

The image shows the top portion of a document. It features a blue header with the text 'Hadrian's Wall Heritage Ltd' in white. Below the header is a photograph of Hadrian's Wall, a stone structure built on a grassy hillside, with rolling hills and trees in the background under a clear sky.

Hadrian's Wall
Heritage Ltd

PRESS RELEASE

Top FREE Easter activities in Hadrian's Wall Country

Hadrian's Wall Heritage Ltd is helping families make their money go further this Easter by offering top tips on exploring Hadrian's Wall Country for **FREE**.

The Frontiers of the Roman Empire World Heritage Site, spans the north of England from Ravenglass on the Cumbrian coast to South Shields in the North East, taking in the Border City of Carlisle and the cosmopolitan NewcastleGateshead.

A visit to Hadrian's Wall Country on a budget couldn't be easier, thanks to the official Hadrian's Wall Country website - www.hadrians-wall.org – which is full of great value ideas on what to see and do.

Highlights of what to do for **FREE** in Hadrian's Wall Country include some forts, Roman history walks, family cycle rides, countryside picnics and helping out on the farm at lambing time.

Best for FREE Roman forts – Arbeia Roman Fort & Museum, Baring Street, South Shields

Painstaking reconstructions show high, low and middle-ranking military life, and the hands on exhibition shows how the ordinary soldier lived.

Closed Sundays.

Admission: Free

Call: 0191 456 1369

www.twmuseums.org.uk/arbeia

Best for FREE family cycle rides – Tyne Riverside (12 miles/19km)

Starting from the Tyne Riverside Country Park Visitor Centre in Newburn or Prudhoe, take it easy along this level route that follows the wooded river Tyne through 150 years of railway history. This is a good family ride as it's mainly on traffic-free path (or greenway) and there are lots of interesting things to see along the way, including George Stephenson's Birthplace (railway pioneer and inventor) and the Wylam Railway Museum.

There are plenty of do-in-a-day cycle routes to download from www.hadrians-wall.org.

Alternatively, more information on cycling in Hadrian's Wall Country is available from: www.sustrans.org.uk; www.cycle-routes.org/hadrianscycleway and www.thenationalbyway.org

Best for picnics – 'Robin Hood's Tree', Sycamore Gap, near Once Brewed

Sycamore Gap, a section of the Wall between two crests just west of Milecastle 38, is locally known as 'Robin Hood's Tree' for its use in the 1991 film Robin Hood: Prince of Thieves, starring Kevin Costner. It is also the site of the tallest piece of surviving Wall.

Take a two mile walk from the Once Brewed Northumberland National Park Visitor Centre along the Wall to the tree, which is popular with families and young children for picnics. The tree can be seen from the B6318 (Military Road) and

both the Hadrian's Wall Path National Trail and the Pennine Way National Trail are also close by.

For more information, visit: www.hadrians-wall.org and www.nationaltrail.co.uk/hadrianswall

Best for FREE farm experiences – Hadrian's Wall Country

With new-born lambs gambolling around and daffodils bursting into bloom, there's no better time to introduce your little ones to rural life in one of Britain's most dramatic landscapes, which is steeped in generations of farming history. Families in search of an authentic country experience can book into one of the many real working farms in Hadrian's Wall Country this Easter and help out with the newborn lambs for **FREE**.

www.hadrians-wall.org

For a full list of walker and cyclist friendly accommodation and more information about Hadrian's Wall Country and to plan your Easter itinerary, visit www.hadrians-wall.org or call the Hadrian's Wall Information Line on 01434 322002.

Ends

MEDIA CONTACTS: Paul Gardner or Jon Perkins on 01524-782086.
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Notes to Editors

1. Images of Hadrian's Wall Country are attached. Higher resolution versions are available by calling 015394-42436.
2. Hadrian's Wall Heritage Ltd is a not for profit company with responsibility for the coordination, protection, development and marketing of the Hadrian's Wall World Heritage Site and the areas it passes through.

3. The organisation was set up in May 2006 in partnership with One NorthEast (One), the Northwest Regional Development Agency (NWDA), Natural England and English Heritage.
4. Hadrian's Wall Heritage works in partnership with a number of organisations. It brings together business and conservation, visitors and local communities in a uniquely focused way, with the overall aim of:
 - Creating jobs and enhancing the local economy
 - Attracting more visitors who will stay longer and spend more in the area
 - Creating a vibrant and sustainable visitor economy
 - Finding better ways to interpret and protect an internationally recognised monument
 - Making Hadrian's Wall a truly world-class destination
5. In order to protect this important and historic monument for future generations we would be grateful if editors do not use photographs of people standing on top of the Wall as this is counter productive to our conservation messages. Hadrian's Wall Heritage has a large image library available to support news stories and travel features. Journalists can contact the organisation direct to obtain access to this library. It is also important not to use photographs of cyclists or horses next to the Wall.