

One of a series of leaflets for walkers exploring the area around Hadrian's Wall National Trail

Carlisle City

1½ miles / 2.5kms

The river Eden meanders over gravels and sandstone through Rickerby Park. Its course has changed many times over the centuries. It floods when rainfall is high and faster flowing waters join it from its Pennine catchment.

Hadrian's Wall World Heritage Site

Hadrian's Wall Path National Trail is 81 miles long and runs from Wallsend in the east to Bowness on Solway in the west. The trail opens in spring 2003
National Trail Officer
Tel: 0191 269 1600
www.hadrians-wall.org

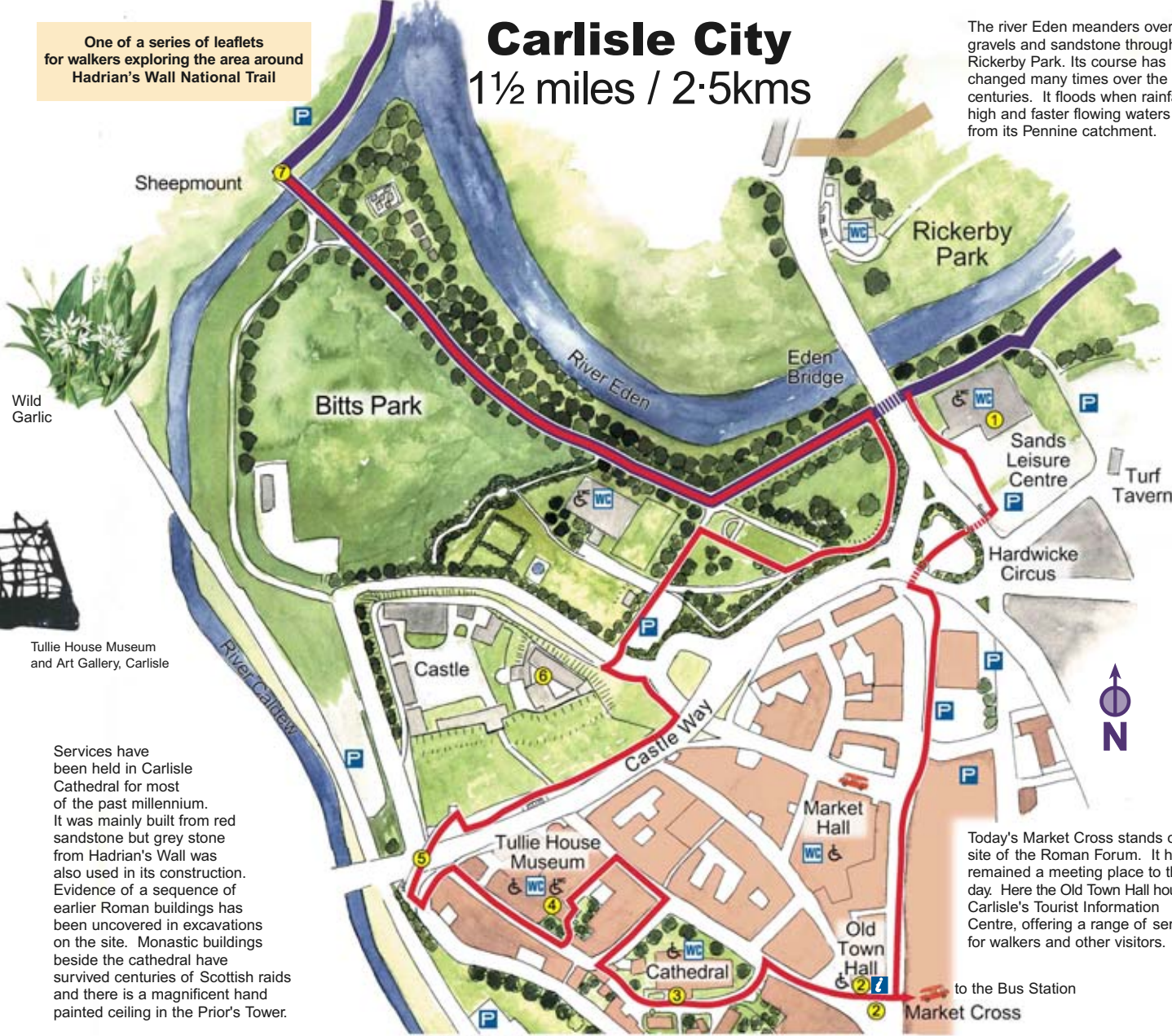
Nearly 200 years ago, unemployed city weavers helped to build an embankment in Bitts Park. Weavers Bank, with its mature trees, was an early 'job-creation' scheme and helped to stop flood waters spreading. The city's household rubbish was used to build up the level behind the bank and create the parkland. Stones from the Roman Wall Bridge can be seen alongside the river in the park. Nearby is the Eden Benchmark stone sculpture 'Towards the Sea'.

Later generations followed the Roman example and built their defences at Carlisle Castle. It has a commanding view of the river plain from the battlements. For the last 900 years it has been a garrison, and at the forefront of Border warfare. Mary Queen of Scots was held prisoner here.

Roman Carlisle

Hadrian's Wall crossed the river Eden at Carlisle. The Romans chose this point on the river because it was a safe place to cross, and a good defensive site. They called it Luguvalium. They built fortifications near today's castle and many of the city streets follow the routes of the Roman town. Stones from the wall can be found in local buildings and archaeologists have discovered exciting evidence of life here in Roman times. Armour, helmets, spearheads and slingshot have recently been unearthed. It is possible to see the remains of a shrine at Roman street level, in the gardens of Tullie House museum.

Services have been held in Carlisle Cathedral for most of the past millennium. It was mainly built from red sandstone but grey stone from Hadrian's Wall was also used in its construction. Evidence of a sequence of earlier Roman buildings has been uncovered in excavations on the site. Monastic buildings beside the cathedral have survived centuries of Scottish raids and there is a magnificent hand painted ceiling in the Prior's Tower.



Wild Garlic



Roman openwork shoe found in Carlisle

Tullie House Museum and Art Gallery, Carlisle

Today's Market Cross stands on the site of the Roman Forum. It has remained a meeting place to this day. Here the Old Town Hall houses Carlisle's Tourist Information Centre, offering a range of services for walkers and other visitors.

Code of Respect

As a visitor you can help to conserve the World Heritage Site by following this good advice. It has been endorsed by all the organisations who are working to protect and enhance it for future generations.

- ▲ Keep to the signed paths.
- ▲ Try promoted circular walks to reduce damage to the path by the Wall, especially in wet winter weather.
- ▲ Walking on the Wall may cause it to collapse.
- ▲ Respect livestock and land.
- ▲ Keep dogs on a lead.
- ▲ Try to use public transport.

Map Key

- Route
- Gradient moderate very steep
- Road Bus route
- Hadrian's Wall National Trail
- Vallium (line of)

Gradient Key

- Location point with road access
 - Tourist Information Centre
 - Parking Roadside
 - Toilets Accessible toilet
 - Kissing gate Gate
 - Telephone
 - Bridge
 - Lift
 - Perch/seat
 - View point
 - Picnic site
- Path Surface**
- Town centre
 - Grass
 - Firm/even
 - Rough/uneven

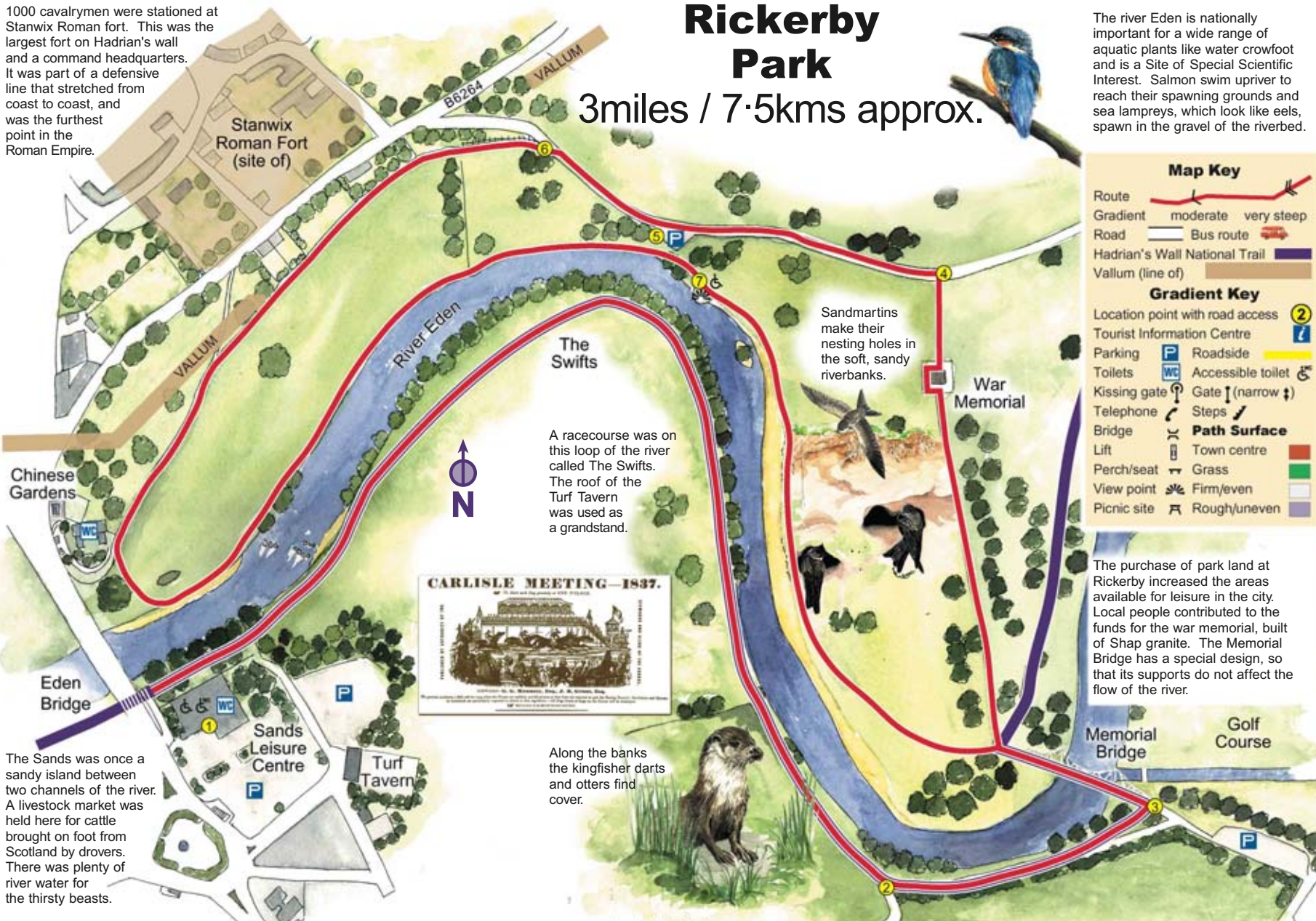
Gradient Profile: this is not drawn to a vertical scale



Scale: refers only to gradient profile



1000 cavalrymen were stationed at Stanwix Roman fort. This was the largest fort on Hadrian's wall and a command headquarters. It was part of a defensive line that stretched from coast to coast, and was the furthest point in the Roman Empire.



Rickerby Park

3 miles / 7.5kms approx.



The river Eden is nationally important for a wide range of aquatic plants like water crowfoot and is a Site of Special Scientific Interest. Salmon swim upriver to reach their spawning grounds and sea lampreys, which look like eels, spawn in the gravel of the riverbed.

Map Key

- Route
- Gradient: moderate, very steep
- Road, Bus route
- Hadrian's Wall National Trail
- Vallum (line of)

Gradient Key

- Location point with road access
- Tourist Information Centre
- Parking, Roadside
- Toilets, Accessible toilet
- Kissing gate, Gate (narrow)
- Telephone, Steps
- Bridge, Path Surface
- Lift, Town centre
- Perch/seat, Grass
- View point, Firm/level
- Picnic site, Rough/uneven

INFORMATION

Carlisle TIC ☎ 01228 625600
The Visitor Centre, Old Town Hall, Carlisle CA3 8JH
Tel: 01228 625600

Open all year
Monday - Saturday
Easter Sunday and Sundays May - September

Tulle House Museum and Art Gallery
Castle Street, Carlisle CA3 8TP
Tel: 01228 534781

Open all year
Mon - Sat 10am - 5pm
Sun 12 noon - 5pm

Hadrian's Wall Bus runs between Carlisle and Hexham, stopping at visitor attractions along the route. Information from TICs or www.historic-carlisle.org.uk

USEFUL WEBSITES

www.goalakes.co.uk
- some require RADAR keys
Riverbank paths can be muddy, wear stout footwear or wellies.

In very wet weather there may be flooding. For enquiries on this route or any other route, please contact Carlisle City Council's Countryside Officer. Tel: 01228 817368

Map: Produced in association with Carlisle City Council Tourism Unit
Cover photograph: Keith Clark
Carlisle City Council
Heritage Fund

Chinese Gardens

Stanwix Roman Fort (site of)



A racecourse was on this loop of the river called The Swifts. The roof of the Turf Tavern was used as a grandstand.



The Sands was once a sandy island between two channels of the river. A livestock market was held here for cattle brought on foot from Scotland by drovers. There was plenty of river water for the thirsty beasts.

Sandmartins make their nesting holes in the soft, sandy riverbanks.



War Memorial

Along the banks the kingfisher darts and otters find cover.



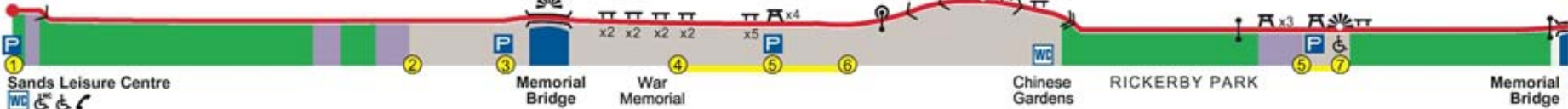
The purchase of park land at Rickerby increased the areas available for leisure in the city. Local people contributed to the funds for the war memorial, built of Shap granite. The Memorial Bridge has a special design, so that its supports do not affect the flow of the river.

Walking around Hadrian's Wall
Carlisle City and Rickerby Park
up to 5 miles / 8kms



Eden Bridge and Rickerby Park

Gradient Profile: this is not drawn to a vertical scale



Scale: refers only to gradient profile

