

DISCOVER CARLISLE





CONTENTS

With a holiday or short break in historic Carlisle, you can relive the fascinating heritage of a 2000 year old city, indulge in some serious shopping and then relax in accommodation of the highest quality. Close by, in Hadrian's Wall Country, you can marvel at the legacy of a once mighty Empire, walk or cycle through beautiful countryside or unwind by tranquil lakes and streams.

Welcome.....	4
Alive with History.....	6
Walk in the Footsteps of Roman Legionaries.....	8
Find Adventure	10
Hidden Treasures	12
Enjoy Shopping Heaven.....	14
Time Out	16
Tourist Information Centre.....	18
Carlisle & Beyond	20
Getting & Staying Here.....	22

CARLISLE EVENTS 2018

23 May - 8 July
Poppies: Weeping Window, Carlisle Castle

Saturday 2 June
Spadeadam 'Freedom Of The City' parade, Carlisle city centre

Saturday 16 June
Cumberland Show, East Park, Brisco

Sunday 17 June
Lionel Richie, Brunton Park

Saturday 7 July
Paloma Faith, Carlisle Racecourse

Wednesday 18 July
The Importance of Being Earnest open-air theatre, Talkin Tarn

Thursday 9 August
Pirate Pearl and the Big Blue Monster, open-air theatre, Talkin Tarn

Thursday 23 August
As You Like It, open-air theatre, Talkin Tarn

Thursday 23 - Monday 27 August
Carlisle International Market, Carlisle city centre

Friday 24 August - Sunday 2 September
Carlisle Fringe Festival, Various venues

Saturday 1 September
Carlisle Pageant Puppet Parade, Carlisle city centre

Monday 1 October - Sunday 7 October
Borderlines Carlisle Book Festival

Saturday 3 November
Fireshow, Bitts Park

Sunday 18 November
Christmas Lights Switch-On, Carlisle city centre

28 November - 2 December
Christmas Market, Carlisle City Centre



Every effort has been taken to ensure that the information within this guide is accurate. Discover Carlisle cannot accept responsibility for any error or omission that may have occurred. Designed and produced by Carlisle City Council 2018. © Discover Carlisle. All material printed in this guide is the copyright of the parties mentioned and cannot be reproduced in any form without written permission. Email: info@discovercarlisle.co.uk

Photography courtesy of: 14-18 NOW Poppies Tower of London Richard Lea-Hair and Historic Royal Palaces; D&H Photographers; Charlie Hedley; English Heritage, www.english-heritage.org.uk/hadrianswall; Lydia Leith; Graeme Peacock Photographic Imagery; Stuart Walker Photography; Jonathan Becker; Jenny Woolgar Photography; The Lanes Shopping Centre and www.sjstudios.co.uk



WELCOME

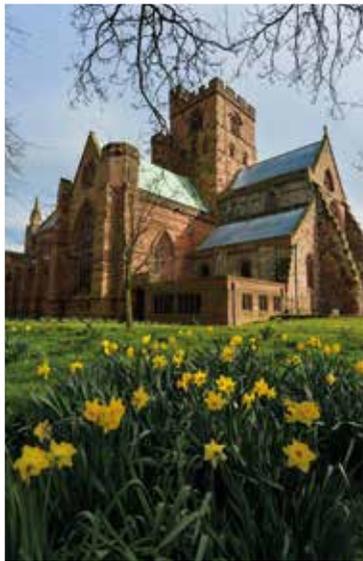
Welcome to Carlisle, City of the Lakes!
Carlisle has over 2000 years of history. Celts, Romans, feuding Border Reivers and invading armies have all left an intriguing legacy for you to explore.

Visit **Carlisle's Historic Quarter**, where you will find a mighty medieval **Castle**, founded in 1092 by William Rufus. Explore **Tullie House** and its fascinating galleries, which will take you on a journey from the present day back to Neolithic times. Get close to history at **Cumbria's Museum of Military Life** located in the castle grounds. Marvel at the magnificent painted ceiling at the **Cathedral** or explore ancient trades in the 15th Century **Guildhall Museum**.

Shop 'til you drop! Carlisle offers one of the most compact, level and visitor-friendly city centres in the country. Whether you're here for a spending spree or simply wish to explore, you will find everything that you need in Carlisle. When you're all shopped out, you can relax at one of our quirky coffee houses or unique watering holes with impeccable food and a good choice of real ales and fine wines.

Carlisle is serviced by excellent rail and road links and has an easy public transport system.

Discover 2000 years of history on one of our walking tours around our city. Contact our friendly **Tourist Information Centre** on 01228 598596 for further details and help and advice on getting the most out of your stay in Carlisle.



ALIVE WITH HISTORY

Carlisle was once enclosed by mighty walls. The West Walls, dating from the 12th Century, are all that remain, but give a good impression of the city's ancient defences. Carlisle's commercial success is revealed in the Guildhall Museum. Built in 1407, it was once a meeting place of the medieval trade guilds. Check opening times with the Tourist Information Centre, telephone 01228 598596.

The **Citadel** is an impressive pair of oval towers guarding the city's southern entrance. The 'twin drum' bastions were built by Henry VIII as a precaution against reprisals from Europe for the dissolution of the monasteries. Two new towers were added in the early 19th Century using masonry from the demolished east walls.

The **Old Town Hall** in the heart of the city centre dates from 1668 and is the home of the award-winning Tourist Information Centre.

The **Historic Quarter** continues to evolve and remains at the heart of Carlisle's business, social and cultural life.



POPPIES: WEEPING WINDOW is coming to Carlisle Castle

The iconic **Weeping Window** sculpture, by artist Paul Cummins and designer Tom Piper, will be installed for all to see at Carlisle Castle from **23 May - 8 July 2018**.

Having been the headquarters of the Border Regiment throughout the First World War, the castle makes a fitting location to host Weeping Window as part of the final year of 14-18 NOW's UK-wide tour.

When better to experience this poppy sculpture than during the centenary of the end of the First World War?

www.english-heritage.org.uk



WALK IN THE FOOTSTEPS OF ROMAN LEGIONARIES

It was Agricola, Britain's first Roman Governor, who wanted to tame the 'wild barbarians' in the north. When Hadrian arrived in AD 122, the barbarians were still at large, so to defend his empire's boundaries he ordered the building of a mighty barrier stretching from the Solway Firth in the west to Wallsend on the North Sea coast, now one of the most important designated World Heritage Sites in Britain.

Roman images courtesy of English Heritage, www.english-heritage.org.uk/hadrianswall.
Poppies image courtesy of 14-18 NOW
Poppies Tower of London Richard Lea-Hair and Historic Royal Palaces.

Today, there are many Roman sites and museums to discover along its route. Explore the stunning landscape on foot or by bike, or by using one of the many published booklets, taking in market towns and quaint villages.

The 84 mile **Hadrian's Wall Path National Trail** allows you to walk in the footsteps of legionary soldiers on a fascinating journey across northern England, taking in some of the country's greatest archaeological monuments and relics from the Roman occupation.



FIND ADVENTURE

Carlisle and Hadrian's Wall Country offer an unparalleled choice of ways for all the family to get active! Whether it's an outdoor or indoor pursuit, you can enjoy your favourite activity here.



Bird Watching – The Solway is a superb place for birdwatching. The RSPB's bird reserves at Campfield Marsh, near Bowness on Solway, and the moorland bird reserve at Geltsdale, are both worth a visit.

Golf – Carlisle offers a fantastic golfing experience with many top class courses situated in and around the city. For further information on the courses visit www.better.org.uk, www.carlislegolfclub.org, Brampton www.bramptongolfclub.com and Crosby on Eden www.edengolfclub.co.uk All visitors welcome.



Pony Trekking – Kershope Forest near Newcastleton is home to Bailey Mill Riding Centre and to the south is Rookin House Equestrian & Activity Centre, just eight miles from Penrith. Blackdyke Riding School is just north of the city for those wanting arena-based riding lessons.

Cycling – Carlisle is a hub for cycling and many long distance cycling routes pass through the city. These include the Reivers Cycle Way, Hadrian's Cycle Trail and the Lochs & Glen Cycle Route. Call Carlisle Tourist Information Centre for more information on 01228 598596 or visit www.sustrans.org.uk

Watersports – Talkin Tarn Country Park, which is close to the historic town of Brampton is great for water based activities. Hire a rowing boat, canoe or kayak for some fun on the water. www.carlisle.gov.uk/talkintarn

Fishing – The river Eden which flows through the city parks is considered one of the best salmon rivers in the north of England. Fishing permits are available from Carlisle Tourist Information Centre on 01228 598596. Also close by is New Mills trout fishing park. www.newmillstroutfishingpark.co.uk

Swimming – The Pools in Carlisle has three heated pools and magnificent Victorian Turkish baths. www.better.org.uk

Horse Racing – Racing in Carlisle dates back to the 16th Century. There's racing every month and accompanied children aged 18 and under can go free to most events. www.carlisle-races.co.uk

Urban Adventure – A High Ropes course with integrated climbing wall and zip wire is located within Bitts Park.



HIDDEN TREASURES

The beautiful landscapes around Carlisle contain many hidden treasures that are sure to delight everyone looking for a unique day out.



Talkin Tarn Country Park, nine miles east of Carlisle, is set amid 120 acres of farmland and mature woodland. It's ideal for just a quiet stroll or an active day of watersports and bike riding. It hosts outdoor theatrical productions during the summer.

On the river Esk to the north of Carlisle is the quiet town of **Longtown**, once the centre of the turbulent Debatable Lands, the stronghold of the feuding Border Reivers. Reiving was a way of life for these families who held no allegiance to the crown. Learn more about the Reivers in **Tullie House Museum**.

The beautiful **Arthuret Church** near Longtown, built in 1609 by public conscription, was the burial place of Archie Armstrong, the favourite court jester of King James I and King Charles I.



Travel further north into the debatable lands and you will find the imposing **Hermitage Castle** in Newcastleton or explore the atmospheric **Bewcastle** famous for its Anglo Saxon Cross, which has stood in the churchyard for over 1000 years.

Crossing the region is the **Carlisle to Settle railway** with 14 tunnels and 17 major viaducts. The 72 mile trip travels through the Eden Valley before continuing into the breath-taking Yorkshire Dales. On special 'steam days', you can experience the sights, sounds and smells of the great steam railway era at first hand.

The CUMBERLAND SHOW

This long-established event has been celebrating agriculture and rural life for over 175 years. This year's event will be held at East Park, Brisco on **Saturday 16 June**. There will be a wide range of livestock on show alongside rural crafts and entertainment. A great family day out!



ENJOY SHOPPING HEAVEN



Carlisle offers one of the most compact, level and visitor-friendly city centres in the country. Whether you're up for a spending spree or simply wish to explore its many local food and craft outlets, it's a vibrant and convenient destination for all shoppers.

The Lanes Shopping Centre has over 70 stores including well-known high street retailers as well as several independent ones. Undercover, The Lanes is an ideal all weather destination and has been awarded the Park Mark for its 600 secured parking spaces.

The award-winning Victorian Market Hall has an unhurried, traditional atmosphere. Here you will find a wide variety of stalls, selling everything from fresh local meat and vegetables to haberdashery, clothing and flowers.



The city centre hosts regular **Carlisle Farmers' Markets** on the first Friday or Saturday of every month, offering an excellent choice of local produce and crafts. Carlisle also takes on an international theme with the arrival of the popular **International Market** with stallholders from around the world. Check dates with the Carlisle Tourist Information Centre on 01228 598596.

Visitors with mobility difficulties can take advantage of the free **Shopmobility** scheme providing wheelchairs and powered scooters. Contact Shopmobility on level two of The Lanes car park or telephone 01228 631564.





Carlisle caters for every gastronomic taste and pocket too! Restaurant listings and contact details can be found on www.discovercarlisle.co.uk

There's an excellent selection of live music venues throughout the city, catering for every genre. **The Sands Centre** is Cumbria's premier live arts venue, hosting classical, pop and rock music plus superb theatre, drama and ballet productions. You can also experience recitals at **Carlisle Cathedral** and amateur dramatic productions at **West Walls Theatre**.

The city's newest arts centre, the **Old Fire Station** offers a packed and varied programme of live music, comedy, theatre and exhibitions. Visit oldfirestation.carlisle.city to find out what's on.



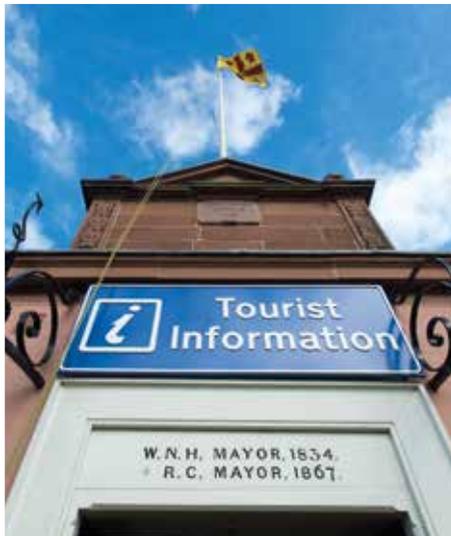
One of Carlisle's open air cafés is the perfect location for street entertainment or just watching the world go by.

When the sun goes down, Carlisle has many vibrant areas for entertainment and is a magnet for those looking for a lively way to celebrate the arrival of the weekend! Close to the city centre are many unique watering holes with comfy sofas, impeccable food and a great choice of real ales and fine wines.

For the latest blockbuster films, head to the seven-screen **Vue Cinema** on Botchergate. Enjoy the thrill of **Laserquest** or a bounce at **Energi Trampoline Park**, whilst **AMF Bowl** offers excellent 10-pin bowling. Or, if it's a challenge you want, try the indoor **Eden Rock Climbing Centre** at Durranshill.



TOURIST INFORMATION CENTRE



Carlisle is proud to welcome visitors to our newly refurbished, state-of-the-art Tourist Information Centre (TIC). The TIC is located in the iconic Old Town Hall, which is a stone's throw from the city's historic quarter, shopping centre and restaurants.

The friendly team at the TIC are here to help you make the most of your time in Carlisle. Our knowledgeable staff can provide information on attractions, transport, outdoor activities, shopping, places to eat, events and much more.

The TIC is also a great place to discover the excellent range of accommodation on offer in Carlisle and the surrounding area, and offers an accommodation booking service.

In addition, you can find a wide range of literature for local and national destinations and purchase tickets for many regional events. Our fully stocked gift shop sells a range of souvenirs, many produced in Cumbria, as well as maps and guides to help make your holiday or short break as memorable as possible.



Carlisle Tourist Information Centre

Old Town Hall, Carlisle, CA3 8JE
01228 598596
tourism@carlisle.gov.uk

Mention **Hadrian** and get 10% discount off full price souvenirs from our Tourist Information Centre shop.

Opening Times

November–February
Monday–Saturday, 10am–4pm

March–June & September–October
Monday–Saturday, 9.30am–5pm

July–August
Monday–Saturday, 9.30am–5.30pm

May–August
Sundays, 10.30am–4pm
Bank Holiday Monday, 10.30am–4pm



CARLISLE & BEYOND

Carlisle is a gateway to many fabulous attractions...

To the north is **Gretna Green**, the famous Scottish village renowned for its runaway marriages. A visitor centre can be found in the **Old Blacksmiths Shop**. From Gretna, it is only a short drive to the **Devil's Porridge Museum**, a fascinating insight into the region's role during the Great War. If retail therapy is more your thing, then head to the **Gretna Gateway retail outlet village** with designer shops and outlets.

West of Gretna, you will come to the **Galloway Coast**, a delightful idyll of quiet coves and sandy beaches.



South of Carlisle is the beautiful **Lake District National Park**, with its spectacular mountains and lakes providing some of the most dramatic scenery in England. Outdoor enthusiasts will find plenty of activities here. If you prefer a gentler pace, the picturesque villages and tranquil lake cruises offer something for everyone.

To the west of Carlisle is the atmospheric **Solway Coast**, a perfect place for birdwatching and escaping the bustle of city life. Bowness on Solway is the starting point for the **Hadrian's Wall Path National Trail**. In 1307, the body of King Edward I was laid out in the church at **Burgh by Sands** before being taken for burial in Westminster Abbey. A monument to the fallen king can be seen on Burgh Marsh.

Further along the Cumbrian coast you come to the traditional Victorian seaside town of Silloth, with its spectacular views across the Solway. To the south is **Maryport**, home to the **Senhouse Roman museum**, which houses a huge collection of Roman altars and other Roman relics.



Go east and visit **Hadrian's Wall** World Heritage Site. A great way to experience the Wall is on foot along the popular **Hadrian's Wall Path National Trail**. Near **Haltwhistle**, the geographical centre of Britain, the national trail crosses the **Pennine Way**. For those who prefer travelling by two wheels, the 174 mile long **Hadrian's Cycleway** passes through **Carlisle**.

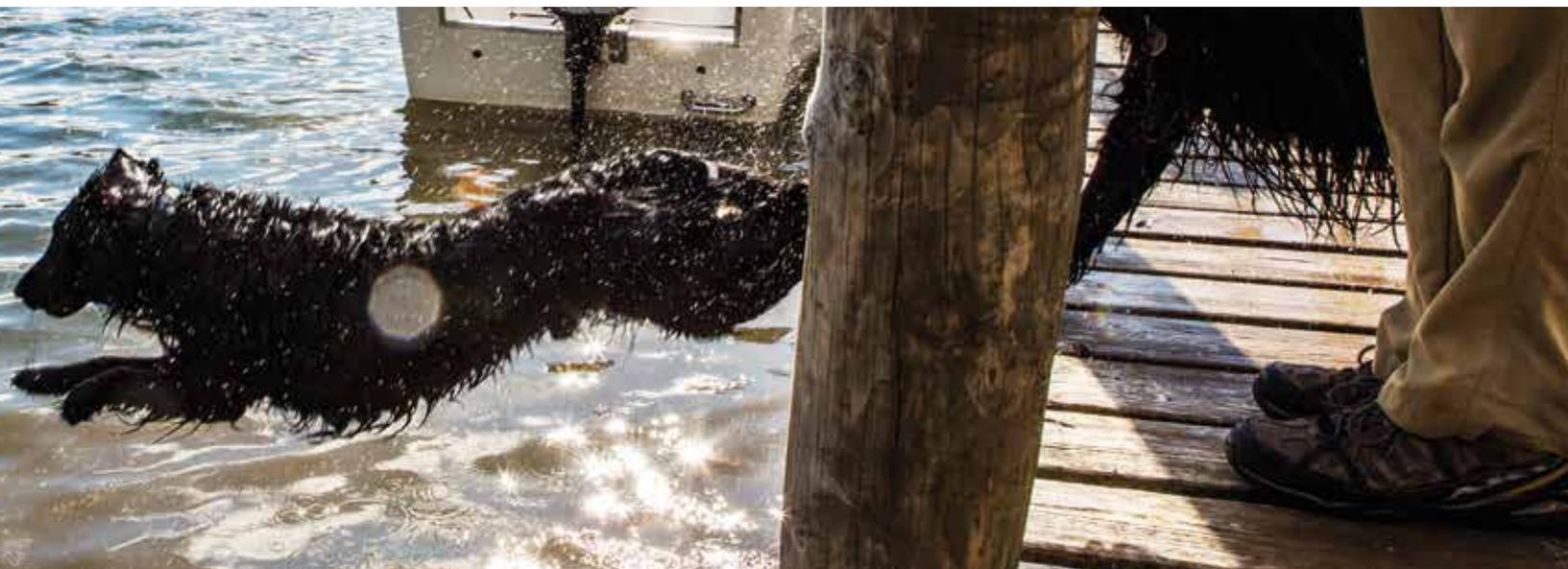
For an alternative view of the Wall, visit Northumberland National park at night. The region is Europe's largest **Dark Sky Park**, which hosts regular star gazing events throughout the season

Also east of Carlisle is **Lanercost Priory**, which was founded by Augustinian canons in 1169 and largely built of stones taken



from Hadrian's Wall. It thrived until Henry VIII dissolved the monastery in 1538. The Priory church survived and is still in use today.

St. Martin's Church in the market town of Brampton (10 miles east of Carlisle) is the only church built by the Pre-Raphaelite architect, Phillip Webb, and has an exquisite collection of stained-glass windows designed by Edward Burne-Jones and manufactured by William Morris.



GETTING & STAYING HERE



By road – Carlisle is linked directly with the North West, Yorkshire and Humberside by the M6, M61, M62 and adjoining motorways. Take the M25, M1 (or M40) and M6 for a speedy journey from London and the South East. The M74/A74, A7 and A69 are the quickest routes from Glasgow, Edinburgh and Newcastle respectively. Carlisle is approximately a two hour drive from the ferry ports at Cairnryan and North Shields.

By rail – Virgin trains from London (Euston) reach Carlisle in under four hours on their way to Glasgow and Edinburgh. Northern Rail provide an excellent service to Carlisle from stations across the whole of Northern England. The City's Citadel Station is the terminus for three of the country's scenic railways: The Tyne Valley line from Newcastle, The Cumbrian Coast line from Lancaster and the historic Settle to Carlisle line which brings passengers from Yorkshire across the Pennines and along the Eden Valley www.settle-carlisle.co.uk For National Rail enquiries telephone 08457 48 49 50.

By coach – National Express operate services to Carlisle from all major cities. For further information, call 08705 808080. There are regular bus services from Newcastle. Telephone 0871 2002233 for details.

By air – Carlisle Airport 01228 573641 can accept most pre-arranged private and commercial aircraft.

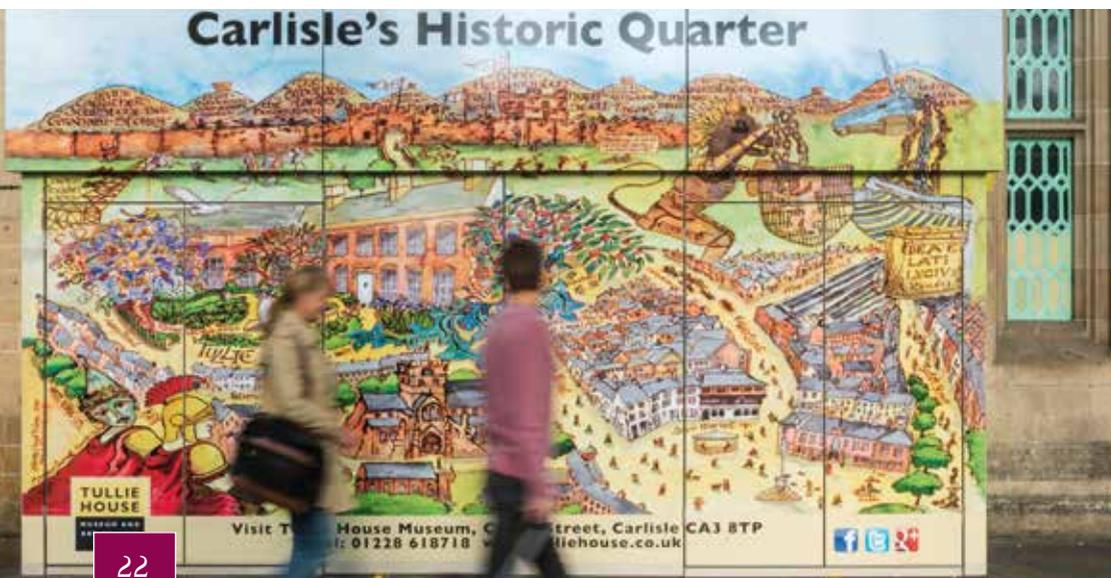
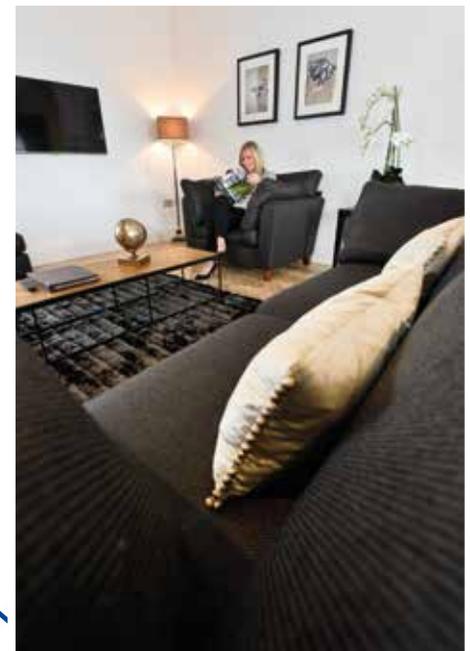
Car hire – For further information, please contact Carlisle Tourist Information Centre, 01228 598596.

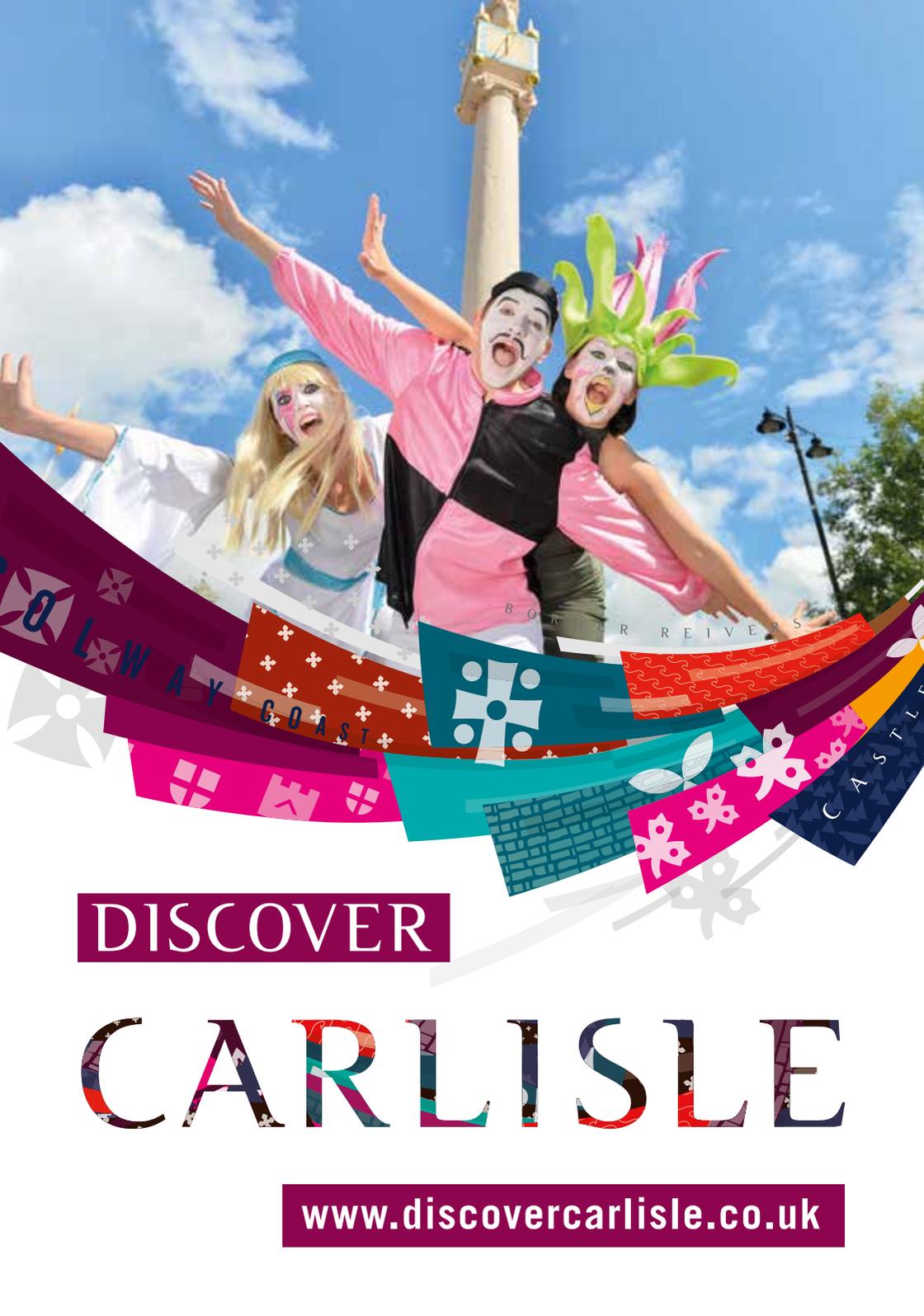
Taxis – Are available from all the major transport hubs. For further information, please contact Carlisle Tourist Information Centre on 01228 598596.

Stay a while in Carlisle! Choose from a fantastic range of first-class accommodation and enjoy a great night's rest as a very welcome guest.

Whatever your budget, there is no shortage of accommodation on offer in Carlisle. Be pampered in luxury hotels or appreciate the homely touch of a comfortable guest house. Enjoy the ultimate flexibility of a self-catering country cottage or stay in one of our convenient modern hostels. For those who like adventures in the great outdoors, there is a good selection of well-equipped camping and caravan sites close to the city.

To find your ideal accommodation in Carlisle, contact the Tourist Information Centre on 01228 598596 for a free guide or visit www.discovercarlisle.co.uk





BORDER REIVERS



DISCOVER

CARLISLE

www.discovercarlisle.co.uk