

TAKE ON A MARY ROSE MARCH



ARE YOU OVER 60 AND KEEN ON WALKING AND EXPLORING? TAKE ON A NEW ADVENTURE AND GET YOUR STEP COUNT UP AT PORTSMOUTH HISTORIC DOCKYARD.

We got together a team of active adults aged 60+ and Olympian Roger Black to help us develop a series of new walking routes around Portsmouth Historic Dockyard's fantastic museums, and now you can try them out.

So grab your Ultimate Explorer ticket and discover new parts of our ships and museums whilst staying fit and healthy!

Mary Rose March - Step back in time and discover the sights and sounds of the Mary Rose as you march between the decks of the museum and event test your arm muscles with a spot of archery.

TOTAL STEPS: 2118 WHICH IS JUST OVER A MILE. TAKE TIME LOOK FOR HATCH THE DOG AND TEST YOUR ARM MUSCLES WITH SOME TUDOR ARCHERY.

Direction	No. of steps
From the gates walk to the Visitor Centre and then on through the dockyard until you reach an oyster shaped building the Mary Rose Museum.	734 steps
Enter the museum through the revolving door, and make your way to the front desk. Once you've shown your ticket, you will be guided into the 1545 experience where 'Henry VIII' will tell the story of the Mary Rose, before sending you onto a virtual version of the ship's deck in her last minutes. Once this has finished, make your way out into the '19th July 1545' gallery	55 steps
Head towards the large map on the wall in front of you – this is a copy of The Encampment of the English forces near Portsmouth, more commonly referred to as the 'Cowdray engraving', which shows the events that took place in Portsmouth on 19th July 1545 -specifically the Battle of the Solent and the loss of the Mary Rose. Either use the computer screens to find out more, or just ask one of our volunteers – they'll be more than happy to tell you everything about it! Once you're done there, head round the gallery, past the anti boarding netting to the bell. This was one of the last objects recovered from the wreck site, and one of the first to have been installed on the ship, as it bears the inscription "I was made in 1510" – the year the Mary Rose was laid down.	20 steps



Direction	No. of steps
<p>Although you can see the ship from here, the best view comes from going back across the gallery to the entrance to the 'Main Deck' gallery, where you can see the ship and the recreation of the gun deck opposite. This isn't representing the other side of the ship – it's a mirror image, showing where the guns and structures were found on the ship itself. Make your way along the gallery, passing the Carpenter's cabin, the Surgeon's cabin and ultimately the emblem, or figurehead, which features the heavily weathered symbol of the Tudor rose</p>	68 steps
<p>From here, you enter the first of the character-focused galleries, 'The Men of the Main Deck'. Head for the Carpenter's case, but it's not him we're interested in; rather his dog, Hatch. Hatch was a terrier-whippet cross, who would have been responsible for catching rats on the ship. He's one of our most popular exhibits, so make sure you say hello to him!</p> <p>Have a wander around the gallery, make sure you check out the surgeon's tools – from trepans for releasing pressure in the skull to saws and knives used for amputations, as well as urethral syringes and cauterising irons – all very nice!</p> <p>When you're done here, go to the top of the stairs, and before you go down them, go to the window near the entrance to our learning centre – from here you can see part of the outside of the ship, which had been resting on the seabed for 437 years.</p>	79 steps
<p>Take the 30 steps down to the 'Science and the Mary Rose' gallery, and have a look at the case with the large pile of bricks and a metal bowl in it – this is one of the galley ovens, with the brass cauldron build into the top. You'll see a restored version further round the museum.</p> <p>16 steps will take you past some of the science involved in finding, caring for and understanding the Mary Rose, and will lead you to the reconstruction of an archer. From here, make your way to the glass door leading into the 'Lower Decks' gallery.</p>	46 steps
<p>The gallery represents the storage areas of the Mary Rose, the orlop deck and the hold, filled with spare parts for the rigging, anchor cables and barrels of food. This was also where the galley ovens were kept, the one you'll see here shows how the one in the last gallery should have looked. All the crew's food was cooked on these two ovens, so it was probably a hot and stressful place to work!</p>	24 steps

Direction	No. of steps
<p>Head along through the rest of the gallery to the 'Men of the Lower Decks', and go to the cook's case. Here you'll see a bowl with the words 'NY COEP COOK' scratched onto them – was Ny Coep the cook's name?</p> <p>Have a wander around the gallery, looking at the plates, barrels, accoutrements of life onboard and the pursers' items, including some gold coins, then either take the 42 steps up to the 'Men of the Upper Decks' gallery, or just take the lift – you've earned a bit of a rest, after all!</p>	72, or 114 (if you take the stairs) steps
<p>Once you reach the top level, go towards the hanging model of the Mary Rose. This model was made for a Channel 4 documentary about why the Mary Rose sank – apparently, they had to cheat a bit to get the model to tip over and sink! Either way, it's a great shot for a photo, with the shadow on the wall.</p> <p>Once you've got your photo, go for a wander around the gallery, taking in the mast top, the officers belongings, navigational equipment as well as staff and bladed weapons, not to mention the deadly long bows – Why not have a go at pulling one in our handling area!</p> <p>Once you've pulled a bow (and hopefully no muscles!), make your way to the airlock leading into the 'Upper Deck' gallery.</p>	62 steps
<p>Heading out of the air lock, take in the smell of the ship – you are now essentially in the ship hall with the Mary Rose! Walk along past (or on, if you're feeling brave) the glass floor to the bronze gun. This gun, a demi culverin, was made in 1537 – the year Edward VI was born.</p> <p>Make your way along the gallery to the second airlock, then go into the Admiral's gallery.</p>	61 steps
<p>Within 16 steps you should be looking at objects representing the finer things in life on the Mary Rose – Musical instruments and fine pewterware, followed by religious items, clothing and personal accessories! Once you've taken these in (around 30 steps), head to the waiting area for Dive the Mary Rose 4D, where you'll find out more about the history of the Mary Rose from the time of her sinking, to attempts to recover her in the 16th, 19th and 20th centuries. When the pre-show ends, go into the theatre and see the full show (25+ steps from the waiting area to your seat then out) then head to the stair, leaving your 4D glasses in the box by the theatre exit.</p>	71 steps
<p>Head down the stairs to the 'Raising' galleries, where you can see more information about the recovery of the Mary Rose, reaching the museum exit. Head out through the shop, either stopping to pick up some souvenirs, or head to the café for a celebratory cup of tea!</p>	50 steps
<p>Walk back through the Dockyard and exit through the gates. Of course we don't want you to leave. With your Ultimate Explorer ticket you can visit many more of the ships and museums at Portsmouth Historic Dockyard.</p>	Steps 734

Useful information to help you on your walk

- **Accessibility:** Fully accessible with lifts and limited seating, although a folding stool can be collected at the front deck, or in the '19th July 1545' gallery.
- **Lighting** is subdued, requiring caution.
- **Exhibition quality:** Displays are highly praised, with atmospheric lighting and informative films. The 4D film is a highlight.
- **Visitor advice:** Take your time to avoid missing details. Pacing is important, especially after a long day of walking.