

## The Roman Way

Cumbria Way & Hadrian's Wall



Included	Not included
Guide	Travel from Home to and from Glasgow
Transport from Penrith to Hotel	Travel Insurance
Baggage transfer (limited transport for clients between hotels is possible)	Any extra Transport during the trip
10 nights' full board accommodation all en-suite	Personal Equipment
Breakfast, lunch, 2 course dinner and snacks during each day of your walk	Additional snacks
	Alcoholic drinks

**TRIP HIGHLIGHTS:** This route starts with our travels through the middle of the beautiful English Lake District. The trip starts on the shores of Morecambe Bay and continues the historic city of Carlisle. We then take the very best bits of The Hadrian's Wall from the Village of Heddon, finishing in Walsend Northumberland.



**INTRODUCTION:** The Cumbria Way is a classic long-distance trail, covering over 70 miles from Ulverston on the banks of Morecambe Bay. We will travel through the centre of the Lake District visiting Lake Coniston, made famous by Donald Campbell and Blue Bird. We continue through the Lakes staying in areas such as Great Langdale. Walking along valleys and over passes to Rothwaite, we will enter onto Keswick via High Spy and Cat Bells which has stunning views of Derwentwater. From Keswick we continue towards Carlisle past Skiddaw, over High Pike and then into Caldbeck. We have a morning exploring Carlisle before we head out to Newton to join the next part of your trip, Hadrian's wall. We will walk the best bits of the wall via Gilsland to Heddon. Finishing our walk in Wallsend in Northumberland. Each evening you will arrive at our hand-picked accommodation where your luggage will be waiting for you and a nice bar for a after walk drink.

**WEATHER:** It's not called the Lake District for nothing, we may very well have 4 seasons in one day! So good quality waterproof tops and bottoms are essential. The guide has the final say in relation to mountain days, depending on the weather and conditions under foot.

### **DAY ONE – Collection from Penrith travel to Hotel Lunch on route**

Collection from Penrith Railway Station at 11am then we will transport you through the Lake District, stopping off for lunch at a 17<sup>th</sup> Century coaching inn called the King's Head at Thirlmere. We will then complete our journey to the hotel which is on the shore of Lake Coniston. We will be staying at this hotel for 2 nights. We will provide the group with a briefing for the next day and then enjoy our evening meal.

**Accommodation:** The Waterhead Hotel

<http://www.waterhead-hotel.co.uk/>



## **DAY TWO – THE JOURNEY BEGINS**

### **WALKING NORTH! Ulverston to Coniston**

After a short drive from the hotel to Ulverston we will start our walk. Today's walk is through farm land as we approach the true Lake District area. We have wonderful scenic views of the hills. The last part of our walk is along the banks of Lake Coniston. This is the location of Donald Campbell's ill-fated world record speed attempt in 1967. His body and boat 'Blue Bird' were only found and raised from the bottom of the lake in 2001.

Distance for the day 16miles 1800' ascent

## **DAY THREE – Coniston to Great Langdale**

A relatively short and easy day with stunning views. It is generally sheep country with farmyards and cattle pastures found on much of the first section. A pleasant variety of fields, woods, lakes, waterfalls, and the anticipation of seeing the dramatic Langdale Pikes gives it a typical Lake District feel. Even a little bit road walking doesn't detract much.

Distance for the day 11miles 1500' ascent

### **Accommodation: Dale Lodge Hotel**

<http://www.dalelodgehotel.co.uk/>



## **DAY FOUR– Great Langdale to Rosthwaite**

The amazing Mickleden Valley makes up most of our walk today, surrounded by Bowfell and the Pikes. The path continues up a zig-zag ascent along the fellside before dropping back down into Langstrath valley. The view down to Rosthwaite is one you won't forget in a hurry.

Rosthwaite is a small village with a couple of hotels and pubs tucked away at the head of the valley. You can't help but feel relaxed.

Distance for the day 10 miles 2000' ascent

**Accommodation:** The Borrowdale Gates Hotel

<https://www.borrowdale-gates.com/>

## **DAY FIVE – Rosthwaite to Keswick**

Today we walk into Keswick via High Spy and Cat Bells. From Rosthwaite we walk up onto High Spy via old slate mines. We then enjoy a wonderful walk along the tops to Maiden Moor and Cat Bells. With lovely views of Derwentwater and the hills surrounding Keswick, We will begin our descent to the shores of Derwentwater, then we will walk thorough woods and across fields into the town to our guesthouse.

Distance for the day 8.5 miles ascent 2788'

**Accommodation:** Lakeside Guesthouse

<http://lakeside-house-b-b-keswick.business.site/>



## **DAY SIX – Keswick To Caldbeck**

Today we leave Keswick and continue North via Latrigg fell before we contour round Lonscale fell towards Skiddaw House. We will follow the Caldew river for the first time as it heads towards Carlisle, when it turns right and downhill we turn left for our walk up to High Pike. High Pike give stunning views towards Carlisle and Scotland.

From the top of High Pike we descend into Caldbeck.

Caldbeck was once a industrial town with woollen and bobbin mills along with a brewery all powered by the river which runs through the town. We end this day with a drive to Dalston to our hotel.

Distance for the day 13.5 miles assent 3300'

### **Accommodation: Dalston Hall Hotel**

<http://www.dalston-hall-hotel.co.uk/>

## **DAY SEVEN - Gilsland to Steel Rigg**

Today is a shorter day to give us chance to fully enjoy the wall. This is the longest lasting piece of Roman wall on any of the old empires frontier. We will step come off the path part way to visit the Hadrian wall centre and the impressive Roman Fort at Vindolanda.

We will be staying at this hotel for 2 nights.

Distance for the day 8 miles assent 1500'

### **Accommodation: Battlesteads Hotel**

<https://www.battlesteads.com/>





## **DAY EIGHT- Steel Rigg To Chollerford**

From Steel Rigg we continue following the wall across the beautiful Northumberland hills. This stretch of the wall is the most visited, with lots of ups and downs following the course of the wall. We will also visit the Mile Towers and the Forts at Housesteads and Brocolitia.

Distance for the day 11.5 miles ascent 1050'

## **DAY NINE - Chollerford to Heddon**

This is our last day of walking and we will continue to follow the wall. Visiting points of interest on route. The day will finish with a drive into Newcastle to the museum at Segedunum.

Distance for the day 12 miles ascent 980m

### **Accommodation: Close house**

<http://closehouse.com/accommodation-3/>

## **DAY TEN- Travel home**

After a leisurely breakfast we can transport you to either Newcastle railway station, Airport or Carlisle Train station around mid-morning to early lunchtime depending on distance.



## **AMENITIES & SERVICES**

### **Penrith:**

Penrith was once the capital of Cumbria. The attractive market town is the hub of the Eden Valle, with a good mix of traditional and day to day shops.

Penrith lies just outside the National Park. Previously Penrith's position was on the strategic route to and from Scotland. This resulted its development as a military centre in the Roman times.

Hotels. ATM Supermarkets and local shops

### **Ulverston:**

Ulverston is a fine market tow built in 1280 when a Royal Charter was granted by Edward I. Located in the centre of the Furness peninsula, with old buildings and a labyrinth of cobbled streets. It is start of the Cumbria Way and is just a mile and a half from the sea at Morecambe Bay.

It is the birthplace of Stan Laurel, and home to the world's only Laurel and Hardy Museum. It has the world's shortest, widest and deepest canal. an event is celebrated every September called the Charter Festival. In the mid 1660's it became a centre of religious activity when George Fox, founder of the Quakers Movement.

### **Coniston:**

Until the copper mines, dating from Jacobean times, were revitalised about 1859, Coniston was a scattered rural community. Its best feature is The Old Man of Coniston, rising behind the houses when seen from the village centre. Coniston is a good centre for walkers and climbers, and those wanting to investigate the Tilberthwaite Slate quarries.



### **Great Langdale:**

The Great Langdale valley stretches from Ambleside through Clappersgate, Skelwith bridge, Elterwater, Chapel Stile, to the National Trust owned Dungeon Ghyll Hotel, and the glaciated valley of Mickleden. The surrounding fells include Pike O'Blisco, Crinkle Crag, Rossett Pike, and the Langdale Pikes – Pike O'Stickle, Harrison Stickle and Pavey Ark.

### **Borrowdale:**

Borrowdale is 3 miles south of Keswick, across from B5289 extending from the South shore of Derwentwater to Honister Pass. The Borrowdale area includes the National Trust's first acquisition in the Lake District, Brandlehow Woods on the shore of Derwentwater.

### **Keswick:**

Situated between the huge bulk of Skiddaw and the gentle beauty of Derwentwater,. This pretty market town offers a wide range of attractions for visitors, from shops and restaurants to museums, and boating trips around lake Derwentwater. In 1276 Edward I granted the town its market charter, and the Saturday market continues to this day.

The original settlement was at Crosthwaite, on the Western side of the town. The first Church at Crosthwaite was built in 553 AD, and named St Kentigern. Canon Rawnsley, served the church as vicar from 1883-1917. He was one of the co-founders of the National Trust.





## **Carlisle:**

Carlisle – the Border City – is the main shopping, commercial and industrial centre in the northern half of Cumbria, and a fair amount of southern Scotland.

The Romans established a settlement here – primarily to serve the forts on Hadrian's Wall. In the 12th century, King Henry I allowed the founding of a religious establishment, later making the town a diocese, and thus making the Priory into a Cathedral.

The Prior's Tower is next to the Cathedral and houses a small exhibition in the Pele tower.

Carlisle Castle is a great medieval fortress that has watched over the City of Carlisle for over nine centuries. The Castle is also home to the Border Regiment Museum which relates the history of Cumbria's County Infantry Regiment, the Border Regiment and the King's Own Royal Border Regiment and local Militia.

## **Gilsland:**

Gilsland is a small village that straddles the border between Cumbria and Northumberland, with most of its houses in Northumberland. It is situated on Hadrian's Wall, and is ideal for exploring the North Pennines, Eden Valley and the Scottish Borders.

The River Irthing rises in the hills around Paddaburn Moor in Border Forest Park, and for the first 15 miles of its journey south it defines the border between Northumberland and Cumbria. At Butterburn, the river flows over the ten-metre high Crammell Linn waterfall and into a sandstone gorge. After flowing through Gilsland, its course as it turns west is lined with sites from Roman Britain, including Birdoswald Fort, at the top of the steep gorge carved out by the river.



### **Chollerford:**

Chollerford is home to Chester's Roman Fort, a cavalry fort built to guard the Roman bridge over the North Tyne River. Extensive remains can still be seen of most of the buildings, including a large bathhouse beside the river.

The fort here was established in the early 2nd century and has been called the best-preserved Roman cavalry fort in the country.

### **Newcastle:**

Newcastle upon Tyne is a true regional capital that clings to the north bank of the River Tyne that hosts seven city bridges. The most famous of these bridges is perhaps the great arched suspension bridge that carries the A1. The oldest of the bridges is the Robert Stephenson's high combined road and rail bridge that was erected in 1849.

Between those two bridges is an elegant swing bridge that turns on a central pivot, built in 1876. All the other bridges are 20th century bridges, one carries the metro and over and underground railway system that first opened in 1980.

### **ESSENTIAL INFORMATION:**

This section is designed to provide you with all the information you need to know pre-booking. Once you have made a booking with us we will send you comprehensive Trip Documents and equipment list. Included is luggage transfer for 1 bag per person for the duration of the trip, meaning you will only have to carry a day rucksack while walking.

**GETTING THERE AND AWAY:** We will meet you in Penrith at the train station. On Day 11 we can take you to either of these train stations: Newcastle, Carlisle or Penrith. Newcastle is the closest to our last hotel at the end of our journey.



**ACCOMMODATION AND FOOD:** This is a mobile itinerary where we either walk to the next accommodation or are collected and driven. We handpick the best available accommodation along the route, which ranges from small guesthouses, Lakeland inns, hotels and bed and breakfast establishments depending on group size and room requests. We will reserve en-suite rooms for you. Breakfast is provided each morning, as well as lunch and snack throughout the trip. Dinner is provided throughout the trip but it will not always be where we are staying. **(Due to the popularity of this route we cannot guarantee that we will be able to book the hotels offered, unless the trip has been booked a minimum 8 months in advance and 50% deposit of the full cost has been paid. Other suitable venues will be considered if booking is 8 months or less).**

**LUGGAGE TRANSFER:** Whilst on the Cumbria Way your luggage will be transferred each day between accommodations, and your bags will be waiting for you when you arrive at your next accommodation each day. One bag per person is included in the trip price, and this bag should be of a reasonable size and weight (maximum weight permitted is 20kg). Important note: If you are planning on bringing more than one bag per person. We strongly recommend that no laptops, tablets or similar items, and no fragile or breakable objects (eg glass bottles wine, whisky, etc) are placed in luggage to be transferred - we cannot be held responsible for any damage.



**TRIP GRADING:** This trip is a point to point walking trail, where you trek to a new accommodation each day. Therefore, you need to be fit enough to reach the destination each day - there are no short cuts possible. You will be following marked trails with generally good terrain underfoot, but occasionally rocky or boggy in places and road walking in places. Your guide will inform you the evening before on what the terrain will be, so you can decide on hiking boots or trainers. There will also be ascents each day. You will be carrying just a day-pack as the rest of your luggage is transferred to the next accommodation for you. We would suggest that you need to be in reasonable shape to undertake this trek. To help you decide if you are fit enough for this trip, ask yourself: Can you comfortably walk for up to 7 hours a day? Can you walk 15 miles (25km) or more, including some ascent, with rough ground in places? When did you last do this?

**HOW TO BOOK:** We will send you a booking / medical form. Normally we require a 50% deposit.

**Total cost of the trip per person is:** Single room accommodation \$4,455 (£3,400). (Prices as of November 2017 and may vary).

**Figures are based on a minimum of 6 people maximum of 10.**

**INSURANCE:** If travelling from a European country outside the UK it is a condition of booking that you take out relevant insurance to cover you for your trip. This should include medical cover, curtailment, sickness and injury cancellation prior to the trip and personal accident cover. We also strongly recommend you have cover for other travel and personal effects. If travelling from within the UK, we recommend you are insured for personal sickness & injury cancellation prior to the trip and any travel insurance you feel appropriate to your needs.