

Carlisle

Carlisle is a busy city on Sundays. Many stores and cafes are open. Carlisle Castle – managed by English Heritage – is open. The Tullie House Art Gallery & Museum, Castle Street, is open too; it closes at 5pm on Sundays. The Tullie has good toilets and a pleasant café. Botchergate, to the right of the station, has many pubs including a branch of Wetherspoons and the grade 2 listed **Cumberland Arms**. It was designed for the State Management Scheme, when Carlisle's pubs were state-owned from 1916 to 1971. Carlisle Cathedral is open, too, although its café is closed. Evensong is celebrated on Sundays at 3pm.

The **River Eden** flows through Carlisle to the north of the castle. There are **pleasant walks**, alongside the river, through attractive parks. After you leave the station you can turn left and walk through the twin towers of the mighty **Citadel**. You can walk north along English Street to the open **Market Square** where the tourist information centre is open in the Old Town Hall. Behind this building is the **Guild Hall Museum**, in Fisher Street, and the usual coffee shops.

Carlisle's shopping centre, **The Lanes**, is to the east of the Old Town Hall. It doesn't look like the usual ugly shopping centre. The developers built The Lanes along the old street pattern of narrow lanes, still marked with setts on the ground.

If you turn left and walk down St Cuthbert's Lane you'll see **St Cuthbert's church** which is often open on Sundays. Across the churchyard is the old **Sportsman Inn** and, through a narrow gateway, the mediaeval **tithe barn**, close to a section of the **city walls**.

The **Cathedral precincts** are worth a visit. Dean Tait's Lane from the city walls leads to the sixteenth century **Priory Gate House** through which you can visit the historic cathedral.

The **Tullie House Museum and Art Gallery** has a charming garden, based on Roman Empire era plants, as well as an excellent collection of **Pre-Raphaelite paintings**. The Tullie has a nationally good collection of **Roman remains** from **Hadrian's Wall** which crossed the river just to the north of the city centre. You can walk through an interesting museum **subway** from the Tullie to Carlisle Castle.

The DalesRail train back to Preston and Blackpool leaves Carlisle station at 17.57.

A special city trail walk, lasting about an hour and a half, starts at 12.30 from the station entrance.

Why not join us to hear more about the history of Carlisle's intriguing heritage?

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