

	<p align="center">Great Border City (Carlisle) Historical PT</p> <p align="center">(PT 342 – 10Km)</p>		
START VENUE	Carlisle Railway Station, Court Square, Carlisle, CA1 1QZ. The Railway Station is in the City Centre which is well signposted on major routes into Carlisle. The route is a figure of eight and can be accessed from other points along the route where alternative car parking is available. OS Explorer Active 315 Grid Reference NY 4024 5555.		
CAR PARKING	Long stay Pay & Display (or phone app) car parking is available in West Walls Car Park, off Borough Street, Carlisle, CA3 8TZ about 0.5Km from the Railway Station. [i] Sally Port Steps provides access between West Walls Car Park and West Walls that provides an alternative starting point. [ii] Rickerby Car Park, Rickerby Park & [iii] Bitts Park Car Park, Mayor's Drive are small free car parks that provide alternative starting points. [iv] Sheepmount Car Park and Castle Car Park are large Pay & Display Car Parks that provide parking for campers and larger vehicles. These car parks are secured overnight.		
PUBLIC TRANSPORT	Carlisle lies on the West Coast Mainline and is served by regular train services from London via Lancaster and from Glasgow and Edinburgh. It is also well served by regional and local train services from Leeds, Nunthorpe Newcastle and Workington. Carlisle Bus Station is located at Lonsdale Street, Carlisle, CA1 1DB, about 0.5Km from the railway Station. The city is served by regular bus services from many parts of the UK.		
GEOCACHING	There is at least one known Geocache along the route.		
DISTANCE/GRADE	10Km Grade 2		
TERRAIN	Much of the route is on well-made paths through the City centre and along the banks of the River Eden. The route is not accessible to wheelchairs and pushchairs. After heavy and persistent rainfall, parts of the route may be at significant risk of flooding making the route impassable. Please check the Government website for flood warnings by using the following link: https://check-for-flooding.service.gov.uk/target-area/011FWFNC3A .		
GENERAL INFORMATION	Carlisle is a cathedral city in the County of Cumbria. Its early history is marked by the establishment of a Roman settlement which served forts along Hadrian's Wall in Roman Britain. Due to its proximity to the border with Scotland, Carlisle Castle and the city became an important military stronghold in the Middle Ages. The castle served as a prison currently hosts the Duke of Lancaster's Regiment and the Border Regiment Museum. In the 19th century, the introduction of textile manufacture during the Industrial Revolution meant Carlisle developed into a densely populated mill town. It also became an important railway town, with 7 railway companies sharing Carlisle Station. Nicknamed the 'Great Border City', Carlisle today is a main cultural, commercial and industrial centre in the British borders.		
SPECIAL PROGRAMMES	River Connections: There is a River Connection on this PT.		
	Royal Connections: There are several Royal Connections on this PT.		
REFRESHMENTS	There are several places to buy food and drink along the route.		
TOILETS	Public toilets are available at The sands Centre. Customer toilets are available at several refreshment stops around the route.		
BWF / IVV	This trail is registered until 31st December 2025. BWF declaration on next page.		
ROUTE DESCRIPTION CHECK / UPDATED	6 th September 2024 (Please make sure you are using the most up to date version, particularly if you printed this off a while ago). Admin check on 15 th June 2025. Section UK IPA Walking Group – 113		
DATA PROTECTION	The data provided on his form will be retained until 1st February 2026 for statistical analysis and will then be securely destroyed.		
ENTRY FEE	£1.50 per walker. Payment preferred by Bank Transfer to Metro Bank Account: 45237087; Sort Code: 23-05-80; Name: Region 3 IPA (NB: Metro Bank do not operate "Confirmation of Payee" so a warning indicating this account cannot be checked is likely). Please use PT 320 + Surname as payment reference. Cheques, payable to Mrs J A Smith, accepted only by exception when bank transfer is not possible please.		
TRAIL ORGANISER: (TO CLAIM IVV STAMPS)	Judith Smith (BWF), 13 Chantry Road, East Ayton, Scarborough, North Yorkshire YO13 9EP. Email: judith.a.smith@btinternet.com Please use the form on Page 2 to submit your entry and claim IVV stamps. Please enclose a STAMPED SELF ADDRESSED ENVELOPE [A5 size (162mm x 229mm)] with this form and send it to the Trail Organiser.		
BWF DECLARATION	The organisers are not liable for accidents, thefts and/or damage to property. Every effort will be made by the organisers to make this a safe, enjoyable and memorable event.		

PERMANENT TRAIL COMPLETION & IVV STAMP CLAIM FORM

(Please print details clearly)

PT NAME:	GREAT BORDER CITY (CARLISLE) HISTORICAL PT	PT NUMBER:	PT342
DATE WALKED:		ROUTE LAST UPDATED:	6 th September 2024

NAME:			
ADDRESS:			
POSTCODE:		TELEPHONE: *	
E-MAIL: *			

NAMES OF <u>ADDITIONAL</u> WALKERS:		

AWARD & SOUVENIR STICKER:	At the present time, there is no award available for this trail. If you wish to be notified if an award (cloth badge) is produced, please indicate YES / NO . Please ensure your E-mail address is entered above.
	A free Souvenir Log Book sticker is available YES / NO

Please put my IVV stamps on a new set of insert cards.	YES / NO
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ENTRY FEES:	Number	Walkers @ £1.50 each =	£
	Number	Awards @ £2.50 each =	£ Not applicable
	Total transferred / enclosed (delete as necessary) =		£

ANSWERS	
Q1:	Q4:
Q2:	Q5:
Q3:	Q6:

If you wish to make any comments, please add them to a separate sheet.

If you have a problem with this trail, please try to resolve it with the trail organiser. If you are unable to resolve the problem, please contact the BWF Trails Officer.

The details on this form will only be used in order to process your claim for IVV stamps and will not be used for any other purpose. Your details will not be passed to any third party.

*These Details will only be used in the event of a query relating to this claim for IVV stamps.

ROUTE DESCRIPTION

TL = TURN LEFT; TR = TURN RIGHT; SO = STRAIGHT ON

NOTE: The route passes through the grounds of Carlisle Cathedral twice however access is only available 7.30AM – 6.00PM Monday to Friday and 7.30AM TO 5.00PM Saturday & Sunday. If the gates are closed, please follow alternative route shown in description.

Start by facing away from the main entrance of Carlisle Railway Station, walk SO to the traffic lights, TL, cross at the lights and go SO to the Citadel Arch. (NB: Caution needed due to traffic accessing the railway station)

QUESTION 1: The Citadel towers were erected in 1810 replacing similar structures built on the order of which King?

Continue along English Street to traffic lights and cross over SO to the pedestrian area (English St). Continue SO past the statue of former mayor, James Steel to the second of two adjacent Marks & Spencer store buildings which stands on the former site of Highmore House [#1] **(HINT: Royal Connection – look for inscription)**.

After approximately 50m, TL and walk along St Cuthbert's Lane. At the church [#2] TL and then TR into Heads Lane (no sign but sign posted West Walls Walk), passing the 15 century Tithe Barn on the right. At the end of the barn/lane, cross the road then TR. You are now on West Walls, the remains of the City's Western Defences. [i] At this point is found 'Sally Port Steps' which provide access to/from West Walls Car Park). Continue SO along this road, near the end of the road bear slightly left and use the steps to the Millenium Bridge (brick and white metal structure) over the dual carriageway. (The lifts are inoperable so alternatively, use the pedestrian crossing or underpass a short distance away to the right). At the bottom of the steps on the opposite side of the road, TL and walk along the footpath then TL along the footpath to the entrance of Carlisle Castle [#3] **(HINT: Royal Connections research required)**. If you have time, this is a good opportunity to visit the Castle which is managed by English Heritage (Members free entry).

After leaving the Castle entrance, retrace your steps along the path to the dual carriageway then cross the road using either the pedestrian crossing or the steps/ramp to the underpass (the underpass contains the Cursing Stone exhibit together with local heritage artefacts).

Continue SO into Castle Street (If using the Pelican Crossing, Castle Street is directly ahead, from the underpass TR, TR then TR to join Castle Street). Keeping to the right side of Castle Street, follow the map of Hadrian's Wall inscribed and signposted on the footpath. Pass Tullie House Museum & Art Gallery on the right (large wooden pillars on the footpath opposite the entrance), then continue SO until you reach, and pass, the Boardroom Public House. TR into Paternoster Row.

Continue to the end of Paternoster Row (Abbey Street) and just before the stone arch ahead, TL through the archway and gates into the grounds of Carlisle Cathedral (#4) **(HINT: Royal Connection – research required)** [If Cathedral grounds are closed, see alternative route [1]]. Follow the path keeping the café to the right and the Cathedral on the left. An unusual gargoyle, also known as a grotesque, of a 'British Copper' stands guard just to the right of the upper last window (look up) - it is a tribute to PC George Russell who was killed on duty after being shot by a suspected car thief in 1965. Keeping the Cathedral on the left, continue through the gates then follow the path slightly to the left to Castle Street beyond. At Castle Street, TL then immediately TR (almost SO) down St Mary's Gate to the junction at the end. At the end TR into Fisher Street (sign is on the left). Continue SO until you reach the main city square. Walk ahead to the Market Cross (also known as Carlisle Cross) which was built in 1682.

QUESTION 2: What animal is at the top of this monument?

Interesting buildings can be seen from this standpoint - the 17c Town Hall (now housing an excellent Tourist Information Centre), the 14c Guildhall and the 3 faced Town Hall clock (#5)

To continue, face the Tourist Information Centre and the brass plaque attached to the Carlisle Cross, bear right and take the road to the right of the former Town Hall into Scotch St. Continue SO. Towards the end of Scotch Street, as the road starts to descend, keep to the right-hand side of the road keeping a large, circular brick building (former Debenhams Store) on the right until you reach the main road (Drovers Lane). Cross Drovers Lane using the traffic signals along Rickergate towards the Civic Centre tower block. The building on the left on the opposite side of Rickergate is the former Police Station which was devastated by floods (the flood water reached the top of the ground floor windows!).

Continue SO past the Civic Centre. Take the steps/ramp (ahead) to the underpass at Hardwicke Circus (a large road junction) then bear right and through a second underpass sign posted "Sands Centre" and climb the steps/ramp. At the top of the steps/ramp next to the main road, TR then TR immediately and continue on footpath next to, and keeping the main road to the left, over Eden Bridge (**HINT: River Connection**) and at the end of the bridge, TR down steps sign posted 'Public Footpaths Rickerby Park and River Eden'. At the bottom of the steps, TR and follow the curved path around to the left to pass through a metal kissing gate. Continue SO along a tarmac path keeping the river (**HINT: River Connection**) to the right. At the path junction, bear right then continue SO, passing through a wooden kissing gate, until you reach Rickerby Road. TR onto the road (no footpath) and after passing a small parking area [ii], bear right onto a footpath sign posted (wooden finger post) "Public Footpath" and follow this metalled path to the War Memorial. (If the path is flooded, use any of several alternative paths or walk across open parkland to reach the War Memorial). At the War Memorial, TR along the path through the gate onto and across the suspension Memorial Bridge (**HINT: River Connection**).

QUESTION 3: Who were the Memorial Bridge construction Engineers? (Two plaques on right)

At the end of the bridge, TR following Hadrian's Wall Walk/National Cycleway 72 (signposted with Roman Centurian Helmet) and continue SO to follow the path keeping the River Eden (**HINT: River Connection**) to the right until reaching a ramp SO to the Sands Leisure Centre (Ignore the path/ramp to the left).

QUESTION 4: Built into the small wall on the left are several pillars naming Roman Fortresses in both Roman and English, what is the Roman name for Carlisle?

Continue along the path, keeping the Sands Centre to the left. Walk through the tunnel and after exiting, stop and turn around to look at the right side of the wall which shows the level of flooding that devastated parts of the City.

QUESTION 5: In what year were these floods?

With your back to the tunnel entrance, walk a few steps SO and look left in the direction of the City to overlook the low parkland ahead. Try to imagine how this part of the City would have looked at the height of the flooding.

Continue SO to the wide tree lined path for about 150 metres then TR onto the path signposted Bitts Park (Mayor's Drive) keeping the river on the right and tennis courts on the left. Upon reaching the roundabout at the end, TL on Mayor's Drive and, keeping a small car park [iii] on the left, and still on Cycle Route 72, continue SO (Caution no footpath) following the road around to the left into Devonshire Walk. Bear right keeping Sheepmount Car Park and Castle Car Park [iv] on right and the Castle on the left. At the end of Devonshire Walk, TL (take care of traffic turning off dual carriageway) onto Castle Way, then after a few metres, TL and climb the steps onto the Millennium Bridge. As you cross the bridge, good weather permitting, you will have some great views. To the west, the tall chimney is known as Dixon's Chimney (#6) and beyond the chimney, there is a great view of the peaks of the Northern Fells. Looking to your right and along the direction of the railway line, the Scottish Hills are also visible. Looking along the main road (Castle Way), you can also see the famous McVitie's biscuit factory. You can also use the nearby pedestrian crossing or underpass to cross the dual carriageway road.

After descending the steps of the bridge, TL and follow the road to the right then TR into Abbey Street (if using the pedestrian crossing or underpass, turn TL into Abbey Street). Continue along Abbey St and note that No. 32 was the former location of the Cumberland & Westmorland Police Station and Jail (above the door it is still possible to see where the force crest was fixed).

Continue SO along Abbey St and through the gates into the Cathedral grounds. [If Cathedral grounds are closed, see alternative route [2]]. Follow the path keeping the café to the right and the Cathedral on the left. (duplicated route) and continue through the exit gates onto the main road. TR towards the city centre and continue through the pedestrian area, TL between the HSBC and Barclays Banks into Bank St and at the end keep right and cross at the traffic lights almost SO into Lonsdale Street. Continue to the next junction and cross at the traffic signals continuing SO into Chiswick Street. At the end TR and then TR again into Warwick Road. Keep to the right-hand footpath.

QUESTION 6: Who built Cavendish House, No 83?

Continue SO along Warwick Road, crossing Spencer Street at the traffic signals, and after about 100m you will reach a junction controlled by traffic signals. Cross Warwick Road towards Nando's using the traffic signals then continue SO and walk around The Crescent (#7). Carlisle Railway Station now become visible ahead. Use the traffic signal pedestrian crossing to cross the main road to return to the start point.

ALTERNATIVE ROUTE IN THE EVENT THE CATHEDRAL GROUNDS ARE CLOSED

[1] When approaching along Paternoster Row, if the Cathedral grounds are closed, retrace your steps along Paternoster Row to the Boardroom Public House. TR along Castle Street keeping the Cathedral on the right to reach the Cathedral main entrance. Continue route as described.

[2] When approaching along Abbey Street, if the Cathedral grounds are closed, TL along Paternoster Row to reach the Boardroom Public House then turn right into Castle Street and keeping the Cathedral on your right, continue to reach the Cathedral main entrance then continue along the described route towards the city centre pedestrian area.

Welcome Back. The Section UK IPA Walking Group hopes you enjoyed the Great Border City Trail, Carlisle PT and that you have enjoyed exploring this fascinating town with its many interesting historical connections, only a few of which have been mentioned during this walk.

NUMBERED POINTS OF INTEREST

#1 Highmore House - an inscription on the left facade states that Bonnie Prince Charlie slept here on his way south during the 1745 rebellion. The inscription on the right shows that the Duke of Cumberland stayed here as he chased the rebels north!

#2 St Cuthbert's church - a beautiful 18c church built on the site of the original church dated 685 AD. It has many interesting features including a 14c stained glass window, several windows portraying the life of St Cuthbert and an unusually tall, carved mobile pulpit (specifically made to enable the vicar to preach to the gallery)

#3 Carlisle Castle - originally built in 1092 and rebuilt in 1135 has endured many centuries of turmoil and action during the conflicts between Scotland and England, in fact possession of the Castle changed many times within 700 years. Mary Queen of Scots was held captive here in 1568 and during the 1745/6 Jacobite Rebellion Carlisle Castle was the last English castle to undergo a siege.

#4 Carlisle Cathedral - founded as an Augustinian Priory in 1122 it became a Cathedral in 1133. It is the seat of the Bishop of Carlisle and is the second smallest of England's ancient cathedrals. It houses interesting architecture, carved black oak choir stalls, an impressive East Window and a stunning ceiling which can be viewed in closer detail using the mirror in the nave.

#5 Town Hall clock - the unusual 3 faced clock points east, south and west. It is alleged that the city officials "didn't want to give Scotland the time of day".

#6 Dixon's chimney - this is a former cotton mill which in its time was the largest cotton mill in England. The chimney was originally 93m tall but was reduced to 88m in recent years

#7 The Crescent - the cannon outside the western Citadel Tower was used to defend the city during the Jacobite rebellion.