Hadrian's Wall - Women's Trek!

With Sheri Goodwin of Transformational Journeys



Hadrian's Wall footpath is an 84-mile coast to coast trail from Bowness on Solway to Wallsend, that runs along the historic Hadrian's Wall of England. Hadrian's Wall was built under the orders of Roman Emperor Hadrian in AD122. For nearly 300 years Hadrian's Wall marked the northernmost frontier of the Roman Empire that stretched east for 2500 miles to present day Iraq, and south for 1500 miles to the Sahara desert.

The footpath opened in May of 2003 and became Britain's 15th National Trail gaining fast popularity amongst long distance trail walkers. The route is very well signposted with well-maintained paths throughout. Walking along the trail, hikers observe what is left of the wall, plus evidence of turrets (watch towers), mile castles (small forts) and forts, all of which were built on the wall. Hikers also enjoy sweeping countryside views, curious farm animals, museums, and the warm and friendly people who live in towns and villages along the trail. Historic English pubs, B&B's and small hotels provide wonderful meals and accommodations for those taking on this rewarding challenge. This is one historical trekking adventure not to miss!



Typical lodging



Stamp & Passport

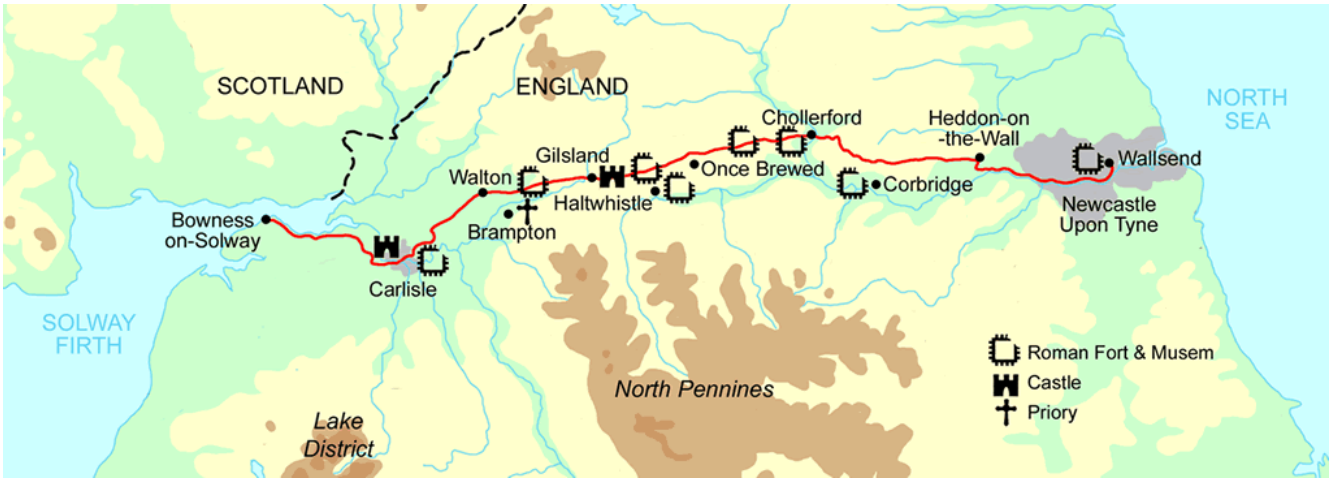


Typical Pub



Furry friends along the way

Trip Itinerary



HADRIAN'S WALL TRIP ITINERARY	DISTANCE
Day 1 Arrive in Carlisle	0-3 miles
Day 2 Bowness on Solway to Carlisle	15.0 miles
Day 3 Carlisle to Walton	11.0 miles
Day 4 Walton to Gilsland	8.0 miles
Day 5 Gilsland to Once Brewed	8.0 miles
Day 6 Vindolanda & Housesteads Forts	3-5 miles
Day 7 Once Brewed to Chollerford	12.0 miles
Day 8 Chollerford to Heddon on the Wall	15.0 miles
Day 9 Heddon on the Wall to Wallsend	15.0 miles
Day10 Visit Newcastle	3-5 miles

DAY 1: Arrive in Carlisle by train via London, Glasgow or Edinburgh airport and get settled into our accommodations. If you arrive early, you can explore Carlisle's Cathedral, Castle and /or Carlisle's Tullie Museum on your own. Carlisle's information center in the middle of town is a great place to start. We will meet as a group for the first time at 4:30PM at our B&B, then head to dinner at 5PM. At dinner you will receive your official Hadrian's Wall Trail Passport to be stamped at various points along the path. At the end of the journey fully stamped passports are the





evidence you need to receive a Certificate of Completion. After dinner we will stop at the local store and pick out our lunch for the next days hike.

Meals - D

DAY 2: BOWNESS ON SOLWAY TO CARLISLE

DISTANCE: 15 miles



After breakfast we will catch the early morning bus to the start of our trek in the town of Bowness on Solway in the region of Cumbria. A small shelter next to the waterway of Solway Firth marks the beginning of our journey. Looking across the waterway, you can see Scotland. Today's footpath, although long - 15 miles, is mostly flat and will take us along the water way, roads, through grassy farmlands, small villages, and eventually along the River Eden leading us into Carlisle. The only evidence of the wall that we will see today is the Vallum, which will be visible on our right when crossing the Sourmilk Footbridge. We will also pass three churches along the way that were built of Roman masonry - St Mary's at Beaumont, St Michael's at Burgh-by-Sands and St. Martin's at Bowness - which only partly explains today's non-existent wall. Where the rest of the wall went is still in question.



Meals - B, D

DAY 3: CARLISLE TO WALTON

DISTANCE: 11 miles



Again today, we will not see the actual stone wall, but may catch glimpses of the ditch, which ran north and parallel to the wall, letting us know that we are indeed walking along the path of Hadrian's Wall. The trail starts off following the River Eden passing a school, a golf course, and a park. Next, we journey around and through small hamlets, eventually leading to several farms, some filled with sheep and others with curious cows. With many farm animals greeting us we quickly learn why the farmer's kissing gates and stiles (steps to go over farmer's walls) are important for both the trekker and the farmer. The day's views through England's countryside and quaint hamlets make up for the lack of wall remnants along the path.

Meals - B, D

DAY 4: WALTON TO GILSLAND

DISTANCE: 8 miles



After two days of walking along Hadrian's Roman Wall and not seeing any of the actual stone wall, today's path will be a welcome change. Today we walk past some fascinating sections of the wall with visible turrets as well as our first visible Roman Fort (Birdoswald) and Museum. We will stop at the museum and learn more about Hadrian's Wall and what life in England was like during the occupation of the Romans. After our break from the trail itself, we will start where we left off and continue discovering various sections of the wall until we arrive in Gilsland at our accommodations.



Meals - B, D

DAY 5: GILSLAND TO ONCE BREWED

DISTANCE: 8 miles

Today we leave the region of Cumbria and enter the more quaint countryside of Northumbria. Shortly after leaving our accommodations we will come across our first ruins of a mile-castle called Poltross Burn Milecastle. This particular mile castle is the most well intact we will see along the wall. Next, we come across ruins of a castle that was built entirely of stone from the wall, called the Thirlwall Castle. It's no wonder that few remnants of the wall are seen around this castle. Just beyond our longest hill of the morning and day, we arrive at our second museum of the trip called the Roman Army Museum - a modern museum that does a great job giving you an understanding of what life was like for the Roman soldier. A short stroll after the museum, we enter Walltown Country Park, which marks the beginning of the Northumberland National Park. It also marks the beginning of some of the most complete





stretches of the wall still standing today. The rest of the day's walk is along the wall that was built over rolling farmland hills, and at the top of crags (cliffs). Needless to say this portion of the hike not only becomes more beautiful, but more challenging as well. The last crag we climb today, known as Winshields Crag, marks the highest point on the trail at 345 meters / 1,135 feet. We finish our day at a hostel called Once Brewed and a Hotel called Twice Brewed, and yes, there is a story. Tonight we will enjoy the Hotel's lively pub.

Meals - B, D

DAY 6: VINDOLANDA AND HOUSETEADS ROMAN FORTS

We wake to a leisure breakfast, knowing we will not be prepping to leave for another long hike. After breakfast we will walk to Vindolanda Roman Fort about 1.5 miles from our accommodation. This is the only Roman Fort we will visit that is not directly on the Wall and predates Hadrian's Wall. It became a very important historical site when the Vindolanda tablets were discovered on site. These writing tablets are among the most important finds of military and private correspondence found anywhere in the Roman Empire. After spending a few hours exploring the outdoor and indoor museum, we will catch the bus to the Housesteads Roman Fort, probably the most impressive and intact Fort along the wall and again explore both outdoor and indoor museums. After our day of history lessons, we head back to another enjoyable evening at Twice Brewed Hotel & Pub.



Meals - B, D

DAY 7: ONCE BREWED TO CHOLLERFORD

DISTANCE: 12 miles

Today we pick up where we left off two days ago and continue along the well preserved stretch of the Roman Wall. Similar to the stretch of wall starting at Walltown Park, this section also traverses rolling hills and crags, giving way to impressive country views. Passing a few turrets and a decently intact mile castle, we come across the Sycamore Gap named after the tree growing in the dip. This tree has become famous due to being filmed in the movie Robin Hood, starring Kevin Costner. The trail





continues along the wall and over rolling hills until we reach Houseteads Roman Fort. Having already visited this site, we will continue our walk while we enjoy seeing the Fort from a different angle. The well intact wall continues for quite some time. Eventually we start to see less and less of the wall. At this point the Wall's ditch will start to become more prominent. The next interesting site we encounter along the way is Mithras temple. Mithraism which worshipped the god Mithra was one of the more popular religions along the wall. The end of our journey today takes us along the B6318 road - which was built on top of the Military Road. Both roads were built on top of the wall. Eventually we will arrive at Chester's Roman Fort and Chollerford. If time allows and we have enough energy, we will explore this outdoor Fort and its fascinating baths, as well as the indoor Museum.



Meals - B, D

DAY 8: CHOLLERFORD TO HEDDON ON THE WALL

DISTANCE: 15 miles



Our last two days of the trail show less and less remains of the wall, but still more than our first two days of this adventure. Today we walk by Brunton Turret and Planetrees, a short section of the wall. The majority of today's walk is again on pathways near the B6318 Highway. Despite the highway and lack of wall, the scenery is still quite beautiful. The British countryside is alive with flowers, livestock, birds and rabbits. We pass by quaint teahouses where we can have a proper rest and snack and by the Robin Hood Bar & Restaurant where we can stop to have lunch and receive another stamp in our passport. We finally arrive at the charming village of Heddon on the Wall, and after cleaning up at our accommodations, we will head to dinner at either the Three Tuns pub or The Swan pub.



Meals - B, D

DAY 9: HEDDON ON THE WALL TO WALLSEND

DISTANCE: 15 miles



The final day walking along the wall begins with viewing some of the last remnants of the wall that we will see. After enjoying these bits of ruins, we head down-hill towards farm fields and eventually to a path along the river Tyne, a river we follow to Newcastle and finally to Wallsend. At Wallsend we visit Segedunum Museum, where we receive our final stamp and Certificate of Completion. A taxi will take us to the final destination of our trip - Newcastle! We will go out for a celebratory dinner and reminisce about our adventure along Hadrian's Wall.



Meals - B, D

DAY 10: EXPLORE NEWCASTLE

DISTANCE: 0 - 5 miles

Today you will be free to explore the town of Newcastle on your own or with members of the group. There are several interesting and historical sites to take in such as the seven bridges that span the River Tyne in and around Newcastle; the Newcastle Castle built between 1080 and 1172; St. Nicholas's Cathedral built in the 14th and 15th centuries; the old city Chares - the oldest part of Newcastle with well-preserved narrow medieval streets and lanes; Grainger Town and Grey's Monument; historic Quayside that is home to the 2.5 mile long Victoria Tunnel (tunnel can be seen by advanced booking of guided tour); museums and more. If shopping is your thing you can head to Eldon Square Shopping Center and shop till you drop. If nature is your thing you can head to one of the most attractive city parks in England called Jesmond Dene and walk its nature trail that leads past the Old Mill, which has been in operation since the mid-1700's. After a day of exploring, we will meet for our last group dinner of the trip!



Meals - B, D

Trip Cost 2018

- $2700USD shared accommodation
- $500USD single supplement

Trip Cost Includes

- A 6-month training plan: includes proper build up of walking/hiking mileage until the start of trek
- Monthly group training hikes (4 total) starting in March for those in the Seattle area
- Packing list + pre-departure handouts
- Group conference call to answer packing and pre-departure questions
- Breakfast and dinner daily
- All accommodations - 10 nights
- Daily luggage transfer to accommodations while on the trek (you will carry a day pack while trekking)
- Entrance to the following museums: Birdsowald, Roman Military, Vindolanda, Houseteads, Chesters and Segedunum
- Transportation from Carlisle to start of trek - Bowness on Solway
- Transportation from Wallsend to accommodations in Newcastle
- Hadrian's Wall passport and certificate of completion
- Guide book that includes maps of the journey
- Leader Sheri Goodwin

Cost Does Not Include

- International airfare
- Lunch - purchased at our accommodations or at local stores the night before
- Travel insurance: Ask Pam Perry: pam@grandasianjourneys.com for more information
- Personal equipment (a suggested list will be emailed to you)
- And other expenses of a personal nature (soft drinks, alcoholic beverages, mineral water, laundry, phone calls, internet, snacks, bars for trail, etc.)

To Book This Trip

1. **Complete Reservation Form:** Contact us by email or phone to ensure that spots are available and that this trek is the right fit for you. At that point, we will email you the Reservation Form. You will need to return the form along with a non-refundable check (Made out to Transformational Journeys) for $800 per person.
2. **Payment:** Payment must be made by personal checks. Balance payment must be made 12 weeks prior to departure.
3. **Cancellation:** If you wish to cancel, you must notify Transformational Journeys in writing. Cancellations and refunds are subject to the following restrictions:

- More than 12 weeks prior to departure: deposit is forfeited, the remainder is refunded
- 12 weeks to 8 weeks prior to departure: 50% of tour cost subject to refund
- Within 8 weeks prior to departure: no refunds.
- While on trek: no refunds for any unused services

Travel insurance with emergency medical & emergency evacuation coverage is required for this trek

I generally use Travelex and highly recommend their coverage. My friend Pam Perry with Grand Asian Journeys is an agent of Travelex and can help you to obtain travel insurance. You can get a quote at TravelexInsurance.com, and use her location number 47-0136. Or you can email Pam directly to ask her questions: pam@grandasianjourneys.com

A Bit More About this Trekking Adventure

This Hadrian's Wall group adventure is a rewarding 8-day trek, walking from town to town in the scenic countryside of England along a historic wall.



We will visit 5 museums along our journey that will educate us on the history of the wall and give us a good idea of what life was like at the time of the Roman occupation in England. Aside from our museum stops, this adventure is a physical journey, hiking anywhere from 4-7.5 hours each day. Physical challenges, like this trek, also have the potential to challenge us mentally and emotionally. Adventures of this nature tend to teach us something about ourselves and, in this way, are a wonderful gift. Trekking for multiple days in the great outdoors, away from technology and the to do lists of life, can help us re-connect with ourselves and nature. We might gain powerful insights and clarity about ourselves that we can take back home and infuse into our lives. Excited yet? I hope so!

The well marked footpaths are mostly on soft grassy ground with some asphalt and dirt trails along the way. The first two days and last two days of the trek, although higher mile days, are mostly flat with just a few rolling hills. The middle section contains mostly rolling farmland hills, with a few short yet steep hills that climb to the top of crags (cliffs). At some points along the trail we will climb over farmers stone walls via what are called stiles (see photo to the right). Stiles tend to have a lot of space between each step that not only can challenge your balance, but quads and glutes as well. These are important things to be aware of as you train for this trek.



Paces naturally differ within groups, so we will re-group at designated breaks, lunch, and of course at our place of stay each day. Your trip leader, Sheri Goodwin, will be looking out for everyone while on the trails. Safety of all will be Sheri's number one priority as she leads the group. Sheri has walked this path before and knows the trail. However she is not a historian and will not be able to answer all of your questions about the wall itself. To help with your questions, a guide book that gives information about what we are walking past will be provided. The five museums we visit will give us the best and most up to date information about the wall.



Each afternoon as we end our walk we will make our way through a small city, town, or village to our accommodations. **The accommodations** (B&B's, small hotels, guest houses) are charming, comfortable, friendly and clean, yet not 5-star hotel type experiences you might have in a big city. Our accommodations are unique with their own history and stories - a great cultural experience. **Breakfasts** are the typical full English breakfasts (eggs, sausage, bacon, beans, cooked tomatoes, mushrooms, toast, potato scone, tea or coffee, and sometimes fresh fruit, yoghurt and cereals). **For dinner,** we will either eat at our accommodation or go into town to eat. The food is quite good and you will have a variety of food to choose from. The main dinner is included in the price, but not appetizers, drinks or dessert. **For lunch** you will have a choice of purchasing a boxed lunch from our place of stay or purchasing food at a local store. You will also be encouraged to bring energy/protein bars from home for snacks on the trail.

Prior to sending in your deposit for this trek, Sheri will interview you over the phone or in some instances in person to be sure this trek is the right fit for you. It does require training and a decent level of fitness to successfully complete this trek. If you are not yet in shape, this could be the motivation you need to participate in an exercise program to get in shape. You will receive a 6-month walking/ hiking training program including when to start hiking with a backpack and when and how to increase weight in the backpack as you train. Sheri also offers individual and outdoor group training programs at a separate cost. If you would like more help to improve strength, stamina and overall mobility these are options that are encouraged. Just ask Sheri for more information!

