

Caldbeck was named after the Cald Beck which tumbles through this pretty picture-postcard village



John Peel's gravestone in Caldbeck churchyard

STAGE 5
Caldbeck to Carlisle

DATE _____

Carlisle Tourist Information Centre

This stage is through Cumbrian countryside rarely seen by visitors and looks deceptively easy compared to other more upland stages. In between the picturesque village of Caldbeck, Dalston and the bustling city of Carlisle is a generous helping of old bridges, stiles and gates. The trail keeps largely to woodland and farmland paths and tracks alongside the winding course of the River Caldew.

Tips

Fit in a short detour to the remains of the Howk Bobbin Mill on the edge of Caldbeck.

If pressed for time, there is a train service between Dalston and Carlisle.

The 17th century market cross (in front of Carlisle's TIC) marks the trail's northern end.

Citadel railway station is only 5 minutes walk from the city centre.

Carlisle Carnival is held in early July.

Look out for ...

The gravestone of legendary huntsman, John Peel, in Caldbeck churchyard.

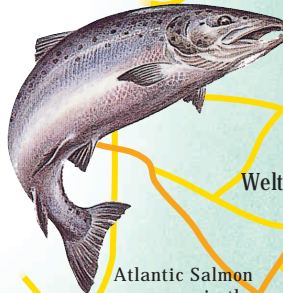
Rose Castle - 13th century home of the Bishop of Carlisle, near Dalston.

The fish ladder at Holme Head weir. Atlantic Salmon en-route to their breeding grounds in the upper Caldew (October to December).

The spectacular view from the top of Carlisle Castle keep.

Kingmoor Nature Reserve - one of the oldest in the country.

Hadrian's Wall Path National Trail waymarking in Carlisle (from May 2003).

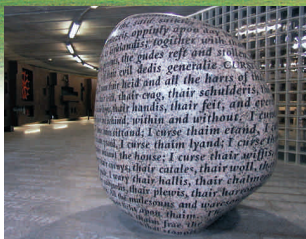
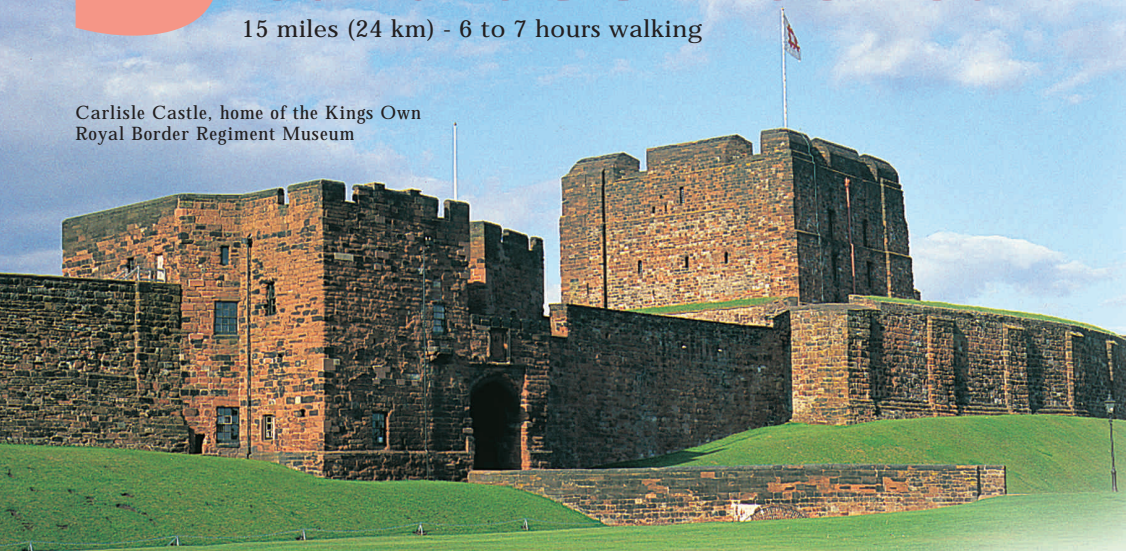


Atlantic Salmon spawn in the crystal-clear waters of the upper Caldew

STAGE 5 Caldbeck to Carlisle

15 miles (24 km) - 6 to 7 hours walking

Carlisle Castle, home of the Kings Own Royal Border Regiment Museum



The Bishop's Stone guards the entrance to the new underpass linking Tullie House to Carlisle Castle

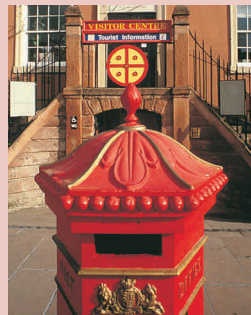


Stay awhile...

Carlisle

The capital of Cumbria has the widest range of facilities on the trail and a fascinating history, due largely to its highly prized borderland location. A trio of top attractions - medieval castle, red sandstone cathedral and the imaginative Tullie House museum - are all close to the pedestrianised city centre, so you can easily fill a day piecing together the historical jigsaw. Guided walking tours get you into other interesting corners and the Hadrian's Wall Bus, which will whisk you out to the nearest parts of the famous Roman construction, often has guides on board. The Settle to Carlisle Railway provides another relaxing means of transportation, this time through the lovely Eden Valley and across the Yorkshire Dales.

Victorian postbox outside Carlisle's Old Town Hall

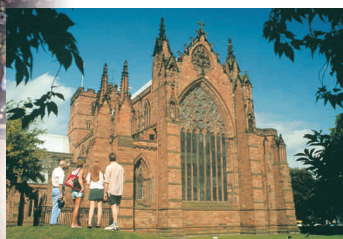


- Places to visit**
- Carlisle Castle (& Border Regiment Museum)
 - Carlisle Cathedral
 - Guildhall Museum
 - Tullie House Museum & Art Gallery

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Carlisle Cathedral

The city centre is ablaze with colour throughout the summer



Carlisle's Market Cross... northern end of the trail

