

## 3·1 Bowness-on-Solway to Carlisle

Map panel 1

Distance **15 miles (24 km)**

Terrain **minor roads, tracks, field paths and riverside footpath, muddy in places**

Grade **easy, with gentle gradients on undulating paths**

Food and drink **Bowness, Port Carlisle, Glasson, Burgh, Carlisle (wide range)**

Side-trip **St Michael's Church (Burgh by Sands)**

Summary **inspiring but gentle start, with open views and rural villages, then fields, tracks and riverbank paths leading to the bustling centre of Carlisle**

**Bowness**



**8**

**13**

Burgh by Sands

**7**


**11**

**Carlisle**



*Sunrise at Port Carlisle*

- The Path begins in the main street of Bowness-on-Solway. Walk east from the King's Arms, and after 150 m, turn left down the alley between two cottages.
- At the shelter on The Banks, information boards explain the history and wildlife, the story of the Solway Viaduct and the mosaic beneath your feet.
- After the shelter, follow a second alley back to the main street. Turn left, heading east along the coast road to Port Carlisle. As you leave Bowness, note the tide tables and information boards.
- At Port Carlisle, bear left off the road at a fingerpost and cross the bridge over the silted-up canal channel. The Path passes through a wooded area near the edge of the salt-marsh.
- Once you reach the coast road again, cross over and follow the lane towards the Cottage and Glendale Holiday Park. At its entrance, the Path turns left along a straight track, which lies on top of the Vallum and is a scheduled monument. It leads within half a mile to the village of Glasson with Highland Laddie pub.
- Turn right along the main street, passing Millers Row. Opposite Chapel House, look for the left turn onto a path. Follow signs through the fields, bearing left after crossing a drainage ditch to reach Walker House Farm.
- Leave the farm along a track and pass the entrance gate of Drumburgh Moss (nature reserve) within about a mile of Glasson. Turn left along a wider track to reach Drumburgh, the site of a Roman Fort, within a further half mile.
- At the junction with the coast road, turn right. From here to Carlisle, the route is shared with the Cumbria Coastal Way (CCW), and signs may refer to either trail.



*Canal stonework at Port Carlisle*

- For the next 3½ miles to Burgh by Sands, the Path follows the coast road, but once you pass Dykesfield, you can forget about the tides. Views are of Scotland to the north and the Lake District to the south, with Skiddaw prominent on a clear day.
- Walk through Burgh (pronounced **bruff**) all the way past the Greyhound Inn and the crossroads to St Michael's Church: see panel opposite and photograph on page 16.
- Opposite the church, look for the fingerpost taking you offroad to the left. Go through a short enclosed field section, then briefly rejoin the road before turning left.
- Cross the field and go over a gated footbridge, then cross a second field along a row of ash and hawthorn that follow the line where Hadrian's Wall once stood.
- Enter an unsurfaced lane between hedges, within 1 mile reaching the village of Beaumont.
- Turn right to the village green, where a seat encircles a tree. Bear left down the lane, and where it bends left, turn right to the river bank.



**St Michael's Church and King Edward 1 Monument**

*St Michael's Church at Burgh by Sands was built in the 12th century on the site of a Roman Fort using some of its stones. King Edward's body was brought here in 1307 from the place of his death on Burgh marsh.*

*Edward was waiting to cross the Solway while leading a force against Robert the Bruce. The monument at the spot where he died is about 1 mile away, signposted from the village. It was erected in 1685, and rebuilt in 1803. A fortified tower was later added to the church and provided refuge during border raids.*



Statue of King Edward at Burgh by Sands

Himalayan Balsam beside the Eden at Beaumont



**Check for DIVERSION**

- Follow the Path beside and above the River Eden, undulating steeply at first, until you reach the back gardens of private properties at Kirkandrews-upon-Eden. After the second kissing-gate, follow the acorn waymarkers downhill.

- Follow the narrow lane past a pond, where you climb steps to the higher level. The Path continues along the edge, then over field paths towards Grinsdale. Cross a small stream at Sourmilk Bridge and pass beneath electricity lines in the next large field.

- In the next field, follow the bend to the right through a copse of mature oaks to reach Grinsdale. Go between the farm and some modern houses to reach the main street.

- Turn right along the road for 100 m to a gate on the left. Cross fields to return to the river. Follow signs to cross small tributaries by a series of gated footbridges, taking care on the steep river bank.

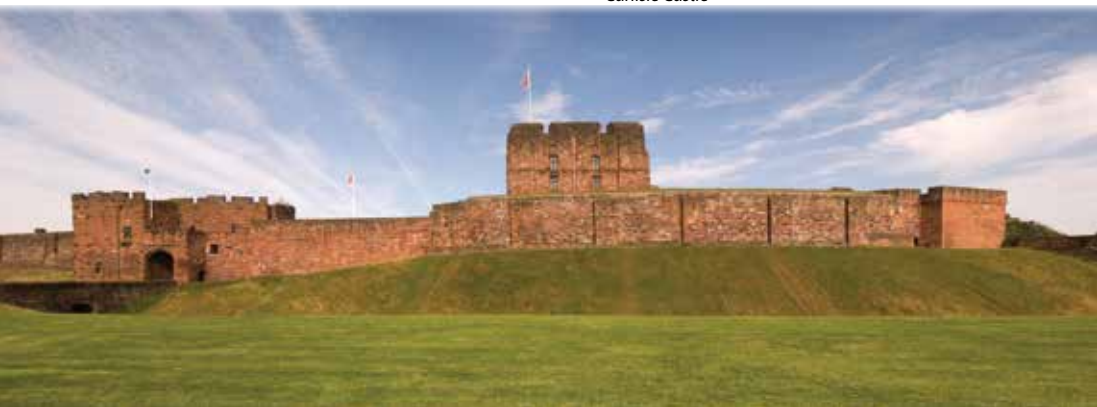
*West over Sourmilk Bridge***Check for DIVERSION**

- A little further on, more power lines cross the Path. After a footbridge and steep steps, enter a field and leave it beside a pylon. The narrow path runs among the birches; after an opening with picnic table nearby, a cycle-track converges from the right.

- Descend steps beneath a disused railway bridge. Keeping to the riverside path, pass under another line of pylons and, later, a double rail bridge.

- Follow the riverside path to Sheepmount Athletic Stadium at the confluence of the Rivers Caldew and Eden. Cross the metal footbridge and continue beside the river through Bitts Park, with fine views of Carlisle Castle ahead.

- When you reach the splendid multi-arched Eden Bridge, use its underpass. Leave the Path here for facilities and visitor attractions of Carlisle: see page 33.

*Carlisle Castle*

# Carlisle

Carlisle is a historic town of about 100,000 people and the capital of Cumbria. Its city centre is compact and from the Path you can reach its main sights easily. The castle has an underpass leading to Tullie House, with the cathedral to its south. Further on, Castle Street leads to English Street, passing the Old Town Hall with Tourist Information Centre and a replica of England's first pillarbox (Botchergate, 1853).

Carlisle Castle (dating from 1092) was a working fortress until recently. It was involved in centuries of feuding over the Scottish border, just 10 miles to the north. It was the base of Edward I's brutal campaign against Scotland. Mary, Queen of Scots was kept under house arrest here, and many Jacobites imprisoned. Its dungeons are well worth a visit: [www.english-heritage.org.uk](http://www.english-heritage.org.uk) and search for Carlisle. Admission cost £5 in 2011.

Tullie House is a museum – with well-preserved Roman collection and recreation of the life of a legionary on the Wall – and art gallery: [www.tulliehouse.co.uk](http://www.tulliehouse.co.uk).

Cromwell's army demolished part of Carlisle Cathedral (founded 1122), but the choir still has splendid stalls and painted ceiling. Its huge eastern stained-glass window has survived, as has a superb Flemish altarpiece. Subsidence has distorted the arches in its nave into impossible-looking shapes. There's a good café in its monastic buildings.

