

# Hadrian's Wall Complete Guided Trail

**Trip style:** Guided trails

**Destination:**  Northumberland

**Trip code:** XAF07-LDW11

**Grades:** 1, 4

**Carbon Footprint:**  138kg CO2



## HOLIDAY OVERVIEW

The legendary pile of stones that marked the frontier of the Roman Empire for nearly 300 years, Hadrian's Wall is one of Britain's most spectacular ancient ruins. Conquer all 84 miles of the official Hadrian's Wall Path with a coast-to-coast walk across northern England. Discover dramatic landscapes and award-winning archaeological sites as you hike from the saltmarshes of Bowness on Solway in the west, to the Roman fort of Segedunum in the east. Best of all, you can relax knowing all your accommodation and meals are taken care of. All you need to do is enjoy the journey.

## WHAT YOU'LL LOVE

- Walking coast-to-coast along the Hadrian's Wall Path National Trail
- Marveling at this UNESCO World Heritage Site
- Crossing the breadth of northern England in seven days
- Following one of Britain's most popular trails
- Staying in carefully-selected partner hotels including the Twice Brewed Inn
- Sharing the experience with a group of like-minded walkers
- A more personalised experience thanks to small group sizes (maximum 15 people)

## WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation(s)
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary
- Luggage transfers

## TRIP SUITABILITY

This Hadrian's Wall Complete Guided Walking /Hiking Trail is graded 4 which involves walks /hikes on good paths with some significant ascents, often quite a distance each day. It is your responsibility to ensure you have the relevant fitness required to join this holiday. A sustained effort is required to complete this walk and provision cannot be made for anyone who opts out. Please be sure you can manage the daily mileage and ascent as listed. The walking day is normally 7-8 hours. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace.

### Your fitness

Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking - whether the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6-8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance

- Time training will help ensure you enjoy your holiday to the max.

## ITINERARY

### **Day 1:** Arrival Day

Meet your leader 1830 at the hotel reception, prior to your evening meal, to find out the plan of action.

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### **Day 2:** The Solway Estuary

A short transfer takes us to the coast and the nature reserves of the Solway estuary. A gentle start to our journey as we wind our way through saltmarshes, farmland and villages to the city of Carlisle. Many of the houses and walls along today's walk have been built with what was once Hadrian's Wall. 15 miles (24km) with 420 feet (130m) of ascent

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### **Day 3:** To Banks

From Carlisle, we follow the river through peaceful parkland and villages to the beautiful setting of Lanercost Priory. As impressive as the priory is, the coffee shop is even more so - the perfect place to sit out and enjoy a cuppa and cake. From there it's a short walk to Banks where you'll see your first free-standing section of Hadrian's Wall 14½ miles (23½km) with 1,000 feet (300m) of ascent

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### **Day 4:** Turrets, Signal Towers and Forts

Turrets, signal towers and forts today, well preserved sections of the wall, and the start of a wilder and more windswept landscape. We pass 2,000-year old Birdoswald Roman Fort, the Roman remains at Willowford, and the ruins of Thirlwall Castle before reaching one of the most impressive landscapes on the route. Check out the views from Milecastle 41 just after Cawfields Crag! Our walk finishes today, in the pub, at Once Brewed. 13½ miles (22km) with 1,500 feet (460m) of ascen

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### **Day 5:** Once Brewed to Chollerford

Superb views of Steel Rigg and Crag Lough start our day, with the Wall snaking in the distance. See where the famous "Robin Hood's" tree at Sycamore Gap once stood before we reach the impressive site of Housesteads Roman Fort. Fantastic views again, from Sewingshields Crag, before easier walking takes us past Brocolitia and on to Chester's Fort and Chollerford, where we end our day. 12 miles (19.5km) with 900 feet (280m) of ascent

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### **Day 6:** To Heddon on the Wall

A gentle climb from the start gives us cracking views over to the Cheviots, and relatively easy walking through farmland all the way to Heddon on the Wall. Towards the end of the walk, there's a wonderful café selling treats to give you that final burst of energy 15½ miles (25km) with 1,260 feet (390m) of ascent

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### **Day 7:** The Industrial Heritage of the River Tyne

A total contrast to the rest of the trail, our final leg takes us on an exploration of the industrial heritage of the River Tyne, and into the heart of Newcastle through its smartly redeveloped Quayside with the "blinking eye" bridge and

the Baltic museum. You can end your journey and celebrate with a drink at the Quayside, or continue on to the trail's official end point – the Roman fort of Segedunum. 15 miles (24km) with 780 feet (240m) of ascent

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**Day 8:** Departure Day

A fond farewell with a lifetime of memories. Well done, you've just completed the complete Hadrian's Wall trail.

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## **The Crown, Wetheral - Hadrian's Wall Complete Trail**

Hop off the train at Wetheral and you can walk straight through the garden and into the newly refurbished Crown Hotel. You'll find comfortable rooms and great food, as well as a gym, swimming pool, and sauna, too. All rooms are en-suite and offer complimentary WiFi, TV, tea and coffee making facilities, and toiletries. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

## **Twice Brewed Inn, Bardon Mill - Hadrian's Wall Complete Trail**

The Twice Brewed Inn is one of our favourite stays, not least for having a drying room, stargazing observatory, its own brewery, and a standout location right on the trail. The "twicey" welcomes walkers with home cooked food and comfortable rooms. While the twin and single rooms are spacious, the doubles are pretty compact; but we think the location and facilities here make it worth it. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

## **Copthorne Hotel, Quayside, Newcastle - Hadrian's Wall Complete**

With an enviable location right on Newcastle's famous Quayside, this modern, well-equipped hotel rewards guests with comfortable rooms overlooking the River Tyne.