



▶ Discover A Rich Roman History & Heritage

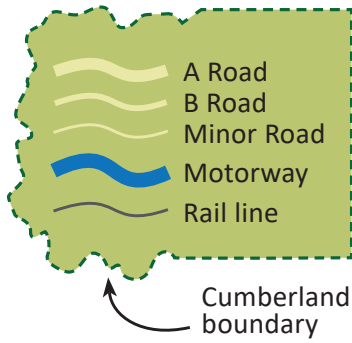
The UNESCO 'Frontiers of the Roman Empire' World Heritage Site runs across the top of Cumbria and down to the coastal village of Ravenglass. Step back 2000 years and walk in the footsteps of the Romans. Visit interactive museums and explore Roman forts to experience what life was like on the edge of the Empire.

★ Highlights

- Roman history
- Walking trails
- Stunning views of coast and countryside



MAP & KEY



- ① Points of interest
 - 🗓️ Open all year
 - 🚌 On public transport route
 - P Parking
 - ♿ Accessible Parking/
Drop off point
 - ♿ Wheelchair access
 - ♿ WC Accessible toilets
 - 🔊 Hearing loop
 - ☕ Refreshments available
 - 🔌 EV Charger
 - 📶 Wifi
 - 🐕 Dog Friendly
- ACCOMMODATION ONLY:**
- ★ Star Rating
 - £ Price indicator
 - VE/AA Visit England / AA



Good to know

Hadrian's Wall and Birdoswald Roman Fort is on the AD122 bus (operated by Go North East) from Hexham and Haltwistle. Tickets and timetable available [online](#).

Maryport and Ravenglass can be accessed by train via the Cumbrian Coast Line, which is operated by Northern who offer group travel tickets, with discounts available for groups of 10+. A partnership scheme is available for tour operators and travel agencies, with monthly invoicing and a dedicated support team.

Start / finish: Birdoswald Roman Fort / Ravenglass

*Travelling from the south?
Simply reverse the itinerary!*





DAY 1

Hadrian's Wall

Discover Hadrian's Wall: stretching for 73 miles from coast to coast, there's an extensive section here in Cumbria with plenty to discover along the way.

1 Roman Army Museum and Magna Fort Greenhead, Brampton CA8 7JB

Discover the remains of Magna Fort: a once powerful Roman military stronghold which was also an important trading centre. The on-site Roman Army Museum houses three galleries, an Edge of Empire film, and a holographic classroom.



[www](http://www.romanmuseum.org.uk)

2 Birdoswald Roman Fort Gilsland, Brampton CA8 7DD

Get a fascinating insight into life on Hadrian's Wall at this former Roman fort. Discover what daily life was like for its military and civilian inhabitants in the Visitor Centre, before venturing outside to explore the ruins. One-hour guided tours are available for groups.



[www](http://www.birdoswaldromanfort.co.uk)

DID YOU KNOW? The fort is attached to the longest remaining stretch of Hadrian's Wall, which stands more than 2 metres tall.

Group Travel

Roman Army Museum and Magna Fort

Group Size: 15 - 300 people.

Open: Mid-February - December.

Parking Facilities: On-site parking for cars and coaches.

Food & Drink: Pre-booked packed lunches are available for groups.

Accessibility: Autism friendly, wheelchair accessible, accessible toilets, facilities for hearing impaired. Sensory bags are available.

Languages: English.

Rates: FIT trade rate.

Group rates available. Free entry for guide, refreshments for coach driver.

Birdoswald Roman Fort

Group Size: 11+ people.

Open: All year.

Parking Facilities: Car and coach parking 100m from the fort. Coach drop-off point at the fort's entrance.

Food & Drink: On-site cafe seating 38 indoors, with additional outdoor seating. Pre-booking advised for larger groups.

Accessibility: Exhibition and surrounding areas are wheelchair accessible. Some parts of uneven ground and sharp inclines with limited wheelchair access.

Languages: English. An app offers content in German, Spanish, French, Japanese, Mandarin, Dutch, Norwegian.

Rates: FIT rates available.
Group rates available.



DAY 1

Hadrian's Wall

3 Lanercost Priory Lanercost, Brampton CA8 2HQ

Just a short drive from Birdoswald, this is one of the best preserved of all Cumbria's monasteries. It's hard to imagine, but this now peaceful site suffered frequent attacks during the Anglo-Scottish conflict. Explore the beautiful ruins and incredibly well preserved 13th Century church. Not strictly part of Hadrian's Wall, but stones from the wall were used in its construction!



[www](http://www.lanercostpriory.org.uk)

Open: All year.

Parking Facilities: Free car and coach parking on site (note: space for one coach only).

Food & Drink: Independently managed tearoom and farm shop on site.

Accessibility: Portable ramps offer access to part of the site; there is a step from the shop to the site. There are steps and uneven surfaces across part of the site.

Languages: English.

Rates: Group rates available.

Discover it all with a guided tour

Guided tours offer the chance for your group to experience the area's Roman History & Heritage with the benefit of local expertise.

MOUNTAIN GOAT

Small group minibus tours with this local tour company, who are happy to create bespoke itineraries for small FIT groups or larger coach groups (ideal for driver's days off). Private transfers from all international airports, ports and railway stations. Enjoy dedicated office support, agent booking portal, invoicing services, image gallery and marketing material.

Group Size: 1 - 100 people.

Open: All year.

Accessibility: Vehicles can accommodate foldable wheelchairs. Assistance dogs welcome.

Languages: English, Japanese on request.

Rates: Group rates available. FIT trade rate.

CUMBRIA TOURIST GUIDES

Professionally trained, Blue Badge Tourist Guide qualified guides offering a range of services to groups of varying sizes - from independent travellers to larger coach groups. Guides are happy to create bespoke itineraries, and can guide from your coach; as well as offering driver guides. They also offer walking, site and scenery tours.

Group Size: Any.

Open: All year.

Accessibility: Happy to adapt tours for access needs.

Languages: Various languages including English, Japanese, German and Dutch.

Rates: Group rates available. FIT trade rate.



DAY 2

4 Carlisle

Continue your journey through time with a day in Carlisle: Cumbria's only city, and home to some excellent museums showcasing the area's links with the Roman Empire.

Carlisle Castle and the Museum of Military Life

Castle Way, Carlisle CA3 8UR

The formidable defences of Carlisle Castle stand on the site of an old Roman Fort, thought to have been constructed around AD72. The present day castle endured the last siege suffered by a fortress in England and was once the home of an imprisoned Mary Queen of Scots!

Discover 900 years of history, with exhibits highlighting tales of daring rescues, bloody battles and warring clans, and bring the stories to life with games and dressing up. Admission includes entry to Cumbria's Museum of Military Life, which covers over 300 years of military history.



Tullie

Castle St, Carlisle CA3 8TP

Across the road from Carlisle Castle stands Tullie: a modern museum, art gallery and community hub. Refurbished in 2024, the Hadrian's Wall Path crosses through Tullie - so it's no surprise to learn it is home to an important collection of Roman finds. In fact, the museum features almost a million objects, some of which date back 10,000 years.

Don't miss the Roman Frontier Gallery, created in partnership with the British Museum.



Group Travel

Carlisle Castle and the Museum of Military Life

Open: All year.

Parking Facilities: Free. No coach parking on site. Parking available in Devonshire Walk car park (Pay & Display), approx. 5 minute walk to Castle entrance.

Accessibility: Accessible toilets, wheelchair access to some parts of the castle.

Languages: English.

Rate Information: Group rates available.

Tullie

Group Size: 8+ people.

Open: All year.

Parking Facilities: Parking is available at Castle Car Park (Pay & Display), a 5-minute walk from the museum.

Food & Drink: Cafe on site. Refreshments can be pre-booked, private dining space is available on request.

Accessibility: Wheelchair access throughout venue, accessible toilets.

Languages: English.

Rates: Group rates available.



© Pentonbridge Inn



© Farlam Hall

Where To Stay

Farlam Hall

Hallbankgate, Brampton CA8 2NG [www](#)

Activities can be arranged, from guided walks to clay shooting and watersports. Talks from Michelin star head chef Hrishikesh and cocktail making classes can also be arranged, dependent on group size.

5★

Group Size: Up to 40 people/ 12 bedrooms, 6 self catering suites.

Nights: No minimum stay.

Parking: Car and coach parking available on site.

Food & Drink: Michelin star and a la carte restaurant on site. Reservations required. Pre-orders for a la carte dependent on group size.

Accessibility: Ground floor, including restaurant and lounge, is wheelchair accessible.

Languages: English.

Rates: Group rates available. FIT rate available.

Vallum House Hotel

73 Burgh Rd, Carlisle CA2 7NB [www](#)

££

Group Size: 2 - 12 people / 9 bedrooms.

Nights: No minimum stay.

Parking: Car and coach parking available on site.

Food & Drink: Lunch and dinner available. Set menus are available for group catering; pre-orders required for groups of 10+.

Languages: English.

Rates: Group rates available.

Netherby Hall

Longtown, Carlisle CA6 5PR [www](#)

££

Group Size: Up to 30 people / 9 self catering units.

Nights: No minimum stay.

Parking: Secure on-site parking. EV charger.

Food & Drink: Michelin star dining at the Pentonbridge Inn (free mini-bus transfer provided).

Accessibility: One accessible apartment.

Languages: English.

Rates: Group rates available. FIT rates available.

Warwick Hall, Brampton

A69, Warwick-on-Eden, Carlisle CA4 8PG [www](#)

££-£££

Group Size: Up to 20 people / 10 rooms.

Nights: No minimum stay.

Parking: Car and coach parking on site.

Food & Drink: Dinner and afternoon tea available on selected days; advance booking required.

Accessibility: Due to the historic nature of the property, it is not recommended for visitors with additional access needs.

Languages: English.



DAY 3

Bowness on Solway & the end of the Hadrian's Wall Path National Trail

Head to the western end of the Hadrian's Wall Path National Trail in Bowness on Solway, before following the coast south to discover an extensive collection of Roman artefacts in Maryport.

5 Bowness on Solway

Hugging the shoreline of the Solway Firth, the pretty coastal village of Bowness on Solway is the western end of the Hadrian's Wall Path National Trail. Although Hadrian's Wall may no longer be physically standing, St Michael's Parish Church was built in Norman times using stone from the nearby Roman Fort.

GOOD TO KNOW:

Bowness on Solway lies within the Solway Coast Area of National Beauty and is a wonderful place for bird spotting.

6 The Senhouse Roman Museum

The Battery, The Promenade, Maryport CA15 6JD

Next to the site of a Roman fort, this museum is home to an extensive collection of Roman artefacts - with many taken from the neighbouring fort and settlement. The collection is thought to be one of earliest ever compiled in Britain and is of international significance. The museum building itself has historical significance: it was once a Victorian Naval Battery.



[www](http://www.senhousemuseum.com)

DID YOU KNOW? The clifftop location of the Roman Fort next to the Senhouse Museum was chosen for its defensive properties; today, it's known for its picturesque views across the Solway Firth and Irish Sea.

Group Size: 10 - 60 people

Open: All year.

Parking Facilities: Free car and coach parking on site.

Food & Drink: Light refreshments available.

Accessibility: Autism friendly, wheelchair accessible, accessible toilets.

Languages: English only tours.

Rate Information: Group rates available.



DAY 4

Ravenglass & Hardknott

For your final day, discover Roman history in the Lake District with a visit to Ravenglass to see a Roman bath house; and the formidable Hardknott Pass and remains of a Roman fort.

7 Ravenglass

The only coastal village in the Lake District National Park was once the second most important Roman port on Britain's west coast. Glannoventa was built here to guard the port; today, see the remains of its bath house - which, at almost 4 metres high, are among the tallest Roman structures surviving in northern Britain. To get here, park in Ravenglass; from there, it's a ½ mile walk along footpath then private road.



8 Muncaster Castle Ravenglass, CA18 1RQ

A short 5-minute drive from Ravenglass, this impressive castle offers plenty for groups to explore. With its striking views across Lakeland mountains towards the coast, when you stand on its terrace, it's easy to imagine legions of Roman soldiers landing in Ravenglass and making their way to nearby Hardknott Fort. Muncaster Castle's Pele Tower is thought to have been built on Roman foundations.

 (not in Castle or Owl Centre) ☕

[www](#)

Group Size: 1 - 500 people.

Open: March - October.

Parking Facilities: Free car parking (accessible car park by Muncaster Church). Free coach parking - please get in touch to book.

Food & Drink: Two cafes on site. Catering packages and dining option for groups in cafe, function suite and castle.

Accessibility: Wheelchair accessible.

Languages: English.

Rates: FIT trade rate. Group rates available.



Where To Stay

The Woolpack Inn

Boot, Holmrook CA19 1TH [www](#)

£-££

Group Size: Up to 23 people / 10 rooms (plus 30 at sister accommodation 1 mile down the road at Woolpack Farm).

Nights: 2 night minimum stay on weekends; 3 - 4 night minimum stay on Bank Holidays.

Parking: Car and coach parking on site.

Food & Drink: Dining available at the on-site Hardknott Bar & Cafe. Dishes can be pre-ordered; buffet dining is available on request.

Languages: English.

Rates: Group rates available. FIT rate available.

The Pennington Hotel

Main St, Ravenglass CA18 1SQ [www](#)

AA 3★ £

Group Size: Small groups.

Nights: No minimum stay.

Parking: Car parking available on site.

Food & Drink: Dining available at The Estuary Bar & Grill on site.

Languages: English.

Rates: Please contact to discuss bespoke requests for small groups.

Where to Eat

The Woolpack Inn

Boot, Holmrook CA19 1TH

Historic inn serving local, home cooked food on Hardknott Pass.

[www](#)

The Ratty Arms Ravenglass

Croftlands Dr, Ravenglass CA18 1SN

Traditional pub fare, served on the platform of Ravenglass station in a former railway building.

[www](#)

The Inn at Ravenglass

Main St, Ravenglass CA18 1SQ

Seasonal menu centred around local produce, served overlooking the estuary.

[www](#)