



Statue of Constantine

Life in Roman York wasn't all Emperors and Empresses. What was life like day after day for the regular folk, both soldier and civilian, who lived right here nearly two thousand years ago? Find out as we walk in their footsteps. Where did they come from? What did they eat? Where did they live? How did they keep clean? And how, ultimately, were they laid to rest?

Along the way, we will explore what remains of York's Roman past, visit the sites of harbours and bath-houses, and discover Roman sarcophagi. Combining research from archaeological investigations all over the city, alongside insights from objects in the Yorkshire Museum's collection, this trail will explore the hidden lives buried under nearly two millennia of history and bring to life some of the voices of Roman York's past.

Download the free app to find an audio guide, interactive map, and photographs of archaeological and historical artefacts from sites along the trail!

User Guide

This walking trail will lead you around York's historic cityscape, exploring some of its forgotten stories. At each of the stops along the trail, listen along to the audio narrative provided. These can be accessed via an app or a podcast. This trail lasts approximately 90 minutes.

The App

- The Web App created to use en route can be accessed via your web-enabled mobile phone, for either iPhone or Android. Details are available on the web at: www.historyofyork.org.uk

The Podcast

- Podcast downloadable in MP3 format available on the web at: www.audioboo.fm/historyworks

This leaflet and audio podcast are also available at: www.youtube.com/user/historyworks/videos

The Leaflet & More Information

- To find this leaflet, more information on the Trail, or if you would like to access the scripts, go to www.historyworks.tv © Historyworks 2012.

Further Trails

- Jewish History and Great War trails also available.
- Viking, Medieval, and Georgian trails coming soon.

This trail and accompanying podcast have been devised and produced by Helen Weinstein, IPUP Director, The Institute for the Public Understanding of the Past, to whom all suggestions for revisions should be directed (ipupinfo@gmail.com). Expertise and Narration of the trails by the York City Archaeologist, John Oxley.

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A Walking Trail

Explore How Life Was Lived In Roman York

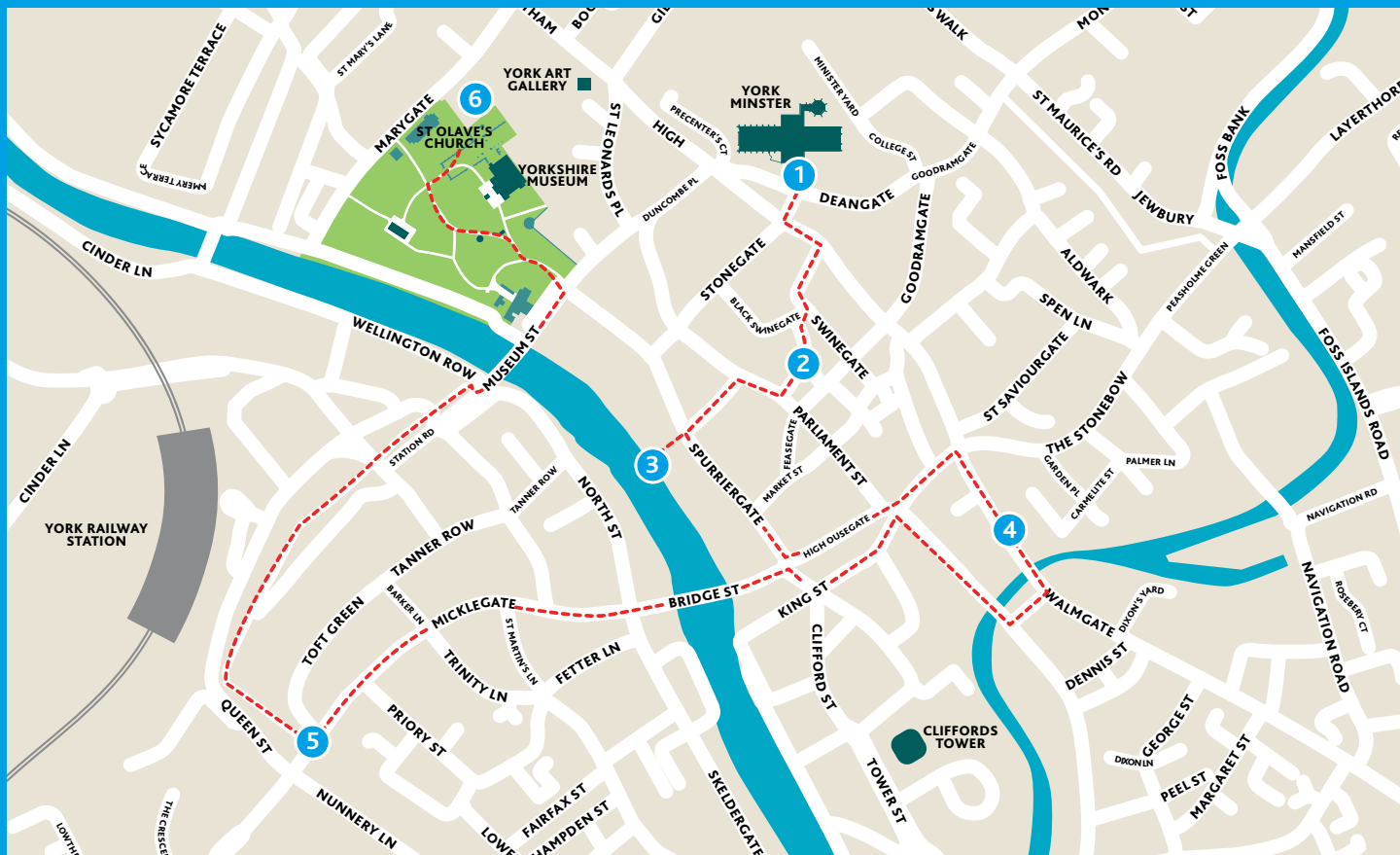


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TRADE AND EXCHANGE – FOSSBRIDGE

As you go down Fossgate, stop when you reach the small stone bridge that carries the road over the River Foss.

Roman York was closely tied to the rest of the Roman Empire through links of trade and exchange. Goods came to the city from all over the known world, and many of them would have been unloaded onto this river's quayside. Archaeologists have discovered that a thriving harbour existed near here busily loading and unloading Roman trading ships full of olive oil and wine.

5



SLAVERY – MICKLEGATE BAR

After you've climbed up Micklegate stop when you reach the Bar, the old Medieval stone gate into the city.

The Medieval gatehouse that you can see today stands right over a much older Roman entrance into the city.

Beyond the Roman city walls stretched a vast burial ground, from which archaeologists have gained insights into Roman York's invisible population: the slaves that kept the city running. When you've finished, climb the stairs here and set off along the walls in the direction of the Minster.

6



DEATH AND BURIAL – THE MUSEUM GARDENS

After you've descended from the city walls, cross the bridge, and then enter into the Museum Gardens on your left. Walk past the Museum, in the direction of the Abbey ruins, and look away to your right, where you'll find two rows of Roman stone coffins.

We know a great deal about the people who lived in Roman York from their tombs and their bodies. These stone coffins were found in different sites all across York, and the Roman attitude towards the dead can tell us lots about the living.

1

MILITARY LIFE AND RELIGION IN THE RANKS – CONSTANTINE'S STATUE

Start the tour standing in front of the statue of the Roman Emperor Constantine, which is next to the south door of York Minster. The Roman army arrived in York in AD71 and soon founded a large fortress that was built to house a legion of soldiers. The military headquarters of that fortress is right below your feet.

2



CIVILIAN LIFE IN EBORACUM – THE ROMAN BATH

In St. Sampson's Square, look for the Roman Bath pub. Civilians were soon attracted to live in the shadow of the fortress' walls. A thriving town began to flourish alongside the military base, with people living, loving and dying here nearly two thousand years ago. This is the site of a military bath house discovered in excavations.

3



PRODUCTION AND CONSUMPTION – THE RIVER OUSE

Cross Coney Street and go down the alley that runs alongside the church of St. Martin. Continue down between the cinema and a pub, until you reach the river. A growing city meant an increasing population to feed. Excavations on this spot have revealed a complex of warehouses that stored grain that would have been used to make bread.