

Rickerby Park

walk **3**



Pushchairs (be aware of steps at Eden Bridge Gardens and wet ground)



Time

35 - 69 mins

Distance

3.6km (2.3 miles)

Steps

Approx 4,600

Route

Tarmac and grass

Start point

The Sands
Centre car park
CA1 1JQ

Parking

Pay and Display

Bus routes

All city buses:
Market Hall stop

Walk category

Moderate

The majority of the paths are on tarmac or road, but some of the route is on grass. Unfortunately, it is unsuitable for pushchairs in wet weather. Please be aware of traffic on the road through the park.

Rickerby Park brings the River Eden into the heart of Carlisle. The park is named after its old 12th century name of Richardby, when the riverside fields were part of an ancient manor.

In 1832 Rickerby came into the possession of Mr George Head Head. He swept away all of the hedges and had the park tastefully laid out and planted with the vista-like cluster of trees we see today. Local folklore states that the trees are laid out in relation to the regiments fighting in the Battle of Waterloo.

In 1922, the park was purchased by Carlisle Corporation and dedicated as a memorial to those who died in the Great War (1914-1918).

Depending on your level of fitness it will take:

♥
Under 69 mins
(2 miles per hour)

♥♥
Under 46 mins
(3 miles per hour)

♥♥♥
Under 35 mins
(4 miles per hour)

Calories used

Women: 265kcal

Men: 317kcal

Route description

Walk around to the rear of the Sands Centre to view the River Eden. Bear right and follow the riverside path around the edge of the Swifts Golf Course (be aware that this path can be muddy) and walk over the railed flood defence bank and continue along the riverside path.

Turn left and cross the Memorial Bridge into Rickerby Park, continue on the main path towards the Cenotaph. Bear left and take the next path to the left which eventually arrives at the road. Follow the road a short way, as it starts to rise, take the path on the left (signed 'Eden Bridge') and go through a kissing gate.

Continue along the path passing through Eden Bridge Gardens, take the steps up to the pavement and cross the bridge to return to The Sands Centre.

