-Solway
Carlisle
Port Carlisle
Dykesfield
Glasson
Drumboagh
Anhorn
Moorhouse
To Whitehaven
Lavendale
Beaumont
Burgh-by-Sands
Beaumont
Brampton
Linthwart
Rickerby
Carlisle

Chollerford roundabout
Hedgeon-the-Wall
Halton
Moffat
Heddon-on-the-Wall
Newtow
Coffee House
Errington
Cobalt Business Park

Haltwhistle
Bardon Mill
Haydon Bridge
Newcastle upon Tyne

To Morpeth & Bellingham

NOT TO SCALE

Public Transport

- Regular bus service
- Infrequent bus service

PLANNING YOUR WALK
History

THE DECISION TO BUILD THE WALL

Though by far the most famous, Hadrian’s Wall was in fact just one of four Roman frontiers built between the subjugated south of what is now called Britain and those tribes living in the northern part of the island, known collectively as the Caledones. Since their invasion in AD43, the Romans had at one time or another conquered just about all the tribes living on the island of Britannia. But the area we now call Scotland, once defeated, proved more difficult to keep under control. Even a potentially decisive victory in AD84 somewhere north of the Tay at a place they called Mons Graupius failed to quell the ongoing insurrection by the Caledones.

Emperors came and went before the pragmatic Domitian (who reigned AD81-96) decided that maintaining a grip over all of the island would ultimately require too many troops; troops that could be more usefully employed in other parts of the empire. It was thus decided to draw a line across the island and establish a border to separate the controllable south from those ‘lawless’ lands to the north. Initially that boundary was drawn to watch over the glens – the main gateways into and out of the Highlands – a border known as the Gask Frontier. However, as more and more troops were withdrawn from Britannia to fight in other parts of the Empire, by necessity the border receded south to the area now known, appropriately enough, as the Borders.

Soon after his accession, Emperor Trajan (AD97-117) decided to move the border still further south, choosing as his frontier the Stanegate (though this was not what the Romans called it), the east–west road that ran between the Roman settlements of Carlisle and Corbridge. Built during the governorship of Agricola in AD80, the Stanegate was an important trade route that needed protecting. Trajan’s troops set about building a line of turf and timber forts to guard the Stanegate, including Vindolanda (see pp144-6) and Corbridge Roman Town (pp219-22).
Hadrian's Wall in Roman times

Western Sea Defences consisted of a series of lookout towers built along Cumbria's west coast.

This section of the wall was originally built of turf and timber with stone turrets. The turf and timber was later replaced with stone.

This section of the wall was narrow but had broad foundations.

This section of the wall was broad and had broad foundations.

The section from Pons Aelius to Segedunum was built later.
Minimum impact walking

In April 2005 Britain was given a rude awakening by UNESCO, when it threatened to have Hadrian’s Wall placed on their ‘in danger’ list of World Heritage sites. The warning was something of a national embarrassment, for at the time there were only 29 out of the then total 600 World Heritage sites on this list and only one in the so-called ‘developed world’ (Cologne Cathedral in Germany).

Thankfully, the threat seems to have abated somewhat since 2005; the Wall (which is now officially entered on UNESCO’s list as part of the ‘Frontiers of the Roman Empire’ which also covers the Antonine Wall) has stayed off the ‘in danger’ list, which now numbers 53 sites (including the nearby Maritime Mercantile City in Liverpool) out of a total of 1121.

UNESCO’s concern about the Wall arose largely because of the huge and sudden influx of walkers hiking alongside the Wall. The thousands of people who have walked along the National Trail since it opened (on 23 May 2003) have left their mark on the area, eroding the land and endangering the archaeological sites that are as yet unexcavated (and the majority of the Wall and its fortifications remain unexcavated; indeed, according to one expert only about 5% of the Wall and it accompanying buildings have been examined). The soil in this part of the world is particularly thin and the climate rather damp. Combine this with thousands of pairs of boots and you have the recipe for some serious erosion. Vegetation is trampled, exposing not just the soil but also, over time, archaeological deposits.

Nor is the Wall itself exempt from the depredations of walkers: in 2004, a team of 800 bankers walked on the Wall between Steel Rigg and Housesteads as part of a team-building exercise, sparking fury amongst conservationists and historians alike. (To be fair to the bankers, they have returned since and abided by the Hadrian’s Wall Code of Respect much more closely – see the box on pp66-7 – splitting their group up into more manageable sizes and keeping off the Wall itself.)

The controversy is only exacerbated by the fact that there was so
Conservation

GOVERNMENT AGENCIES AND SCHEMES

Natural England


The highest level of landscape protection is the designation of land as a national park (www.nationalparksengland.org.uk), which recognises the national importance of an area in terms of landscape, biodiversity and as a recreational resource. At the time of writing there were 10 national parks in England. The Hadrian’s Wall Path passes through one: the 1049 sq km Northumberland National Park (northumberlandnationalpark.org.uk), England’s most remote national park, and an area that contains some of the best-preserved parts of the Wall. But there is an extra dimension to that designation in Northumberland National Park – the sky. In 2013, the park was awarded the title of Northumberland Dark Sky Park (see box p133).

The second level of protection is Area of Outstanding Natural Beauty (AONB; www.landscapesforlife.org.uk), of which there are 33 wholly in England (plus the Wye Valley which straddles the English-Welsh border) covering some 15% of England and Wales. The only AONB on the trail is the exquisite Solway Coast (www.solwaycoastaonb.org.uk), west of Carlisle, though the trail also brushes the northern edge of England’s second largest AONB, North Pennines (www.northpennines.org.uk), which begins just to the south of the road running between Brampton and Hexham. Their primary objective is conservation of the natural beauty of a landscape.

Other levels of protection include: National Nature Reserves (NNRs), of which there are 224 in England, including Greenlee Lough NNR, the largest freshwater lake in Northumberland, situated north of Housesteads in Northumberland National Park; Muckle Moss NNR, a ‘mire’ or peat bog close by between Stanegate and Vindolanda; Drumburgh Moss NNR, south of the trail and the hamlet...
hawthorn (*Crataegus monogyna*) also grows along the path, usually in isolated pockets on pasture. These species are known as pioneer species and they play a vital role in the ecosystem by improving the soil. It is these pioneers – the hawthorn and its companion the rowan (*Sorbus aucuparia*) – that you will see growing alone on inaccessible crags and ravines. Without interference from man, these pioneers would eventually be succeeded by longer-lived species such as the oak. In wet, marshy areas and along rivers and streams you are more likely to find alder (*Alnus glutinosa*). Finally, in Northumberland National Park there are a few examples of the juniper tree (*Juniperus communis*), one of only three native British species of conifer, the blue berries of which are used to flavour gin.

**FLOWERS**

Spring is the time to come and see the spectacular displays of colour on the Hadrian’s Wall Path, when most of the flowers are in bloom.

**Woodland, hedgerows and riverbanks**

From March to May bluebells (*Hyacinthoides non-scripta*) proliferate in some of the woods along the trail, providing a wonderful spectacle. The white wood anemone (*Anemone nemorosa*) – wide open flowers when sunny, closed and drooping when the weather’s dull – and the yellow primrose (*Primula vulgaris*) also flower early in spring. Red campion (*Silene dioica*), which flowers from late April, can be
Common flora C3

Yellow Rattle  
*Rhinanthus minor*

Dog Rose  
*Rosa canina*

Forget-me-not  
*Myosotis arvensis*

Scarlet Pimpernel  
*Anagallis arvensis*

Self-heal  
*Prunella vulgaris*

Thrift (Sea Pink)  
*Armeria maritima*

Ramsons (Wild Garlic)  
*Allium ursinum*

Common Hawthorn  
*Crataegus monogyna*

Sea Campion  
*Silene maritima*

Rosebay Willowherb  
*Epilobium angustifolium*

Yarrow  
*Achillea millefolium*

Hogweed  
*Heracleum sphondylium*
Using this guide

In this guide the trail has been described from west to east and divided into six stages. Though each of these roughly corresponds to a day’s walk, do not assume that this is the only way to plan your trek. There are so many places to stay en route that you can pretty much divide up your hike however you want.

On pp34-5 are tables to help you plan an itinerary. To provide further help, practical information is presented on the trail maps, including walking times, places to stay, camp and eat, as well as shops where you can buy supplies, taps (for drinking water), phone boxes and public toilets. Further service details are given in the text under the entry for each settlement. See also the colour maps (with profile charts) and the distance chart at the back of the book.

TRAIL MAPS

Direction

(See p36 for a discussion of the pros and cons of walking west to east or east to west.) In the text and maps that follow, look for the E⇒ symbol which indicates information for those walking east from Bowness to Wallsend and the W⇐ symbol with shaded text (also on the maps) for those walking west from Wallsend to Bowness.

Scale and walking times

The trail maps are to a scale of 1:20,000 (1cm = 200m; 3⅛ inches = one mile). Walking times are given along the edge of each map and the arrow shows the direction to which the time refers. The black triangles indicate the points between which the times have been taken. See box on walking times below.

The time-bars are a tool and are not there to judge your walking ability. There are so many variables that affect walking speed, from the

-IMPORTANT NOTE – WALKING TIMES-

Unless otherwise specified, all times in this book refer only to the time spent walking. You should add 20-30% to allow for rests, photos, checking the map, drinking water etc, not to mention time simply to stop and stare. When planning the day’s hike count on 5-7 hours’ actual walking.
National Park at a stile here. There is a smart B&B roughly half a mile north of the trail: The Dovecote (☎ 01434-681984, dovecotehadrianswall.co.uk; 3D in the main house, 1D or T in the dovecote, all en suite; wi-fi; Ⓞ; Mar-Oct) charges £41-46pp (sgl occ rates on request) in the house, but the main attraction is the eponymous, two-storey, Grade II listed dovecote (£51pp), which has a kitchen and dining area downstairs, while the bedroom is upstairs amongst the nesting boxes.

CHESTERS [Map 22, p165]
(☎ 01434-681379, english-heritage.org.uk; Apr-Sep daily 10am-6pm, Oct daily 10am-4pm, Nov-Mar weekends only other than Feb half-term (winter days/hours subject to change, check in advance); adults £7.20, concessions £6.50, children £4.30, English Heritage members & children under 5 free.)

‘Jack Bob and self went to Chesters to view the remains of the Roman Fort and Bridge.’ Found in the diary of a militia officer and dated June 1761, proving that Wall tourism is not a new phenomenon.

In its day, Chesters, or Cilurnum (meaning, ‘Cauldron Pool’) as it would have been known then, was the fort in which to be stationed out of all of those on the Wall. Set on a beautiful spot amongst mature trees on a bend in the river, the fort was built to guard the nearby bridge over the North Tyne, covered 5¾ acres, and was inhabited by 500 members of the Roman cavalry – who were better paid than their infantry counterparts and seemed to have enjoyed slightly preferential treatment too. The Asturian Cavalry from Spain is the auxiliary force most associated with Chesters.

The fort itself was built c ad130 on land previously occupied by Turret 27A. It was excavated by that one-man preservation society, John Clayton, in the 19th century, undoing the work of his father, Nathaniel Clayton, who had turved over the fort ruins in order to enjoy a smooth, uninterrupted grassy slope down to the River Tyne. John Clayton inherited the estate in 1832, and continued working on this and other Wall fortifications until his death in 1890.

Today’s visitors will not only be able to stamp their Hadrian’s Wall passports (see box p42) at reception (or on the wall by the entrance when it’s closed) but will also be able to enjoy the beautiful, traditional-style museum that Clayton established – full of altars and some fascinating finds from the Coventina Well near Brocolitia (see p157). Top billing goes to the fort’s baths,
If you were to describe the ideal first stage to any national trail, one that allows you to eat up the miles without being too strenuous, then this initial section from Bowness-on-Solway to Carlisle pretty much fits the bill. Bowness is a lovely place to start, and from there the walk is flat, peaceful and picturesque as you stroll along path and pavement, tarmac and track, with the first hill of any note not occurring until Beaumont, almost eight miles into the walk.

But while this stage may be ideal as a warm-up for the later, more arduous stretches, in other ways we have to admit that it’s also a little disappointing. Where, for example, is the Wall that you’ve travelled so far to see? There’s simply no sign of it throughout this 14-mile (22.5km; 5¼hr) hike, nor any trace of the two forts that bookend this stage, at Bowness and Carlisle. Secondly, from a practical point of view it’s not perfect either, for there aren’t many places where you can get food on the way: currently the long-running snack shed at Drumburgh, an honesty box at Grinsdale and the shop at the holiday park in Glasson (Map 1, p89) are the only places to buy food, and The Greyhound Inn pub in Burgh-by-Sands is the only place open daily where you can get a meal – see box p90.

Nevertheless, though you don’t see any of the Wall, the path adheres as best it can to where it would have once been. And there is some evidence on the ground of this. Not much, admittedly: a bit of Vallum, a few Roman altars, and a dedication stone all crop up en route, and all in places where you wouldn’t expect them (by a muddy track near a caravan site, outside and above a couple of front doors, and in a church wall respectively). The church at Burgh-by-Sands is also clearly made from Wall stones (which goes some way to explaining why there is no Wall left on this stage – see p96). The region’s subsequent history, when bandits terrorised the local communities and residents were

### HIGH TIDE IN THE SOLWAY ESTUARY

For the Bowness-on-Solway–Carlisle section it’s worth checking beforehand to see when the high tides occur in the Solway Estuary. Parts of the trail between Drumburgh and Burgh-by-Sands (Map 3) are sometimes flooded during very high tides. To be sure of a dry passage, it’s worth avoiding walking on this stretch an hour either side of the high-tide point.

Note that this flooding doesn’t happen very often, and most of the time you can get away with just turning up and hoping luck is on your side. But a flooded path can seriously ruin your itinerary – and it’s annoying too – so it’s worth checking beforehand. You can find out when high-tide times are in a number of ways: many B&Bs and hostels have a booklet of tide times; there are noticeboards at Bowness-on-Solway and Dykesfield (where the trail floods; see Map 2) with the times printed on; or you can check on the internet. Visit the website easytide.ukho.gov.uk, then click on Predict then Area, choose 1-4 for Europe, then England in Country/regions and then look down the list and choose Silloth. Alternatively check www.tidetimes.org.uk/silloth-tide-times. If walking during British Summer Time (late Mar to late Oct) you will need to add two hours to the high-tide times given (one hour in winter) as Silloth, while the nearest port to the trail, is not located on the path.
forced to build fortified houses to keep themselves safe, is also fascinating and
several of these mini-castles remain today. This may not be the most scintillat-
ing of stages but there’s beauty and interest enough to make the day an enjoy-
able one – and, I promise you, the trail does gets better!

**Banks Promenade**  The official westernmost extremity of the trail is a small
shelter on **Banks Promenade**. How you approach it, of course, depends to a great
degree on whether you’re starting the trail, or finishing it. If you’re just setting off, the Latin text above the western entrance translates as ‘Good Luck’, and, having checked your luggage, tied your shoelaces and practiced in the mirror beforehand the look of steely determination that you’re going to wear throughout your trek, it’s time to set off, pausing only within the shelter itself to stamp your Hadrian’s Wall passport and admire some Roman-style mosaic flooring depicting the local birdlife.
BEAUMONT & MONKHILL [Map 4]

Beaumont and its church are situated at the top of the ‘beautiful mountain’ that gives the village its name. Unsurprisingly, the church is largely built with stones from the Wall and is in fact the only church on the whole route that lies directly on the line of the Wall.

There’s nothing in the village for walkers but a six-minute walk south of Beaumont in Monkhill is Roman Wall Lodges (☎ 07784-736423, hadrians-wall-accommodation.co.uk; ⛔; ⛺), a small, friendly, well-equipped campsite (£10pp) with five smart wooden ‘cabins’ (sleep 4; £50 for walkers), two of which are en suite (£75 per cabin for walkers) situated in a small field by the quiet roadside. The owners are very amiable and can conjure up a cooked breakfast if requested. The communal facilities are great here. A large wood cabin houses two bathrooms (one of which has a bath tub), a dining room (plates and cutlery provided), a reading room (with...
a fine selection of books to browse), a drying room and a wood-decked terrace; all of which makes things so much more manageable for campers caught out in the rain. The campsite also has the advantage of being a stone’s throw from one of the best pubs on the whole trail: Drover’s Rest (☎ 01228-576141, droversrestinn.co.uk; food served Mon-Thur 5-8.30pm, Fri & Sat noon-2pm & 5-8.30pm, Sun noon-2pm & 5-7.30pm; wi-fi; ) at Monkhill (Map 4) is an award-winning real-ale pub with a good selection of well-priced pub grub (mains £10), including a number of curries. It’s the beers that are the main focus, though; they rotate the real-ale selection so frequently that they keep a tally on the wall of the pub, and if you’re not sure which brew to sample, try their three-beer flight; three third-pint glasses of three ales of your choice for a bargain £3.30.

Stagecoach’s No 93 bus service (see pp48-9) calls at Beaumont and also stops outside Drover’s Rest.
BRAMPTON

Brampton is a lovely little market town sitting snugly in the Irthing Valley, reasonably convenient for the trail and with virtually every second building either a pub, hotel or tearoom. Granted a Market Charter in 1252, the main market day is Wednesday. The main sight is St Martin’s Church (stmartinsbrampton.org.uk; usually open during the day), the only church designed by architect Philip Webb, with some wonderful stained-glass windows by his fellow pre-Raphaelite Edward Burne-Jones. There’s also a statue of Emperor Hadrian on the western approach into town.

Services
The visitor centre (☎ 016977-3433; summer Mon-Fri 10am-5pm, Sat to 2pm, Sun to 1pm; phone for winter opening hours) is housed in the cute, octagonal clocktower known as Moot Hall, built in 1817 and located at the eastern end of Front St, the main street in the town. The office is run by volunteers after the funding for the old tourist office was cut. There’s a Co-op supermarket (daily 6am-10pm) behind Market Place, with a Spar (Mon-Sat 7am-10pm, Sun 8am-10pm) across the road from the visitor centre. Just a couple of doors down is H Jobson pharmacy (Mon-Fri 9am-6pm, Sat to 1pm). Both of Brampton’s banks have closed in recent years but there are still three ATMs, with both supermarkets boasting one as well as the Cumberland Building Society. Brampton also still has its own post office (Mon-Fri 8am-5.30pm, Sat 9am-4.30pm).

Transport
[See pp48-9] Arriva’s/Stagecoach’s No 685 bus calls in here as well as the limited BR1 service. Note that, while Brampton does boast a railway station on the main Newcastle-to-Carlisle line, it’s 1½ miles east of town. A branch line connecting the station with the town centre closed in 1923, and is now a pleasant public footpath.

Where to stay
There isn’t much choice for those looking to stay in Brampton but the gap left by the ‘official’ accommodation options is, apparently, more than adequately filled by Airbnb (see p21).

Of these B&Bs, Oakwood Park (☎ 016977-2436, www.oakwoodparkhotel.co.uk; 1S/1D/2T/1Tr, all en suite; WI-FI; Mar-Nov), Longtown Rd, is a sumptuous Victorian house set in 10 acres of grounds about a mile north of town on the way to the Wall. Full of class and character, it’s a wonderful place to stay. B&B costs £37pp (sgl/sgl occ £42, three sharing £85 per room); afternoon teas and evening meals (except on Sundays) can be arranged with prior notice and there are usually several vegetarian options.

More central, Scotch Arms Mews (☎ 016977-41409, 07786 115621, thescotcharmsmews.co.uk; 7D or T, all en suite; WI-FI) is a former pub turned B&B with stylish rooms (£47.50pp, sgl occ £75), a guest lounge (with its own well!), laundry facilities and a drying room. The rate includes a buffet breakfast.

Back in the town centre, Howard Arms Hotel (☎ 016977-42758, howardarmsbrampton.co.uk; 1S/2D/5D or T, all en suite; WI-FI) is a pub that has a selection of B&B rooms (from £44.50pp, sgl/sgl occ from £69) and does food.

Where to eat and drink
Dominating the centre of town, by the bus stop, is an old Victorian bank building that now houses Cranston’s Brampton Food Hall (☎ 016977-2362, cranstons.net; Mon-Sat 7.30am-6pm), which is largely a deli but does have hot food to take away.

Nearby, Brampton’s longest-running café, Capon Tree Café (☎ 016977-3649; Mon-Sat 9.15am-4.30pm; WI-FI), does good-value home-cooked fare such as soups, quiches and scones and is still very popular. Between the two, Mr Brown’s (Mon-Sat 9am-5pm, Sun 9.30am-4pm) is smart place with sandwiches (from £5), jacket spuds (from £6.50), soups and breakfasts (from £4.85). On the opposite side of the road, Off The Wall Café (☎ 016977-41600, coffeecogs.wordpress.com; Mon-Fri 9am-5pm, Sat 9am-4pm; WI-FI) is a lovely, family-run business, serving homemade...
Cam Beck  

With its pretty weir, bridge and surrounding woodland, Cam Beck (see Map 10, p115) is a lovely spot to pause for a picnic and, conveniently, there’s a bench here to prompt you to do just that.

A 3½-acre (1.5-hectare) Roman fort, Castlesteads, lies just a few hundred metres to the south. Unfortunately it’s out of bounds. Unusually, Camboglanna (as the Romans knew it; the name means ‘Crooked Glen’) lay between the Wall and the Vallum and not actually on the Wall. At different times it was garrisoned by troops from Spain, Gaul and Tungria. In his book, A Walk along the Wall, Hunter Davies (see p43) mentions visiting the house that now occupies the site and finding Roman altars lying around in the summerhouse.

Moving round the corner, Berry’s Tearoom (☎ 016974-51732; Mon-Fri 10am-4.30pm, Sat 9am-3pm; wi-fi) is another very friendly café, much loved for its ‘freak shakes’ (£2.95-3.95); devilishly creamy fruit-filled milk-shakes served in huge jam-jar-type jugs. Don’t worry; they do healthy food too.

For really good value food during the day, seek out Pippa’s Tearoom and Deli (☎ 016977-42435; Mon-Fri 9am-4.30pm, Sat from 9.30am, Sun 10am-4pm) on Shepherds Lane, with special offers such as pie and peas for a ridiculously cheap £2.50, or soup and a sandwich of your choice for £2.95.

Howard Arms Hotel (see Where to stay; daily 8am-9pm) also does pub food and is the place for evening meals with a wide-ranging menu including plenty of pub classics (£9.25-10.95).

Takeaways in Brampton include Brampton Tandoori (☎ 016977-2600/1; Wed-Mon 6-11pm); Hoi Sun Chinese (☎ 016977-2090; Tue-Thur 4.30-10.30pm, Fri-Sun 4.30-11pm); and Berti’s Fish & Chips (Wed-Sat 5-9.30pm).

Cam Beck  

With its pretty weir, bridge and surrounding woodland, Cam Beck (see Map 10, p115) is a lovely spot to pause for a picnic and, conveniently, there’s a bench here to prompt you to do just that.

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**IMPORTANT NOTE – WALKING TIMES**

Unless otherwise specified, all times in this book refer only to the time spent walking. You should add 20-30% to allow for rests, photos, checking the map, drinking water etc. not to mention time simply to stop and stare. When planning the day’s hike count on 5-7 hours’ actual walking.
Starting from Wallsend

Start here if you’re walking Hadrian’s Wall Path from Wallsend (Newcastle) to Bowness. Look for the W ← symbol with shaded overview text (as below) and follow the W ← symbol with the shaded timings text on one edge of each map, working back through the book. The shaded text route summaries below describe the trail between significant places and are written for walking the path from east to west. For map profiles see the colour pages and overview maps at the end of the book. For an overview of this information see the ‘Itineraries’ box on p34-5 and the ‘Village facilities’ table on pp32-3.

W ← WALLSEND TO HEDDON-ON-THE-WALL  [MAPS 33-28]

There’s nothing wrong with this 15-mile (24.1km; 5hrs 10mins) first stage, but don’t go expecting to see much in the way of the Wall. True, the day is bookended by two significant chunks of it. The first, at Segedunum, is the only remaining piece of the Wall that originally ran down from the fort to the Tyne, and which now stands just over the railings outside the fort grounds. As the easternmost part of the Wall still in existence, this is an appropriate place to begin. And there’s another significant slab of Wall at the aptly named Heddon-on-the-Wall at this stage’s end. But you won’t see any remnants of Wall in between. Indeed, the path makes no attempt to follow the line of the Wall on this first stage, opting instead for a gentle riparian stroll through the very heart of the city. (Incidentally, note that, through all of Newcastle, the trail is called Hadrian’s Way and this is what you’ll see on the signs.)

It’s an interesting first stage, one where you often follow railway when you’re not following river. The disused train line that you walk along for several miles was once an extension of the Blyth and Tyne Railway, and by the side of the trail are the abutments of old bridges and the ironmongery of various parts of the railway, now finding secondary employment as makeshift stools and benches.

Having returned to the Tyne to amble through a pleasant countryside park, you’ll find that it’s a bit of an exhausting schlep to the top of the hill but Heddon-on-the-Wall (see p176-7), with its pubs, accommodation and, best of all, a decent strip of Hadrian’s Wall, is a worthy reward at the end of a long but interesting first day. You’ll notice over the next few days that the Wall turns up in the unlikeliest of places, and it’s no different here: lying parallel to the busy B6528, this portion is, at over 100m, the longest section of broad Wall remaining. As you’ll see on the next stage, the Romans soon reduced their building ambitions, for although they still had the foundations for a broad Wall, west of here they built a narrow Wall on top of them. The flat circular platform that’s incorporated into the Wall is a kiln that post-dates the Roman era.

[Next route overview pp175-6]
The perfect venue for a post-trek knees-up (or a fittingly grand location to begin an epic walk), Newcastle is a large, buzzing city with plenty of history, a thriving food-and-drink scene and a pleasantly attractive riverside waterfront.

If you’re arriving here by train at the start of your trek, the first thing you’ll see as you cross the Tyne is an eclectic mix of river bridges, followed by an untidy jumble of roofs; an interesting but somewhat messy skyline that belies the uniform elegance of much of the city centre with its stylish Classical 19th-century façades interspersed here and there with the latest in cutting-edge municipal designs. Yet Newcastle is like that; a city that is forever defying those who dismiss it as merely a home for brown ale, football and fun-runs. As the starting point for a major trek it’s ideal: functional, convenient, with great amenities and plenty to keep you occupied round-the-clock. The Great North Museum: Hancock, see pp205-6, is also the perfect introduction to the Wall (and like just about every other museum and gallery in the city, it’s free), while if you are coming to the end of your Hadrian’s Wall odyssey and Newcastle is your last stop, there couldn’t be a better place to celebrate than the revamped Quayside, home to numerous cafés, bistros and bars.

ARRIVAL & DEPARTURE

Most visitors will first set foot on Newcastle ground at its rather grand Central Station. Built in 1850, the station stands in the heart of a metropolis that will forever be associated with George Stephenson (see box p180), the ‘Father of the Railways’ who was born in nearby Wylam, and which thrived on the back of the railways in the glory days of the late 19th century. The terminus, lying just to the north of the River Tyne, has cafés, ATMs and its own Metro station. The National Express coach station stands a five-minute walk to the west on St James Boulevard.

DFDS ferry terminal (Port of Tyne International Passenger Terminal) is 7 miles (11km) east of the city centre. The DFDS Seaways Bus (www.dfds.com/en-gb/passenger-ferries/ferry-extras; click on Extras ashore, then Bus transfers), waits for disembarking passengers outside the ferry terminal before conveying them
although they do stock lagers and a variety of other beers, around seven out of every ten pints they pour come from one of their six cask-ale taps. Ale drinkers rejoice!

Up by Castle Keep, the 100-year-old Bridge Hotel (☎ 0191-232 6400, sjf.co.uk/our-pubs/bridge-hotel; food served Tue-Sun noon-3pm) also has a decent selection of cask ales, and serves good-value pub grub too. They also have stained-glass windows, although not quite as old or impressive as the ones found in the Posada. Red House (☎ 0191-261 1037, www.theredhouse.ncl.co.uk; food served daily noon-9pm) is a very popular pub close to Tyne Bridge. Again, there are plenty of real ales on tap, but they also have an unusual food menu, which includes nothing but pie, mash and peas (£8.95), albeit with numerous types of each. The pies are homemade, and rightly lauded. They have some road-side seating out the front too.

For something more mainstream, Akenside Traders (☎ 0191-260 3175, www.craft-pubs.co.uk/akenside-traders-newcastle; food served daily noon-late) does standard pub grub as well as drinks and has live sport on TV.

Restaurants Quayside is one of the nicest places to come for an evening meal. Sabatini (☎ 0191-261 4415, www.sabatinis.co.uk; Tue-Thur noon-2pm & 5-9.30pm, Fri & Sat to 10pm) is a smart Italian restaurant, serving pizza and pasta for as little as £6.50 during ‘happy hours’ (Tue-Thur noon-2pm & 5-6.30pm, Fri noon-6.30pm, to 5pm on Sat). The rest of the time mains go for £10-20.

The wonderfully down-to-earth Big Mussel (☎ 0191-232 1057, www.bigmussel.co.uk; Mon-Fri noon-10.15pm, Sat noon-10.15pm, Sun noon-10pm) is a welcoming seafood bistro specialising in mussel dishes (though vegetarian and poultry options are on the menu too). It has a variety of special offers with the price of a medium bowl of mussels depending on the time you walked in; walk in at 6pm, for example, and you pay £6.
Above and right: At Wallsend, the eastern end of the Wall, is Segedunum fort and museum and there’s now a modern sculpture of a Roman centurion (see p9). Below: Arbeia (see p209), four miles further east of Wallsend in South Shields, was the fort that served the Wall. The reconstructed West Gate is impressive.
This page: Thirlwall Castle (p133) and (below) the Wall at Cawfield Crags.
Opposite: Vindolanda (p144) and one of the tablets (this one a sales receipt for bacon, lard and beer but now in the British Museum) and a glass decorated with gladiatorial scenes – in the excellent museum at Vindolanda.
# APPENDIX C: GPS WAYPOINTS

Each GPS waypoint listed was taken on the route at the reference number marked on the map as below. This list of GPS waypoints as well as instructions on how to interpret an OS grid reference can be found on the Trailblazer website: [www.trailblazer-guides.com](http://www.trailblazer-guides.com) (click on GPS waypoints).

<table>
<thead>
<tr>
<th>MAP</th>
<th>WAYPOINT</th>
<th>OS GRID REF</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>001</td>
<td>N54 57.240 W3 12.773</td>
<td>Small shelter on Banks Promenade marking the start/end of the path</td>
</tr>
<tr>
<td>1</td>
<td>002</td>
<td>N54 56.983 W3 11.317</td>
<td>Port Carlisle: path junction with main road to Bowness-on-Solway</td>
</tr>
<tr>
<td>1</td>
<td>003</td>
<td>N54 56.397 W3 10.708</td>
<td>Entry to Glendale Holiday Park</td>
</tr>
<tr>
<td>2</td>
<td>004</td>
<td>N54 56.052 W3 10.045</td>
<td>Junction by former Highland Laddie Inn</td>
</tr>
<tr>
<td>2</td>
<td>005</td>
<td>N54 55.932 W3 10.198</td>
<td>Path junction with road at Glasson</td>
</tr>
<tr>
<td>2</td>
<td>006</td>
<td>N54 55.346 W3 09.452</td>
<td>Gate across track</td>
</tr>
<tr>
<td>2</td>
<td>007</td>
<td>N54 55.639 W3 08.904</td>
<td>Crossroads in Drumburgh</td>
</tr>
<tr>
<td>3</td>
<td>008</td>
<td>N54 55.351 W3 05.013</td>
<td>Gate and cattle grid at Dykesfield</td>
</tr>
<tr>
<td>4</td>
<td>009</td>
<td>N54 55.301 W3 03.413</td>
<td>Greyhound Inn</td>
</tr>
<tr>
<td>4</td>
<td>010</td>
<td>N54 55.287 W3 02.522</td>
<td>Gate into/out of road</td>
</tr>
<tr>
<td>4</td>
<td>011</td>
<td>N54 55.491 W3 01.121</td>
<td>Black and white house</td>
</tr>
<tr>
<td>4</td>
<td>012</td>
<td>N54 54.806 W2 59.883</td>
<td>Cross Sourmilk Footbridge</td>
</tr>
<tr>
<td>5</td>
<td>013</td>
<td>N54 54.752 W2 59.179</td>
<td>Path joins/leaves road at Grindsdale</td>
</tr>
<tr>
<td>6</td>
<td>014</td>
<td>N54 53.946 W2 57.775</td>
<td>Go under disused rail bridge over Eden</td>
</tr>
<tr>
<td>6</td>
<td>015</td>
<td>N54 54.007 W2 56.091</td>
<td>Sands Sports Centre</td>
</tr>
<tr>
<td>6</td>
<td>016</td>
<td>N54 54.273 W2 55.208</td>
<td>Bridge and kissing gate</td>
</tr>
<tr>
<td>7</td>
<td>017</td>
<td>N54 54.395 W2 54.431</td>
<td>Path off/onto road by The Beeches</td>
</tr>
<tr>
<td>7</td>
<td>018</td>
<td>N54 55.194 W2 52.922</td>
<td>Turn away from River Eden</td>
</tr>
<tr>
<td>8</td>
<td>019</td>
<td>N54 55.452 W2 52.510</td>
<td>Bridge over stream</td>
</tr>
<tr>
<td>8</td>
<td>020</td>
<td>N54 55.755 W2 51.169</td>
<td>Join road before/after series of gates</td>
</tr>
<tr>
<td>8</td>
<td>021</td>
<td>N54 55.901 W2 51.053</td>
<td>Stile and gate off/onto Sandy Lane</td>
</tr>
<tr>
<td>8</td>
<td>022</td>
<td>N54 56.334 W2 51.308</td>
<td>Join/leave bridleway known as Sandy Ln</td>
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<tr>
<td>9</td>
<td>023</td>
<td>N54 56.805 W2 48.853</td>
<td>Gate by bus stop at Oldwall</td>
</tr>
<tr>
<td>9</td>
<td>024</td>
<td>N54 57.219 W2 47.361</td>
<td>Kissing gate by end house in Newton</td>
</tr>
<tr>
<td>10</td>
<td>025</td>
<td>N54 57.812 W2 46.431</td>
<td>Bridge over a stream</td>
</tr>
<tr>
<td>10</td>
<td>026</td>
<td>N54 58.118 W2 45.651</td>
<td>Gate heading into second field</td>
</tr>
<tr>
<td>10</td>
<td>027</td>
<td>N54 58.146 W2 45.362</td>
<td>Gate into/out of woods</td>
</tr>
<tr>
<td>11</td>
<td>028</td>
<td>N54 58.296 W2 44.435</td>
<td>Abutment just west of bridge</td>
</tr>
<tr>
<td>12</td>
<td>029</td>
<td>N54 58.392 W2 41.942</td>
<td>Haytongate Farm</td>
</tr>
<tr>
<td>12</td>
<td>030</td>
<td>N54 58.462 W2 40.952</td>
<td>High chunk of wall with faint ‘SPP' carved on northern side</td>
</tr>
<tr>
<td>12</td>
<td>031</td>
<td>N54 58.468 W2 40.171</td>
<td>Cross stile onto/off road</td>
</tr>
<tr>
<td>12</td>
<td>032</td>
<td>N54 58.604 W2 39.602</td>
<td>Leave/join road at stile near Pike Hill Signal Tower</td>
</tr>
<tr>
<td>13</td>
<td>033</td>
<td>N54 58.845 W2 38.486</td>
<td>Join/leave track to Comb Crag</td>
</tr>
<tr>
<td>13</td>
<td>034</td>
<td>N54 59.007 W2 37.901</td>
<td>Gate onto/off farm track</td>
</tr>
<tr>
<td>13</td>
<td>035</td>
<td>N54 59.375 W2 36.245</td>
<td>Gate at Birdoswald</td>
</tr>
<tr>
<td>14</td>
<td>036</td>
<td>N54 59.375 W2 34.720</td>
<td>Cross cattle grid near Turret 48A</td>
</tr>
</tbody>
</table>
Maps 28-33, Heddon-on-the-Wall to Wallsend
15 miles/24.1km – 5hrs

Maps 33-28, Wallsend to Heddon-on-the-Wall
15 miles/24.1km – 5hrs 10mins

NOTE: Add 20-30% to these times to allow for stops
<table>
<thead>
<tr>
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<th>Distance (kilometres)</th>
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<td>Banks</td>
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<td>Walton</td>
<td>8</td>
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<td>Newtown</td>
<td>7</td>
<td>11.2</td>
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<tr>
<td>Crosby-on-Eden</td>
<td>4.5</td>
<td>7.2</td>
</tr>
<tr>
<td>Carlisle</td>
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<tr>
<td>Grinsdale</td>
<td>9.5</td>
<td>15.2</td>
</tr>
<tr>
<td>Burgh-by-Sands</td>
<td>12.8</td>
<td>20.5</td>
</tr>
<tr>
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<td>Glasson</td>
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<tr>
<td>Bowness-on-Solway</td>
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<td>19.5</td>
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DISTANCE CHART

HWP-6 Colour maps-Q9_Layout 1  3/23/20  10:46 AM  Page 15
...the Trailblazer series stands head, shoulders, waist and ankles above the rest. They are particularly strong on mapping...’

THE SUNDAY TIMES

New two-way guide
with routes rewalked from
Bowness to Newcastle &
Newcastle to Bowness
Plus – city guide to Newcastle

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- Practical information for all budgets
- Includes GPS waypoints

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