

# **Day One** Trauma Support

Rebuilding lives after catastrophic injury

# Hadrian's Wall Challenge

20th & 21st September 2025

Information guide

# Introduction

With the choice of a one or two day challenge, this amazing experience is not one you want to miss out on! From panoramic landscapes, to breathtaking views, Hadrian's Wall is a beautiful and fun way to explore the Northumberland countryside.



**Sign up before the 30th April 2025 and get 25% off your reg fee!**

## Prices

### One day (Saturday or Sunday)

Reg fee (per person)	<del>£40</del> <b>£30</b>
----------------------	---------------------------

Fundraising target (min.)	<b>£200</b>
---------------------------	-------------

### Two days (Saturday and Sunday)

Reg fee (per person)	<del>£70</del> <b>£52.50</b>
----------------------	------------------------------

Fundraising target (min.)	<b>£400</b>
---------------------------	-------------

### Reg fee for both options include:

- A bespoke Hadrian's Wall medal
- A Day One branded t-shirt
- Experienced guides to support you throughout your challenge
- Free training walks hosted by our experienced guides

\*Accommodation & parking are not included in your reg fee and must be organised separately. Recommendations can be provided after registering.



## **Day One:** A journey through history and breathtaking landscapes

Our adventure begins at 10:00 AM sharp at Birdoswald Visitor Centre, where we gather for a safety briefing and introductions before setting off at on an unforgettable journey through Roman history and stunning landscapes. Standing atop one of the best-preserved sections of Hadrian's Wall, Birdoswald offers an insight into the lives of the soldiers who once defended this mighty frontier. As we pass the ruins of Birdoswald Fort, the surrounding countryside unfolds in all its glory - a fitting start to our epic trek.

Crossing the River Irthing via the striking Willowford Footbridge, we make our way through Gilsland, before arriving at the hauntingly beautiful ruins of Thirlwall Castle. Here, tales of border raids and ancient battles add an extra layer of intrigue before we rejoin the Hadrian's Wall Path and push on towards Walltown Visitor Centre, where we pause for a well-earned refreshment break.

Refuelled, we climb onto the Walltown Crag, where the Wall snakes dramatically over rugged ridges, offering some of the finest views of the entire route. Pressing on, we reach Aesica Roman Fort, an extraordinary site slightly set back from the Wall. Here, we explore the remains of barracks, granaries, and the principia (headquarters), as well as a well-preserved Roman aqueduct, once crucial for sustaining the fort's garrison.

Continuing west, we arrive at the dramatic setting of Cawfield Quarry, providing the perfect backdrop for another well-earned break. Energised, we push on to conquer the heights of Cawfield Crag, where the Wall remains impressively intact, and reach Thorny Doors, home to some of the tallest surviving sections of the Wall.

From here, we press on past Caw Gap, climbing onto the rugged Whin Sill ridge and tackling the windswept heights of Whinshields Crag. At 345 metres (1,132 feet) above sea level, we reach the Trig Point, where stunning panoramic views await.



### **Sycamore Gap**

As we descend, we pause at Peel Crag Turret, a Roman watchtower where archaeologists uncovered the remains of a man and a woman, adding a mysterious layer to this historic site. The sense of the past lingers in the air as we make our way to our final stop of the day - perhaps the most famous location on Hadrian's Wall: Sycamore Gap. Though now missing its legendary tree, this dramatic dip in the landscape remains one of the most photographed and iconic places on the Wall.

With a final descent, we arrive at The Sill Visitor Centre, completing a thrilling first day filled with ancient ruins, breathtaking scenery, and a real sense of stepping back in time.

# Key information

<b>Distance</b>	12 miles (approx)
<b>Difficulty</b>	Moderate to challenging
<b>Terrain</b>	Mixed: rocky crags, open moorland, and rolling countryside
<b>Walk length</b>	6-8 hours

## Highlights of the day

Rugged sections of Hadrian's Wall at Peel Crags and Milecastle 39, witness the remains of the iconic Sycamore Gap, traverse the dramatic landscapes of Highshield Crags and Crag Lough, cross open moorland at Hotbank Farm and Ridley Common, explore the well-preserved Housesteads Roman Fort, take in the scenic beauty of Boreland Rigg and Broomlee Lough, and conclude the day at The Sill Visitor Centre for well-earned rest and reflection.

## Day one map



**The route is in red.**

## **Day Two: A further journey through history and breathtaking landscapes**

We meet at the wooden seating area in front of The Sill, where we begin our second day of adventure. After introductions, a daily safety briefing, and essential equipment checks, we set off on what promises to be another memorable journey through history and stunning landscapes.

We make our way past Sycamore Gap, where we witness the regrowth of what was once the most famous tree in the world. Taking a moment to reflect on its legacy, we then head back up and onto the Hadrian's Wall Path, following the striking line of the Wall as it overlooks Crag Lough along Highshield Crag. The rugged beauty of this section provides a dramatic backdrop as we traverse Hotbank Crag, moving onward towards Housesteads Roman Fort, one of the best-preserved Roman forts in Britain.



### **Crag Lough**

Arriving at Housesteads, we take time to explore the fort, imagining life as a Roman soldier stationed here nearly two thousand years ago. Dropping down the hill, we visit the Housesteads Visitor Centre, where we can grab some refreshments and recharge before ascending once more to rejoin the Wall.

**This next section has been described by many as offering the most breathtaking views along the entire route—will you agree? As we press on, we pass the location of the notorious King’s Wicket (Busy Gap), once a bustling trade route but also fraught with danger. Continuing upward to Sewingshields Crag, we reach the trig point, marking a high point on our journey and offering panoramic views of the surrounding landscape.**

**Following the Wall, we pass the open expanse of Fozy Moss, where the remote, wild beauty of Northumberland truly shines. Eventually, we arrive at Brocolitia Roman Fort (also known as Badger’s Gap), where we take time to explore the ancient ruins of the fort and visit the historical Coventina’s Well, the site of an important Roman shrine where an astonishing 16,000 coins were once discovered.**

**Our path then leads us through the quiet village of Walwick, where we begin a descent towards Chesters Roman Fort and Visitor Centre. Here, those who wish to explore the site can do so (entry fee: £9.50 per adult). For those who prefer to continue, we pass by the fort and follow the route towards the Chollerford Bridge, where our epic trek for the day ends.**

**Next to the bridge, a fantastic café offers a well-earned opportunity for refreshments. We gather, reflect on the day’s experiences, and celebrate the completion of Day 2 before concluding our journey.**



# Key information

<b>Distance</b>	<b>12.5 miles (approx)</b>
<b>Difficulty</b>	<b>Moderate to challenging</b>
<b>Terrain</b>	<b>Mixed: rocky crags, open moorland, and rolling countryside</b>
<b>Walk length</b>	<b>6-8 hours</b>

## Highlights of the day

Sycamore Gap, Crag Lough, Housesteads Fort, Sewingshields Crags, Coventina's Well, Chesters Roman Fort, Chollerford Bridge.

## Day two map



**The route is in red.**

If you have any questions about the event, get in touch with our friendly fundraising team by emailing us at [fundraising@dayonetrauma.org](mailto:fundraising@dayonetrauma.org) or give us a call on 0300 303 5648.



# Take on this challenge to **support** people like Cat

I had completed just over 4km of my 5km run when I crossed the road on to the pavement, near a roundabout. I suddenly heard the loudest sound I'd ever heard. I turned round and saw a car had crashed into the roundabout and was coming towards me. The next thing I knew I was laying on the floor.

I was at the roadside for around an hour and a half before the ambulance arrived to take me to hospital. I was given pain relief, including ketamine. As promised, it helped with the pain but I felt horrific. I actually thought I had died due to the effects of it. It was unbelievably frightening, an out of body experience.



I was treated at the Major Trauma Centre at The James Cook University Hospital in Middlesbrough, where I had nine limb-saving surgeries over the course of the next seven months. My legs look like a patchwork quilt due to the skin grafts and I had an external fixator fitted, which is like a cage around your leg.

When I came out of hospital, a colleague told me about Day One. I went on to their website and found out about peer support.

I needed someone who didn't know me to listen. Someone who wouldn't try to make everything better, because ultimately nobody could.

That's exactly what I got when I was paired with Rob. From our first call, we got on great. I felt comfortable with him and could say anything to him.

I have gained so much from connecting with the Day One team. I spoke to the team over the phone and their James Cook caseworker spent valuable time at my bedside when I returned to hospital for the last operation.

One year on from her accident, Cat completed a 1-mile walk, ending at the site where she was hit by a car, and raised over £1,000 for Day One!

**Day One**  
Trauma  
Support

Rebuilding lives after  
catastrophic injury  
[dayonetrauma.org](http://dayonetrauma.org)



Registered with  
**FUNDRAISING  
REGULATOR**

Charity number: 1194227

@dayonetrauma

