



Inland Cumbria

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Why Go?

Bordered by the Scottish frontier, the Lakeland fells and the northern Pennines, inland Cumbria has long served as a historical crossroads. Generations of Picts, Celts, Romans and Reivers have all battled each other for supremacy over this strategic patch of land down the centuries, and 2000 years of conflict have left a permanent smudge on the landscape.

It's one of the best places in Cumbria to get a sense of the county's history. Fortified pele towers, crumbling abbeys and ruined castles litter the hilltops, while the red-brick battlements of Carlisle Castle still stand watch over England's northern border. The most obvious reminder of the region's tempestuous past, however, is the remains of the Vallum Aelium, otherwise known as Hadrian's Wall, which sprawls across Cumbria's northern reaches en route to Wallsend, near the River Tyne. There's no better place to cast your mind back into the past.

Best Places to Eat

- » Wheatsheaf (p185)
- » Yanwath Gate Inn (p177)
- » Crosby Lodge (p174)
- » New Moon (p185)
- » Holme Bistro (p170)

Best Places to Stay

- » Warwick Hall (p169)
- » Willowford Farm (p173)
- » Crosby Lodge (p174)
- » Tufton Arms (p181)
- » Beech House (p184)

When to Go

Inland Cumbria generally stays quieter than the honeypot destinations of the Lake District, so it's a good region to visit year-round – although traffic jams are an inevitable headache during school holidays. There are some interesting festivals to look out for: Appleby's historic horse fair happens in June, while the little village of Langwathby has become famous for its annual scarecrow-making festival, held at the start of July. Kendal hosts a lively street arts festival in September and a major mountain festival in November.

Inland Cumbria Highlights

- 1 Climb onto the ramparts of **Carlisle Castle** (p168)
- 2 Play lord of the manor at **Hutton-in-the-Forest** (p179)
- 3 Investigate the artworks at **Abbot Hall Art Gallery** (p182)
- 4 Trace the course of Hadrian's Wall to **Birdoswald Roman Fort** (p174)
- 5 Ride the rails aboard the landmark **Settle-Carlisle Railway** (p172)
- 6 Browse the shelves of the fantastic farm shop at **Low Sizergh Barn** (p186)
- 7 Enjoy the surreal topiary of **Levens Hall** (p187)
- 8 Take a tour of Little Salkeld's working **watermill** (p178)

