

# GUIDE TO WALKING HADRIAN'S WALL



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# Who are Macs Adventure?

Hello and welcome to our guide to Walking Hadrian's Wall.

Since 2003, we have specialised in arranging self guided walking holidays, cycling holidays and tailor made adventures in the UK, Europe and around the world.

We are delighted to have helped thousands of travellers enjoy authentic experiences, rewarding challenges, active adventures and relaxing breaks since we started out in 2003.

The Hadrian's Wall Walk is one of our most popular walking tours, and we have arranged itineraries for over 6000 walkers on the trail to date.

The circuit is also a big favourite of our experienced team, and various team members have walked all or parts of the trail themselves, so we can offer first hand experience of both of the circuit, and the accommodations along the way which we have researched carefully.

To arrange a complete walking trip on the Hadrian's Wall, contact our specialists at [hello@macsadventure.com](mailto:hello@macsadventure.com), or browse our Cotswolds itineraries on our website.

[View all the Hadrian's Wall Walks on our website](#)

## Convenience & Peace of Mind

- We arrange everything for you
- Quality, hand picked accommodation
- Door to door baggage transfer
- Relax while we take care of your trip
- 24/7 Emergency telephone support

## Tailor Made Service

- Knowledgeable, personal advice
- Choose from our extensive range of tours
- Start on any date
- Choose your ideal durations

## Book with confidence

- 98% would recommend to a friend
- Read 2400+ unbiased reviews
- Benefit from 100% financial protection
- Expert, first-hand knowledge
- Each year thousands trust us.



# All about Hadrian's Wall Walk

## HISTORY

Hadrian's Wall is Britain's 13th National Trail and the first National Trail to become a UNESCO World Heritage Site. The path is 84 miles long from start to end and separates the border between England and Scotland. The trail is a 2nd-century fortification which was built on Emperor Hadrian's order in AD122.

## ROUTE & TERRAIN

This tour is graded anywhere between easy to moderate and strenuous, depending on which itinerary you choose. It is most suited for those walkers with previous long distance experience. The route is a mixture of paths, tracks and minor roads. Some of the paths can become very muddy and boggy and negotiating this terrain can be slow-going at times. Please read the Hadrian's Wall Code of Respect, which gives guidelines as to how to care for the natural environment for this UNESCO World Heritage Site.

## NAVIGATION

Although the route is well waymarked and much of it follows a well laid out path it is always highly recommended that you are a competent navigator, especially if the weather takes a turn for the worst.



## MACS APP NAVIGATION

Our handy Macs Adventure App means that in addition to the printed route notes and maps that we send by post, you can also access each route drawn on richly-detailed mapping with your smartphone. Zoom in to view the map in greater depth, and see your day's progress as a point on the route.

The app works in flight mode, meaning you can get away from it all by shutting off those emails and notifications if you choose. In fact, we recommend it!

We also recommend you go online to view more detailed step by step guidance on how to use the app, and browse many more resources.

Head to [macsadventure.com/app](https://macsadventure.com/app).

**Start Booking your Hadrian's Wall Trip >**



# Climate, Accommodation & Bag transfer

## CLIMATE & TIME OF YEAR

You can begin this long distance walk anytime between March and October, although the longer itineraries are limited to beginning at the start of October due to the luggage transfer companies and then they stop at the end of the year.

Between these dates, the weather can be vastly different, from rain to wind to glorious days of sunshine. Please come prepared for walking in rain or shine.



## ACCOMMODATION

Overnight in B&Bs, small hotels and guesthouses, specifically chosen to ensure that you enjoy every minute of your stay. They all offer a warm welcome to walkers and traditional hospitality.

The first day's walk to Heddon (or beyond) is one of the longer walks so many of our walkers chose to arrive early in Newcastle, drop their bags at their accommodation in Newcastle and then enjoy the 5 mile (2.5 hour) walk to Tyne Bridge in the following morning. If you would like to do this, please let us know when you book.

Please note that Bowness has limited accommodation and transport links so many walkers choose to finish the last days walk in Bowness and then catch the bus back to Carlisle that afternoon, ready for the journey home the next day. Just let us know at the time of booking if you would prefer this option.

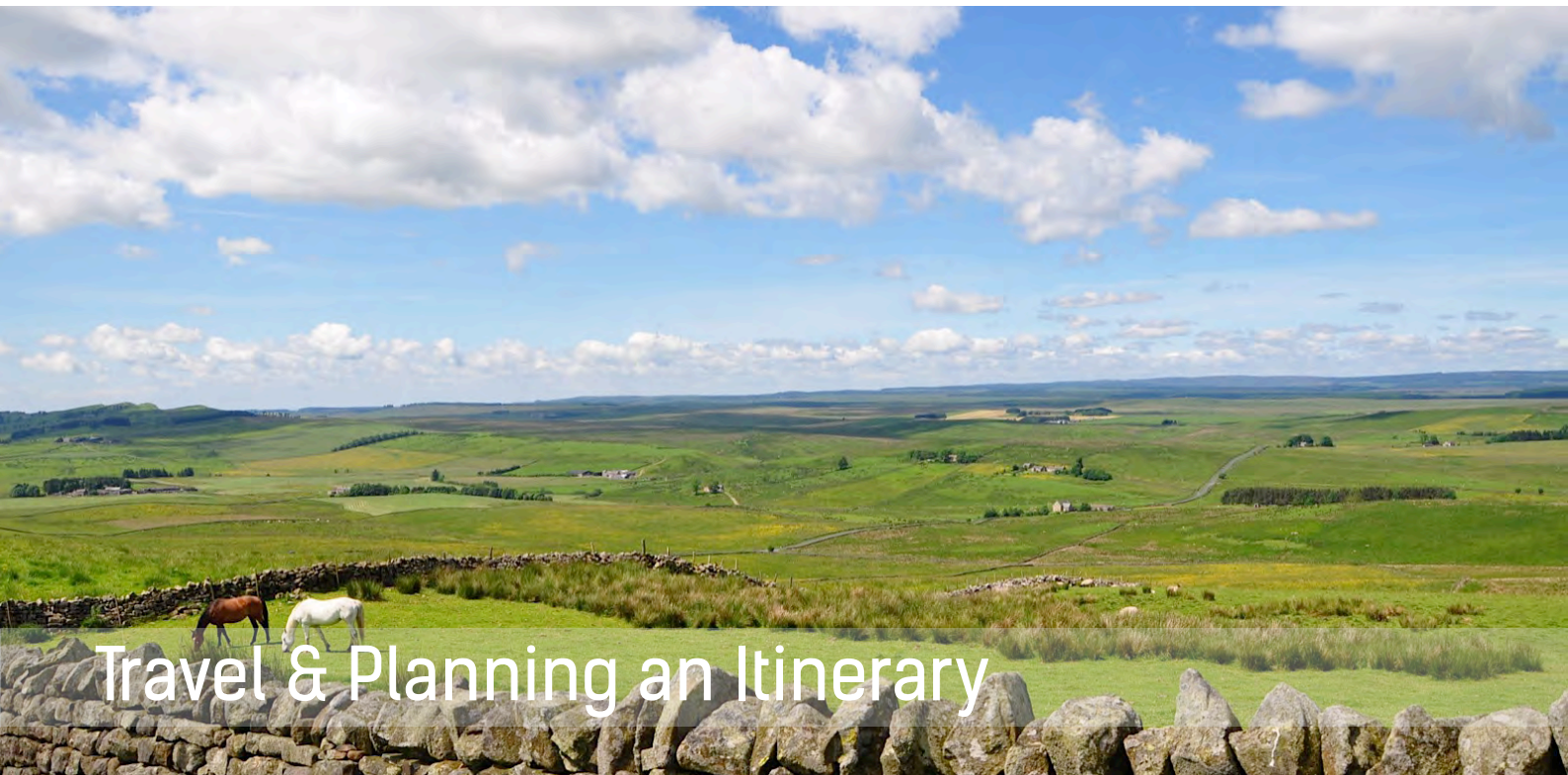
## BAGGAGE TRANSFER

Your bags will be transferred from your accommodation as per your itinerary and moved onto your next overnight accommodation. We ask you to limit your luggage to one bag of up to 15kg per person.

## AVAILABILITY

You can start your Hadrian's Wall Walk anytime between April and the beginning of October.





# Travel & Planning an Itinerary

## TRAVEL TO THE START

### GETTING TO NEWCASTLE

#### By Air

If you are coming from outside of the UK, the best places to arrive to would be either Manchester or Newcastle airports. Newcastle is right where you want to be for the start, while Manchester is 3-4 hours away. You can also fly to Newcastle Airport from London, which may make the journey a lot quicker.

#### By Public Transport

Newcastle is well serviced by all major rail and bus companies. The best way to find out how to get there is to check out Traveline which will give you all the details on how best to get to Newcastle from your starting location.

## GETTING TO THE STARTING POINT OF THE WALK

### Option One: Two trains Travel Time: 1hr Approx.

The Green Line runs directly from Newcastle Airport into the Centre of Newcastle. You would get off at Monument station and transfer to the yellow line at the same station. You would then ride the Yellow Line for approximately 10 minutes until you reach the Wallsend station. From the station walk to the Segedunum Roman fort and Museum, the official start of the Hadrian's Wall Walk.

### Option Two: Train and Bus Travel Time: 1hr Approx.

Firstly, take the Green Line from Newcastle Airport towards the Centre of Newcastle alighting at Monument station. Walk to Monument Market Street and catch the Blue Arrow 11 Bus towards Whitley Bay. Alight at High Street East and walk to the Segedunum Roman Fort and Museum, the official start of the Hadrian's Wall Walk.

## ALTERNATIVE STARTING POINTS

### GETTING FROM BOWNESS

Local bus and taxi services connect to Carlisle from where there are excellent transport links from both Scotland and the south of England. Again you can check the Traveline website for more information. You can also check the National Rail website. Please note there are no buses from Bowness-on-Solway to Carlisle on Sundays, so try to plan your tour so that it doesn't finish in Bowness on a Sunday.

### GETTING TO CORBRIDGE

Our 'Best Of' itineraries all start in Corbridge, which is really accessible by train from Newcastle. Trains run approximately every half an hour and the journey can take anywhere between 30 minutes to 1 hour, depending on if they are direct or not.



# Hadrian's Wall Walk

Immerse yourself in history with a Hadrian's Wall walking holiday, a fascinating and rewarding walk in England, from coast to coast alongside one of Britain's iconic landmarks.

Hadrian's Wall is Europe's largest surviving Roman monumen and a UNESCO World Heritage Site. Opened in 2003, the Hadrian's Wall Path follows the course of the Roman barrier closely along its entire length. It is one of Britain's most popular long-distance walks, and one of our most popular walking holidays. Hadrian's Wall Path is extremelly well waymarked, making it simple to follow and allowing you more time to relax and soak it in.

Walk through some of the wildest and most beautiful scenery in England, and enjoy regular viewings of forts, milecastles, turrets, muesums and visitor centres all along the wall, assisting you in your journey of discovery.



Self Guided Walking Trips & Cycling Trips – Call UK Office +44 (0)141 530 3639 or US Office (720) 487-9898

### HIGHLIGHTS

- Discovering Hadrian's Wall, a UNESCO World Heritage Site.
- Walking alongside northern Europe's largest surviving Roman monument.
- Crossing the wild and beautiful landscapes of the border country.
- Enjoy warm welcomes at your cosy accommodations each night.
- Striding out past the best preserved section from Cholleford to Steel Riggs.

[View Trip on our Website](#)

Grade	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Comfort	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Start/Finish	Newcastle/Bowness
Distance	102 miles
Duration	8 - 12 Days
Availability	April - October

## Other Popular Hadrian's Wall Itineraries

### HADRIAN'S WALL PATH 7 DAYS & 6 NIGHT

A challenging walk on Hadrian's Wall Path, best suited to experienced long distance walkers.

**Day 1:** Arrive Newcastle and overnight  
**Day 2:** Walk to Heddon, 15.7 miles  
**Day 3:** Walk to Chollerford, 16 miles  
**Day 4:** Walk to Gilsland, 21 miles  
**Day 5:** Walk to Carlisle, 19.5 miles  
**Day 6:** Walk to Bownesas-On-Solway, 14.9 miles  
**Day 7:** Onward travel

[View Trip on our Website](#)

Grade	
Comfort	
Start/Finish	Newcastle - Bowness
Distance	7 Days Walking
Duration	7 Days & 6 Nights
Availability	March - October

### HADRIAN'S WALL PATH

A relaxed itinerary which gives you plenty of time to explore all the historical sights and a delightful diversion via Corbridge.

**Day 1:** Arrive Newcastle & overnight  
**Day 2:** Walk to Heddon  
**Day 3:** Walk to Corbridge  
**Day 4:** Walk to Chollerford  
**Day 5:** Walk to Once Brewed  
**Day 6:** Walk to Gilsland  
**Day 7:** Walk to Brampton/Lanercost  
**Day 8:** Walk to Carlisle  
**Day 9:** Walk to Bowness  
**Day 10:** Onward Travel

[View Trip on our Website](#)

Grade	
Comfort	
Start/Finish	Newcastle - Bowness
Distance	10 Days Walking
Duration	10 Days & 9 Nights
Availability	March - October

### HADRIAN'S WALL SHORT BREAK - 5 DAYS & 4 NIGHTS

A short break exploring the central section of Hadrian's Wall, a UNESCO World Heritage Site.

**Day 1:** Arrive Corbridge and overnight  
**Day 2:** Walk to Chollerford, 10 miles  
**Day 3:** Walk to Once Brewed, 12 miles  
**Day 4:** Walk to Gilsland, 9 miles  
**Day 5:** Onward travel

[View Trip on our Website](#)

Grade	
Comfort	
Start/Finish	Corbridge/Gilsland
Distance	5 Days Walking
Duration	5 Days & 4 Nights
Availability	March - October



# What to eat & drink

## WHAT TO EAT & DRINK

### REGIONAL SPECIALITIES

#### Northumberland

The first half of the Hadrian's Wall Path is in Northumberland, famous for a few must-munch delicacies. Northumberland knows how to do meat! Its farms are famed for traditionally reared sheep and cows with the combination of what they eat and how they are treated, this is some of the most delicious meat you will find.

Also, with over 100 miles of coast, the seafood in Northumberland is pretty special too. The Craster Kipper, a smoked fish, is incredible and if you see it offered for breakfast, jump at the chance.

Away from savouries, there are the famous singin' hingies. These are flatter, tastier scones, incredibly moreish! To accompany these, you could sample some Earl Grey tea, famously first blended in Northumberland.

#### Cumbria

Then you head into Cumbria, famous for a whole host of local specialities. The Cumberland Sausage is well known throughout the UK, and there is nowhere better to eat than in its homeland. In general, the quality of the meat in Cumbria is fantastic (apologies vegetarians), but the one to look out for is Salt Marsh Lamb, in season throughout the summer.

Away from meat, sweet treats are Cumbria's claim to fame. Kendal Mint Cake is one to pack in your rucksack for a day on the trail. Relied upon by walkers and climbers for a century (it is 100 years old in 2018) this high energy, minty treat is worth a try. It is basically sugar and mint, so be careful you don't have too much, or you will find yourself running up those Fells. Sticky Toffee pudding originated in Cumbria, so you will find many dazzling

examples of this sweet, toffee desert in many pubs and restaurants.

#### EATING AND DRINKING ON THE WALK

A hearty, home cooked breakfast is included with your trip, so you don't have to worry about that particular meal. For lunches, the best thing to do is check your information pack each day to see if there are any stops available to pick up lunch. If not, there is generally a tearoom, bakery or shop in town where you can pick up supplies, or you can ask your accommodation provider the night before, they will be more than happy to put together a packed lunch for you. With evening meals, it's always a good bet to ask your hosts for a recommendation for dinner, but we also have a few tips [for where to eat along the way](#).



# How fit do I need to be?

Walking Hadrian's Wall Path is a delightful trip from coast to coast in England, taking in the remains of the Roman wall, built to keep the Scors out of England. In its day, the wall was a remarkable edifice and well-preserved sections of it still remain today along with several museums dedicated to taking you back to those heady days.

## TRAINING FOR A WALKING

The walking route along the wall is graded differently, depending on hoe many days you choose to walk it (you can see more about this on our blog: ["Which itinerary should I choose on Hadrian's Wall?"](#)). However, the standard itineraries which fit neatly into a week's walking are graded moderate, which means that you will need a good level of fitness to get the most enjoyment from walking the route.

Walking yourself fit is a form of exercise, pretty enjoyable to do. It is reasonably low impact, gets you out and about, helps lose weight (should you need to) and is generally just a lovely thing to do.



## SQUEEZE IN EXTRA WALKING

- Switch all of or part of your work commute. Park further away from the office, get off the train at the increasingly earlier stops, or use public transport in the morning then walk home in the evening.
- When catching up with your friends or family, invite them for a walk. Bring them a takeaway coffee (in a reusable cup of course) and turn the countryside or local park into your moving café.
- Use your lunch breaks to go for short walks.
- You will need to get used to carrying a rucksack, so for your walks switch your work bag/handbag for your rucksack.
- It's not a task! Walking is fun, great for the mind and body.

When it comes to booking your Hadrian's Wall Walk adventure, be honest with your tour specialist. Ask for their advice about the right trip for you. The hiking holiday is meant to be enjoyable, and there are a variety of different options to choose from to suit a range of fitness level. Contact a member of the team on [hello@macsadventure.com](mailto:hello@macsadventure.com) for further information.

# WHAT TO PACK

## FOR YOUR HADRIAN'S WALL TRIP



This kit list is a suggestion, and of course many items are down to personal preference. We hope you find the following suggestions useful when considering what to take on your trip. They are based in our own experiences and you may find other solutions will work equally well.

### RECOMMENDED CLOTHING & EQUIPMENT

#### ESSENTIAL CLOTHING

- Good walking boots/shoes (worn in)
- 3 x pairs of good quality walking socks
- 3 x base layer tops - ideally thermal, and Merino Wool is once again excellent
- 1 or 2 x mid-layer tops (e.g fleece)
- 2 x trousers
- Hat for warmth or shade
- Gloves
- Waterproof and breathable jacket and trousers
- 1 x extra warm layer
- Casual clothes & footwear for evenings
- Nightwear & underwear

#### ESSENTIAL EXTRAS

- Day rucksack + waterproof cover or liner bag
- Water bottle
- Sunglasses & sun cream
- Toiletries (don't forget your toothbrush!)
- Small first aid kit, prescribed medication
- Blister plasters
- Camera & phone charger
- Electrical socket adapter (non-UK walkers)
- Antiseptic gel or wipes

#### USEFUL EXTRAS

- Map and compass (maps provided by Macs Adventure)
- Binoculars
- Book or Kindle
- Notebook and pen
- Energy snacks
- Walking poles
- Extra rechargeable battery pack for your phone
- Neckwear/headscarf, for example a "Buff".
- Thermal or fleecy cold weather trousers or tights.

#### TOILETRIES, HEALTH & MEDICAL KIT

- First aid kit - it's always a good idea to carry a personal first aid kit for your own needs. It should include wound dressings, antiseptic wipes, antiseptic cream, crepe bandages, triangular bandages, blister kit (plasters and Compede) etc. You can buy excellent readymade kits from outdoor shops or pharmacies.
- Sun block & lip balm - 30+ SPF
- Medication - Please take sufficient quantities of any prescription medication you need for the duration of your trip. Additionally you may want to take a supply of medication that you use occasionally for headaches and aches and pains.
- Toiletries - pack toothbrush & paste, floss, hand & face cleansers. Baby wipes are excellent for a freshen up.
- Toilet roll & a lighter to burn if necessary.

# FREQUENTLY ASKED QUESTIONS



## How far in advance do I need to book?

We suggest you book as soon as you know your plans as Hadrian's Wall is extremely popular especially over April/May and July/August.

## How do the baggage transfers work?

Your bags will be transferred from your accommodation as per your itinerary and moved onto the next overnight location. Just leave them in the reception area of your accommodation, and they will be collected while you are out walking and delivered for your arrival. We ask you to limit your luggage to one bag of 15kgs per person.

## What do I do if I can't walk a stage?

If you want you can take advantage of the AD122, the Hadrian's Wall bus to see other sights, or perhaps have a non-walking day, please check out the information on the Hadrian's Wall website. It is possible to download a timetable which you may then carry with you.

## I don't want to walk 15 miles on my first day, what can I do?

If you arrive in Newcastle early, you may like to walk the first 5 miles today, reducing your walking for the second day. Arrive at the Segedunum Roman Fort, where the walk officially begins. Perhaps spend some time in the museum before heading out along the trail. On reaching the Millenium Bridge, you will have walked almost 5 miles and can either choose to continue or take the nearby bus and train links to your hotel. The next morning you can start here and enjoy a shorter day.

## What personal equipment do I need?

You will need good walking shoes/boots (ideally waterproof), comfortable walking clothes, waterproof jacket and trousers, a daypack and hats, gloves, etc. Check our [our blog](#) for more info.

## When is the best time of the year?

The Hadrian's Wall Walk is offered anytime between March and October. The weather can be variable whenever you decide to go since the wall is in northern England and the weather is often unpredictable!

## What are the best historical sites along the route?

There are many of them all contributing to the story of the Roman Army's time in the north of England. For a detailed list, you can see our blog post: [6 Best Historical Sites on Hadrian's Wall Path](#).

## Am I able to take my dog?

Unfortunately, we are unable to accommodate walkers with dogs as many of the accommodation providers do not accept pets.

## How do the baggage transfers work?

Your bags will be transferred from your accommodation as per your itinerary and moved onto the next overnight location. Just leave them in the reception area of your accommodation, and they will be collected while you are out walking and delivered for your arrival. We ask you to limit your luggage to one bag of 15 kgs per person.



# HOW TO BOOK YOUR HADRIAN'S WALL ADVENTURE



## 3 DIFFERENT WAYS TO MAKE A BOOKING



### ONLINE

Visit the **Hadrian's Wall Walk** tour pages on our [website](http://www.macsadventure.com).

Select the trip you require and hit **"book now"** to choose dates.

You will be able to select your options and extras at the next stage before finalising your reservation.

All of our tours are available at [www.macsadventure.com](http://www.macsadventure.com)



### BY PHONE

We love to chat. Call us and we can answer any questions you might have before booking on the phone.

+44 (0)141 530 8886 (UK)

720 487 9898 (US Local Number)



### BY EMAIL

Email us at [hello@macsadventure.com](mailto:hello@macsadventure.com) with your trip requirements and we will get right back to you.

## HOW THE BOOKING PROCESS WORKS

1. **Get a quotation** – We will tailor make an itinerary & quotation.
2. **Provisional booking** – Once a deposit is paid we'll get to work securing your tour arrangements.
3. **Confirmed booking** – Once we have confirmed your booking, you can make your travel arrangements, and begin the countdown.
4. **Travel** – Relax and have fun. We're here for any support you may need.
5. **Share** – Enter our [#MacsMoment contest](#), plus we will send you a link on your return to let you review your trip online.

## BOOKING TERMS

All bookings are subject to your Booking Terms which are available on our website, just look under "About us" or visit <http://www.macsadventure.com/about-us/contact-booking/booking-conditions/>. You'll get prices for the dates you wish to travel on by visiting our website too.

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