

ENGLAND – HADRIAN'S WALL COAST TO COAST CROSSING

8-days/ 7-nights **SELF-GUIDED** inn-to-inn walking holiday



Hadrian's Wall was first built in part in 122AD to defend the lands controlled by Roman Emperor Hadrian against the restless Pictish and Caledonian tribes to the north. The wall separated Romans from 'Barbarians' at the narrowest point in northern Britain, from the Solway Firth to the North Sea. This wonderful and evocative **coast to coast** walk follows the length of the historic structure, stretching 83 miles (133km) across town and country, forest and moorland, World Heritage Site and National Park.

The original wall was built in six years over 80 Roman miles (73 modern miles). It was extended and enhanced with stone defences following natural ridge lines and a deep ditch (the Vallum) alongside. Post forts were built every Roman Mile of the route and at intervals huge garrison forts were built, and seeing the remains of these fortifications is a highlight of the walk. Things are more peaceful today; the Picts have disappeared altogether, the Roman Empire of course long fallen and the empire's defensive structures dismantled and used for building and field wall stone. This alternative coast to coast route is a great walk, with scenic variety from the modern, busy cityscapes of Newcastle upon Tyne to the red sandstone hues of medieval Carlisle, from industrial Tyneside to the quiescence of Bowness on Solway.

Cost from: **\$1790** per person twin share Single room supplement from **\$690**

Departs: Daily from late March to mid-October

Starts: Whitley Bay (near Newcastle-upon-Tyne) **Ends:** Carlisle

Includes: 7 nights' accommodation with private bathroom facilities; 7 breakfasts; luggage transfers as per itinerary (one piece per person, max 20kg); digital route notes & maps; emergency assistance hotline.

Not included: Lunches or dinners, drinks, entry fees, personal expenses, taxis/transfers used during the trip, travel to/from the start/end of the tour.

Grading: Moderate: average daily distances of 15-17 miles / 24-27km (5-7 hours' walking). Terrain is generally undulating with some steep climbs and descents on a couple of days, average daily elevation gain of 145m. Inclement weather can make the walk more challenging.

Accommodation: Stay in a variety of accommodation ranging from cosy B&Bs, guesthouses, and lodges to pubs and 3- or 4-star hotels, some in historic buildings. All are run by walker-friendly hosts and offer ensuite or rooms with private facilities and breakfast daily to fuel you for the day ahead. In the small villages along the route accommodation options may be limited; daily walking distances will vary depending on where you are staying. In peak season (including UK bank holidays and during the Great North Run) you may need to stay in alternative locations – supplement and/or additional transfer costs may apply.

Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations

Suggested Itinerary:

Day 1: Arrive Whitley Bay

Newcastle has both airport and rail connections from London or Edinburgh. Use the metro train from Newcastle to Whitley Bay. On arrival perhaps stretch your legs with a warm-up walk to the lighthouse at St Mary's Island, accessible at low tide. Occasionally your first night will be in Tynemouth (also accessible by metro train), with its long stretch of sandy beach and the ruins of Tynemouth Priory on the cliff above King Edward's Bay.

Day 2: Whitley Bay to Wylam / Heddon on the Wall **walking @ 15 miles (24km)**

Take the train to the start of the walk at Wallsend. If time permits, visit the museum and reconstructed Roman bathhouse at Segedunum. From the Swan Hunter shipyard in Wallsend you follow Segedunum's walls, then on a disused railway line and alongside the River Tyne you come into Newcastle, with vistas of the elegant Tyne Bridges and the Newcastle skyline. From Newcastle you walk alongside the river, seeing evidence of much industrial activity. At Newburn, the countryside begins to open up; you are now in Northumberland. You stay either in Wylam, just off the trail, or on occasion at Heddon.

Day 3: Wylam / Heddon to Wall / Chollerford **walking @ 17 miles (27km)**

Cross the River Tyne then ascend steeply to Heddon on the Wall, where there are some remains of the wall. The National Trail follows beside roads that have been built over part of the wall to Chollerford and beyond. The trail often follows along the Vallum, the ancient ditch created as another line of defense. Look out for the remains of Vindobala fort; perhaps detour to Halton (approx. two miles return) to admire the old keep, which has a pele tower dating to the 14th century and a 17th century manor house, before arriving in Wall. On occasion your accommodation may be in the nearby small settlement of Chollerford.

Day 4: Wall / Chollerford to Once Brewed / Twice Brewed **walking @ 12 miles (20km)**

The route follows the road as far as Fozy Moss, where the road veers off the wall as it reaches the crags of the Whin Sill escarpment. Walk over undulating terrain to Housesteads, with its famed fort and National Trust Museum, the most complete Roman fort in Britain, with remains of the barracks as well as the civilian settlement outside the fort's walls. There are excellent views to the Bellingham and Simonside Hills. Now follows arguably the most scenic section of the trip: over Highshield crags and then down via Peel Crags to Steel Rigg. From here walk out to your accommodation at Once Brewed, about half a mile north of Hadrian's Wall within Northumberland's beautiful National Park, or at the adjacent Twice Brewed.

Day 5: Once Brewed to Lanercost / Walton **walking @ 14 miles (23km) or 17 miles (27km)**

The wall climbs to its highest point over Windshields Crags, before undulating to Cawfields Crags with excellent views onto the Pennines. Pass by Roman forts and the medieval ruin of Thirlwall castle then cross into Cumbria at Gilsand, and perhaps visit the Roman defences at Birdoswald. From here there are few signs of Hadrian's Wall remaining so enjoy the last significant portion at Hare Hill. Descend to Garthside with views over the Irthing valley, then it's fairly easy walking to Walton and Lanercost. If Lanercost B&B is fully booked you may stay in Walton, or sometimes Brampton or Irthington, with a transfer (at extra cost) or additional walk.

Day 6: Lanercost / Walton to Carlisle **walking @ 15 miles (24km) or 12 miles (18km)**

Cross beautiful Cam beck, walk across fields following the line of the wall over undulating terrain via Old Wall, Blea head and Wall head, then take an old Roman road to the River Eden. Your destination is Carlisle, where you stay two nights. The city has changed hands several times between Scotland and England and this is reflected in parts of the town's structure. Many of its buildings such as the castle and the Old Town Hall are made of fine red sandstone and the inner city has been pedestrianised.

Day 7: Carlisle to Bowness on Solway **walking @ 14 miles (23km)**

From Carlisle follow the Eden once again, roughly parallel to the Wall and Vallum, through to Beaumont. North of the village there are views to the peaks of Skiddaw and High Pike and across the Solway Firth. Rejoin the line of the wall near Glasson to Bowness on Solway, the site of the Roman fort of Maia and your journey's end. Return to Carlisle by bus or taxi.

Day 8: Departure day

Tour ends after breakfast. There are good rail connections to Scotland or to Manchester and on to London.

Other Outdoor Travel walking holidays – guided in small groups or self-guided with inn-to-inn luggage transfers and meals – are available in many parts of the UK and Europe.

Contact Outdoor Travel for more details and reservations

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