

**HADRIAN'S CYCLEWAY**

**COAST-TO-COAST CYCLING**  
**FROM RAVENGLASS TO SOUTH SHIELDS**

**by Carl McKeating and Rachel Crolla**

**CICERONE**

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Route mapping by Lovell Johns [www.lovelljohns.com](http://www.lovelljohns.com)  
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### Updates to this guide

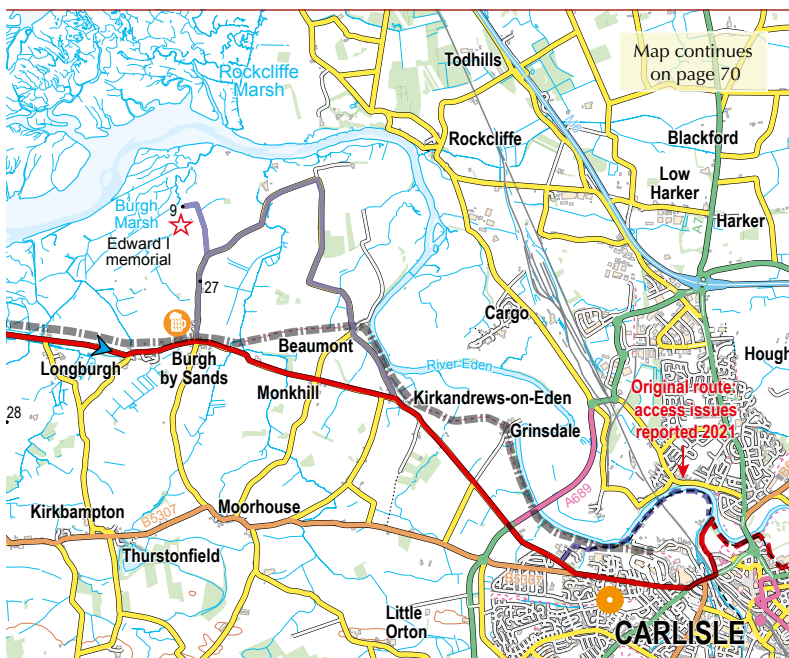
While every effort is made by our authors to ensure the accuracy of guidebooks as they go to print, changes can occur during the lifetime of an edition. Any updates that we know of for this guide will be on the Cicerone website ([www.cicerone.co.uk/1042/updates](http://www.cicerone.co.uk/1042/updates)), so please check before planning your trip. We also advise that you check information about such things as transport, accommodation and shops locally. Even rights of way can be altered over time.

We are always grateful for information about any discrepancies between a guidebook and the facts on the ground, sent by email to [updates@cicerone.co.uk](mailto:updates@cicerone.co.uk) or by post to Cicerone, Juniper House, Murley Moss, Oxenholme Road, Kendal, LA9 7RL.

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All of the research, editorial and design work for this guide was completed early in 2020 before the coronavirus lockdown, and the guide was printed during this period. There may be changes to the route as a result, particularly in relation to accommodation and other facilities. Please bear this in mind and let us know of any changes you encounter. Any updates we receive will be reviewed by the authors and shared on the Cicerone website.

*Front cover:* Passing Hadrian's Wall at Birdoswald (Day 2)

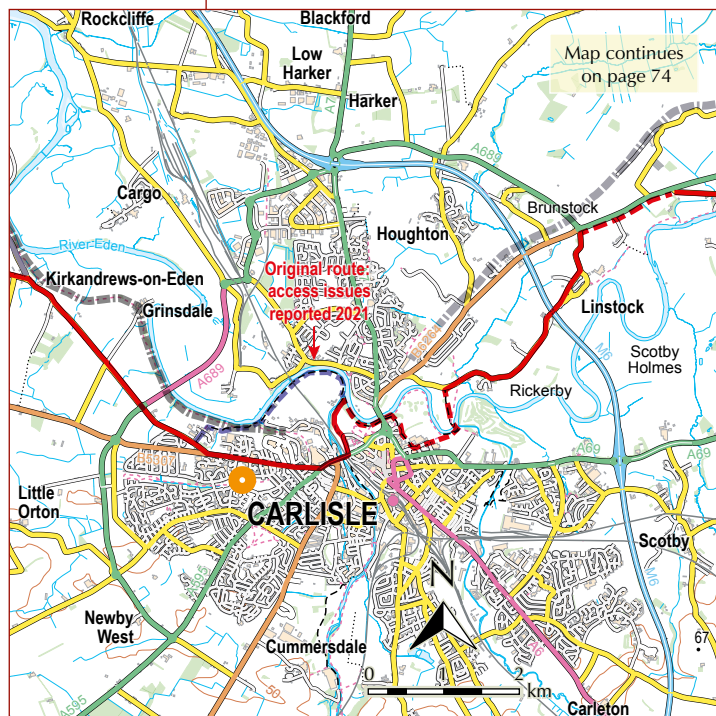


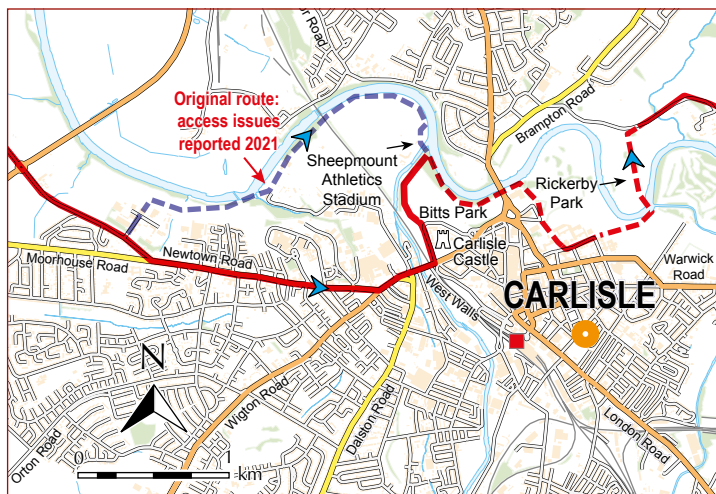
The road from Bowness is liable to flooding

requires care. At the large roundabout on Carlisle's outer northern ring road, use the cycle paths and crossings to facilitate safe passage directly across.

### TRAVERSING CARLISLE

Cycling through Carlisle requires careful route-finding as there are two options. The HCW originally took the traffic free route marked in purple. This was changed to the route marked in red. The original route is preferable, but access issues have been reported as of 2021. The official signed route resorts to a busier road and then roadside path to reach the castle.





### Official route through Carlisle

From the roundabout, continue straight into Carlisle. Where Burgh Road reaches the B5307 take a shallow left. Carry on to a large roundabout on the A595 outside the McVitie's factory. Turn left towards the city centre, taking advantage of Carlisle's system of shared-use pavements. The road rises, crossing the River Caldew and West Coast Mainline. Just as you reach the red sandstone perimeter wall of **Carlisle Castle**, take a left down the minor Dacre Road. As this curves behind the castle, turn left onto Mayor's Drive to meet the primary route at a bridge near the **Sheepmount Athletics Stadium** car park. Follow the 72 rightwards (east) through the trees into **Bitts Park**.

### Alternative route through Carlisle

Cross the roundabout and head towards **Carlisle** on Burgh Road – there is 400m of segregated contra-flow cycle path on the right-hand side to make use of until the traffic calmed urban area starts. Once you reach housing, take the first available left onto Marconi Road. Follow this downhill towards the Burgh Industrial Estate to a

T-junction. Diagonally right across from the T-junction is a fairly hard-to-spot footpath between the warehouses; it has steel tubular barriers to prevent motorcycle access. Head down this – the path is at times unsurfaced, but will cause no difficulties for road bikes. Continue on HCW until you spot Hadrian's Wall Path (National Trail) through the trees running parallel with the river; join it on the left close to a grassy clearing. Trend rightwards once on this to access the riverside down some stone steps with a metal handrail (tricky for heavily-laden cycle tourers). Dip under a former railway bridge. (If you have reached a hill with railway sleeper steps going up steeply, you have missed the river access by about 30m.) Follow Hadrian's Wall Path as it arcs beside the river to **Sheepmount Athletics Stadium**. Head through the car park but take an immediate left after a small bridge to continue on Hadrian's Wall Path into **Bitts Park** (the alternative joins here). Carlisle Castle is also easily reached from this point.

Where the routes converge in Bitts Park, stay on the left with the river and take a left fork as the main road comes into view, then pass beneath a road bridge. You'll soon reach the Turf Tavern; continue straight on to meet a T-junction. Turn left onto a shared use path leading to Strand Road. At the end of this, head straight on to another cycle path. This path will soon join the river at a kink – bear rightwards. At the next fork, bear left to cross Memorial Bridge, with its ornate fish gate, into **Rickerby Park** – which surprisingly has cattle grazing in summer months. Follow the cycle path directly to the enormous white cenotaph.

**Rickerby Park** was purchased as a site for the impressive granite war memorial built in 1922. The Border regiment, based at Carlisle Castle, lost more than 6,000 troops during World War 1.

At the T-junction, turn right to discover you've left Carlisle behind. ►

Soon you'll cross the M6. After passing through the village of **Linstock**, you'll reach the busy A689 at a

The peculiarly named George Head Head's octagonal Victorian folly in the form of a peel tower can be seen in fields just after leaving Rickerby Park.

## HALTWHISTLE

Haltwhistle, although fairly unremarkable, claims to be the centre of Great Britain. As always with such claims, a degree of imagination is needed and the measurement appears to have defined Britain's northern limit as being on the Orkney Islands. Nonetheless, there is a plate and badge embedded in the small market square to commemorate this geographical novelty. Haltwhistle presently has plenty of cafés and restaurants but no bakery. Those eager for that cycle-tourer staple 'pie power' will find that the sandwich shop on the left approaching the market square does excellent hot homemade pies and giant scones that could feed an entire Roman Army.



*Haltwhistle – the centre of Britain*

## EAST TO WEST

Unless on the MWA, a gradual climb is needed to regain the tops from Haltwhistle, although much of this height is lost quickly down the steep and awkward Greenwelt Bank. The climb to Birdswald is not too challenging, although it has a steep and satisfying bend as the Wall is reached. At Banks the E–W and W–E routes momentarily split on the descent, with the E–W option continuing straight on and requiring care to be taken with blind bends. While the climbs from Lanercost over the Swartle and up Gelt Road from Brampton are both tough, the hardest climb of the day is that which goes from the River Gelt just after Brampton. This has a steep entry followed by a long drag to its summit – the road is at least quiet. The escape from the riverside cycle paths at Carlisle should not be too difficult. Do not go into the car park of **Sheepmount Athletics Stadium**. Instead turn left onto Dacre Road, leading to **Carlisle Castle**. If continuing, make use of shared pavements through the city centre.