

THE PILGRIM'S TALE

Feed mind, body and spirit with a pilgrimage along these historic trails we've created in collaboration with the British Pilgrimage Trust – and discover the story of England at our historic sites along the way

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Pilgrimage was once an everyday part of life in England. Undertaken as a means of religious contemplation, it was enjoyed by rich and poor alike. After being banned in 1538 by Henry VIII and Thomas Cromwell, the well-trodden routes that pilgrims had followed for centuries became forgotten. Yet these ancient paths are enjoying a modern-day renaissance. Whether done for religious reasons or simply as a way to enjoy life at a slower pace for a few days, a walk along a pilgrimage route is a wonderfully tranquil way both to see beautiful countryside and to explore historic buildings.

'As you walk, you can practise mindfulness, notice plants and animals, sing a song or be silent,' says Dr Guy Hayward, co-founder of the British Pilgrimage Trust (britishpilgrimage.org). 'Pilgrimage is yours to discover.' The trust has put together a series of walks that traverse ancient routes and visit our properties on the way, allowing you to take time out of everyday life and listen to the echoes of those who trod the paths before you. Turn the page for a selection of routes across the country.

St Edmund's Way, Suffolk

Distance/duration 22 miles/2 days

Start/end point Thetford Priory to Bury St Edmunds Abbey

Getting there and back Train to Thetford and from Bury St Edmunds, or bus and taxi to Thetford if parking car in Bury St Edmunds. Alternatively, park at Thetford and then take the train or bus/taxi back at the end of the walk

Accommodation West Stow, Flempton or Lackford (West Stow is on the route, Flempton and Lackford are walking distance from the route)

Terrain Footpaths, fields and small sections of road

Properties visited Thetford Priory, Church of the Holy Sepulchre and Bury St Edmunds Abbey



i Travelling from Thetford Priory, walk along the Icknield Way towards Bury St Edmunds, the resting place of King Edmund, who was martyred by the Danes in 869. Thetford Priory was one of the largest priories in medieval East Anglia, and became a place of pilgrimage due to a miracle-working statue of the Virgin Mary. Less than half-a-mile away is the Church of the Holy Sepulchre. Both the church and priory fell into disrepair after the Reformation.

In addition to these English Heritage properties, you'll also be able to see a number of other historic sites, including the medieval stone Barnham Cross, which marks the boundary between Norfolk and Suffolk, and the reconstructed fifth and seventh-century Anglo-Saxon village of West Stow. Your pilgrimage will end at Bury St Edmunds Abbey – see if you can time your arrival to coincide with evensong.

Four pilgrim routes, Canterbury, Kent

Distance/duration Between 7 and 12 miles/ 1 day each

Terrain Footpaths, fields and road

Route one Old Way (start at Patricbourne, 8 miles), visiting St Augustine's Abbey and St Augustine's Conduit House

Route two North Downs Pilgrims' Way (start at Chilham, 7 miles), visiting St Augustine's Abbey and St Augustine's Conduit House

Route three Augustine Camino (start at Faversham, 12 miles), visiting Faversham Stone Chapel, Maison Dieu, St Augustine's Abbey and St Augustine's Conduit House

Route four The Via Francigena (start at Shepherdswell, 11 miles), visiting St Augustine's Abbey and St Augustine's Conduit House



i Canterbury has welcomed pilgrims for over 1,000 years, attracted by the cathedral, St Martin's Church – the oldest church in the English-speaking world – and its many other churches, saints and holy springs. It's where St Augustine first settled on his mission from Rome to convert England to Christianity, where Archbishop Thomas Becket was murdered in 1170, and immortalised by Chaucer in his *Canterbury Tales*.

'There are currently several pilgrimage routes into Canterbury, as there would have been in the medieval heyday of pilgrimage,' says Hayward. We've suggested four routes that all end in Canterbury Cathedral, which can be done individually or put together into a week's holiday. They visit a number of our properties, including the sixth-century St Augustine's Abbey, the 13th-century wayside hospital Maison Dieu and Faversham Stone Chapel. Arrive at the cathedral for choral evensong to enter free of charge.

Camino Ingles, County Durham

Distance/duration 20 miles/3 days

Start/end point Escomb Church to Finchale Priory

Getting there and back Train to Bishop Auckland station, then taxi to Escomb Church, or the number 86 bus from Bishop Auckland (not Sundays). Taxi from Finchale Priory or number 42 bus from HMP Frankland to Durham, where there is a train station

Accommodation First night at Bishop Auckland, Binchester, Byers Green or Whitworth. Second night at Durham

Terrain Footpaths, fields and small sections of road

Properties visited Auckland Castle Deer House and Finchale Priory

i The Camino de Santiago is one of the most well-known pilgrimage routes in the world and this is a recognised English section of it, taken at a leisurely pace over a total of three days so that you have plenty of time to explore all the area has to offer.

Day one is a short walk from Escomb to Bishop Auckland, where you can visit Auckland Castle Deer House, an 18th-century feeding place and shelter for the deer of the parkland. Day two goes from Bishop Auckland to Durham through the Weardale valley, part of the North Pennines Area of Outstanding Natural Beauty, and where you might be lucky enough to spy black grouse and adders.

Start day three with a morning of exploring Durham, a stunning city that's a designated UNESCO World Heritage Site, with attractions including the Norman cathedral and the 11th-century castle. In the afternoon, set off along the Weardale Way to the spectacular ruins of Finchale Priory on the banks of the river Wear, where the 12th-century hermit Godric lived for 50 years. It was from here that Godric made one of the earliest recorded pilgrimages from England to Santiago in northern Spain – so if this walk has inspired you, this could be your next challenge.

This page The spectacular ruins of Finchale Priory in County Durham Facing page, from top Bury St Edmunds Abbey in Suffolk, with St Edmundsbury Cathedral in the distance; St Augustine's Abbey in Kent was built to mark the rebirth of Christianity in southern England



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10 OF OUR NEW
PILGRIM TRAILS
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The Abbesses' Way, Shropshire

Distance/duration 20 miles/2 days

Terrain Footpaths, fields and roads, some uphill

Start/end point Wenlock Priory to Shrewsbury Abbey

Getting there and back Train to Telford, then bus or taxi to Much Wenlock. Return train from Shrewsbury

Accommodation First night at Much Wenlock (for an easier 14-mile leg from Wenlock to Atcham, arrive the afternoon before, see Wenlock Priory, and stay overnight to make an early start from Wenlock). First or second night at Acton Burnell, Eaton Mascott or Atcham

Properties visited Wenlock Priory, Langley Chapel and Acton Burnell Castle



i 'Wenlock Priory and Shrewsbury Abbey were founded during the Saxon period, at a time when women were very powerful in the Church, and two beautiful towns have been built around these great holy places,' says Hayward. Wenlock Priory was once a pilgrimage site for those paying homage to the relics of eighth-century abbess St Milburga. Afterwards, visit Much Wenlock's holy wells of St Milburga and St Owen before ascending the ridge of Wenlock Edge. Revel in the rolling Shropshire landscape, especially at the Church of St John the Baptist in Kenley, then walk to Langley Chapel and Acton Burnell Castle, a now-ruined medieval fortified manor house. Then follow field and road to St Eata's Church, Atcham, before the final approach via the River Severn and Rea Brook to Shrewsbury Abbey, which houses the remaining part of the shrine to abbess St Winefride, whose remains were brought here in 1138.

South Dorset Old Stones Way, Dorset

Distance/duration 10 miles/1 day

Terrain Mainly fields and footpaths, small sections of road, some uphill

Start/end point Littlebredy Church to Abbotsbury, St Catherine's Chapel

Getting there and back Taxi to Littlebredy Church and return taxi from Abbotsbury. The nearest train station is Dorchester

Properties visited Kingston Russell Stone Circle, Abbotsbury Abbey and Abbotsbury, St Catherine's Chapel

DISCOVER MORE

To plan your walks and to download maps, go to the Members' Area of our website at www.english-heritage.org.uk/magazine



This image
Abbotsbury, St
Catherine's Chapel
was built by the
monks of the nearby
Abbotsbury Abbey
Top The tranquil
ruins of Wenlock
Priory in Shropshire

i South Dorset's gentle countryside is rich in prehistoric sites, and this route allows you to reflect on ancient vistas. 'This landscape is charged by ancient stones,' says Hayward. 'Walking through it immerses you in a land before records began.' From the start at Littlebredy Church, walk through the Valley of Stones towards The Grey Mare and Her Colts – a long barrow guarded by three great stones – and the 4,000 year-old Kingston Russell Stone Circle. Then delve down into the woods to find a secret ruined chapel with just an arch, altar and a few gravestones remaining. Climb to the Iron Age Abbotsbury Castle Hillfort, which offers unrivalled views to the sea, then walk the Ridgeway and descend into the village of Abbotsbury. Here you'll find the remains of a 13th-century abbey and the hilltop church of St Catherine's Chapel, where local women wanting to find a husband prayed to the saint for her help.

see more. do more. discover more.



North Yorkshire Moors Railway

Yorkshire by Steam

Discover glorious Yorkshire, from the edge of the rugged Dales to its spectacular coastline, via its majestic moorland. Take in ancient York, discover delightful Brontë country and embark on scenic heritage railway journeys.

Day 1 Meet in Harrogate

Your discovery of Yorkshire begins in Harrogate, an attractive Georgian spa town. Here you meet your Tour Manager at your hotel.

Day 2 Historic York

Take the train to nearby York today, and admire this beautiful walled city with Roman and medieval architecture in abundance on a guided walking tour. You see landmarks such as the magnificent Minster, and the quaint medieval Shambles. Following the tour you are free to explore.

Day 3 North Yorkshire Moors Railway

Today travel by coach to Goathland, made famous as Aidensfield in 'Heartbeat', and then continue to Whitby. Crowned by its brooding abbey and famous as the setting for Bram Stoker's Dracula, Whitby boasts some of the UK's finest fish and chip restaurants. Enjoy free time here to explore before boarding the North Yorkshire Moors railway back to Pickering and Harrogate. This enthralling journey by steam* crosses the breathtaking North York Moors National Park and sees you travel in heritage carriages.

Day 4 Worth Valley and the Brontës

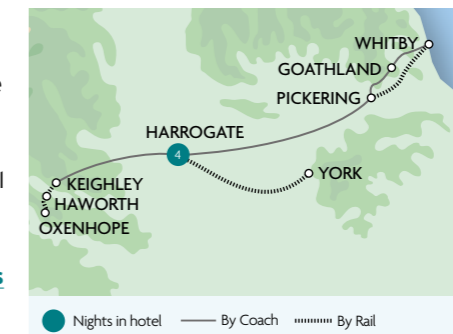
Enjoy a nostalgic journey on the heritage Keighley & Worth Valley Railway. From

Keighley, the steam-hauled* trip takes you up the Worth Valley to Oxenhope, passing the rugged hills, rustic stone cottages and wild farmland immortalised in the 1970 film 'The Railway Children', which was filmed here. Later, continue to the picturesque village of Haworth stopping at the Brontë Parsonage, home to the famous literary sisters. It was here, amid the wonderfully dramatic landscape, that the Brontës were inspired to write novels such as Wuthering Heights and Jane Eyre.

Day 5 Homeward bound

After breakfast you are free to depart from Harrogate.

*Steam-hauled where possible



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- ✓ Visit to the Brontë Parsonage
- ✓ Scenic journey on the North Yorkshire Moors Railway
- ✓ Excursion to Whitby with free time

Dates and Prices

31 Mar 19	Sold out	28 Jul 19	£395
7 Apr 19	£395	4, 11, 18 Aug 19	£395
11, 14, 21 Apr 19	£415	25, 26 Aug 19	£415
25 Apr 19	£415	1, 8, 9 Sep 19	£425
28 Apr 19	Sold out	16 Sep 19	£425
5, 9, 13 May 19	£425	29 Sep 19	£425
16, 19 May 19	£425	30 Sep 19	£425
26, 27 May 19	£425	3 Oct 19	£415
2, 4 Jun 19	£425	6 Oct 19	£415
9, 17 Jun 19	£425	10, 13 Oct 19	£415
23, 30 Jun 19	£425	20 Oct 19	£395
21 Jul 19	£395	27 Oct 19	£375



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