

NewcastleGateshead.com

FREE

POCKET GUIDE



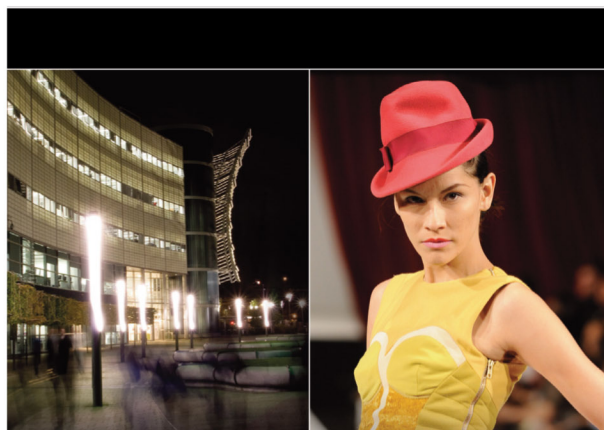
NewcastleGateshead

NewcastleGateshead,
Sunderland, South Shields,
Tynemouth and Whitley Bay



north east
england

A handy pocket guide of
things to see and do in our
cities, coast and countryside



innovation

cultural

research

international

discover NORTHUMBRIA

www.northumbria.ac.uk



FIND OUT MORE AT: NEWCASTLEGATESHEAD.COM

A VERY WARM WELCOME AWAITS



Whether the sun is shining or it's a crisp autumnal day, a warm welcome always awaits you in NewcastleGateshead and Tyne and Wear.

USING THIS GUIDE

This Pocket Guide has been produced to help visitors and residents alike make the most of their time in NewcastleGateshead and the nearby areas of Tyne and Wear.

Divided into easy to follow sections, take this guide with you whenever you head out to make sure you don't miss out on the array of attractions and activities on offer.

Use the handy A-Z listings at the back of the pocket guide for details of opening times, costs, contacts and how to get there.

OFFICIAL IPHONE APP

Download our **Official NewcastleGateshead City Guide**, visit the app store and search for 'NewcastleGateshead'.



Produced by NewcastleGateshead Initiative
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Whilst every care has been taken in the accuracy of producing this guide, the publisher is not liable for any errors or omissions which may occur. All information is subject to change and is correct at time of going to print - November 2010.

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FIND OUT MORE AT: NEWCASTLEGATESHEAD.COM



NEWCASTLEGATESHEAD

Whether you're a first time visitor or taking a new look at familiar surroundings, you can't fail to be amazed at what NewcastleGateshead has to offer.

The vibrant capital of North East England really does have something for everyone; from mesmerising culture to pulsating nightlife; rural escapes to exhilarating shopping; whatever you are looking for from your visit you will find it and so much more in NewcastleGateshead.

Arriving in NewcastleGateshead is an experience in itself; the awe-inspiring Angel of the North welcomes visitors coming from the South and the seven bridges that span the River Tyne and stitch Newcastle and Gateshead together – including the

Tyne Bridge and the multi award-winning Gateshead Millennium Bridge – provide a show-stopping entrance to this remarkable destination.

The compact city centre makes it the perfect place to explore, whatever the length of your stay. Those looking to make a day of it will be impressed at how quick and easy it is to get around, so you can cram as much into your visit as possible. For those with more time to spare, there's a whole host of museums, art galleries, nature, shops, entertainment and nightlife to fill your days and nights.

Shopping lovers cannot fail to be impressed with the wide range of high street favourites, designer stores and one-off boutiques in our modern shopping centres, bustling

arcades and vibrant markets. And you'll be captivated by the arts and culture on offer – from world-class music performances at The Sage Gateshead to stunning exhibitions at our many art galleries and museums. With a heritage dating back beyond Roman times, you'll find a wealth of historical buildings to discover, including the Castle Keep standing on the original site of the 'New Castle' from which Newcastle takes its name.

By night, the city truly comes alive. Enjoy fine dining in one of our many restaurants or relax with a pint of real ale in a friendly, traditional pub. We're famous for our big nights out, and it's easy to see why – NewcastleGateshead is packed with cosmopolitan bars and lively nightclubs

that attract party-goers every night of the week.

Within 15 minutes of the hustle and bustle of city life you will find yourself in rural Gateshead, with its woodlands, meadows and riverside walks, where wildlife, such as the elusive red kite and red squirrel can be spotted if you look carefully.

With so much to see and do, it's easy to see why NewcastleGateshead has been named amongst the best cities in the UK and Europe. And after just a short time in our unique and friendly city, you'll see why people flock from far and wide to visit NewcastleGateshead time and again.

SEE



SUNDERLAND

The city of Sunderland has something for everyone with great shopping, museums and art galleries and stunning coastal scenery.

The story of Sunderland is told at the award-winning Sunderland Museum and Winter Gardens along with displays of works by artist LS Lowry. And you can even take a treetop walk over the tropical plants and flowers. Or visit the National Glass Centre, a contemporary glass building, housing stunning displays and artist studios – the delicious Throwingstones Restaurant is definitely worth a visit.

Explore the historical side of Sunderland with a trip to the 7th Century St Peter's Church which is one half of the twin monastery of Wearmouth-Jarrow, the UK's 2011 bid for World Heritage Site Status.

For stunning views of the city and surrounding countryside head up to Penshaw Monument. Built in

1844, it is one of the region's most prominent landmarks.

Football fans should head over to the Stadium of Light, the home ground of Sunderland AFC. Soak up the atmosphere at a home game or enjoy a tour of the stadium. Sunderland Aquatic Centre, just next door, houses the region's only 50 metre pool and to try your hand at water sports, head over to Sunderland Marine Activities Centre where sailing, canoeing, kayaking and power boating are just some of the activities on offer.

Shop until you drop at The Bridges shopping centre which houses over 100 high street retailers, or explore Sunnyside for stylish independent boutiques and contemporary galleries. At night, choose from a wide range of delicious restaurants and lively bars. Theatre lovers should head to Sunderland Empire to see the latest West End show on tour. A vibrant city with so much to offer any visitor.

To the north of Sunderland is the lively coastal town of South Shields, with stunning scenery, historical sites, family-friendly attractions and traditional seaside fun.

Relax on the beautiful Sandhaven Beach or take an invigorating cliff top walk along The Leas to Souter Lighthouse and be rewarded with fantastic views along the coast.

South Shields is the perfect resort for the family. Ocean Beach Pleasure Park is great for thrill seekers and toddlers alike with colourful rides, plenty of amusements and video games. Next door you'll find Dunes Adventure Island, a fantastic indoor attraction to enjoy whatever the weather. Or have hours of fun at South Marine Park; with its boating lake, exciting children's play areas, mini steam train and lots of wide open space to enjoy a leisurely picnic, just a stones throw from the beach.

You can discover South Shields' Roman past at Arbeia Roman Fort. Find out about the life and times of author, Dame Catherine Cookson at South Shields Museum and Art Gallery, where the kids can also see snakes, spiders and creepy crawlies and have fun in Art Adventure.

The buzzing market (Monday, Friday and Saturday) attracts shoppers and bargain hunters from miles around and the town centre offers a wide range of favourite high street stores.

If you are a curry fan, you have to check out one of the many Indian restaurants that line the town's famous Ocean Road. For a more traditional take on seaside cuisine, try the award-winning fish and chips at Colmans or a yummy ice cream at Minchella & Co. A great way to round off a fun-filled family day at the coast.

EXPERIENCE

SOUTH SHIELDS



Head east from the centre of NewcastleGateshead and within minutes you'll find yourself at one of the most glorious stretches of coastline in the country. We're rightly proud of our beaches with the miles of golden sands and promenade stretching between Tynemouth and Whitley Bay. Perfect for bracing walks and fun daytime for the kids.

The picturesque seaside village of Tynemouth is a must see; with the imposing Tynemouth Priory and Castle, a vibrant weekend market, quirky shops and boutiques, relaxing cafés and lively pubs, as well as some of the most beautiful beaches you're ever likely to see. Its rugged coastline attracts surfers from far and wide all year round.

For fun that all the family will enjoy, take a trip to Blue Reef

Aquarium which houses over 30 displays, including tropical sharks, seahorses, giant crabs and even miniature monkeys!

The seaside town of Whitley Bay attracts visitors by day with its long golden sands, bustling shops and the statuesque St Mary's Lighthouse. By night it transforms into a lively night out, attracting revellers to the many bars and pubs that line South Parade. For something a bit more cultural, catch the latest performance at the newly refurbished PLAYHOUSE Whitley Bay.

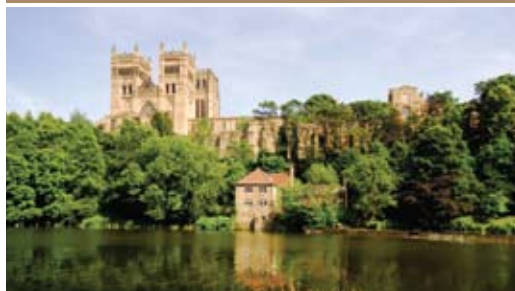
No visit to the coast would be complete without sampling some delicious fish and chips and with the freshest catch of the day landing daily at North Shields Fish Quay, you'll find everything you could possibly wish for from a day at the seaside.

DISCOVER

North East England is one of the most unique and beautiful places in the country.



NORTH EAST ENGLAND



EXPLORE



TYNEMOUTH & WHITLEY BAY



The sprawling countryside of Northumberland to the north of NewcastleGateshead with its gorgeous coastline and bustling market towns, just has to be explored. Check out Alnwick Castle, the setting for the Harry Potter films, and stroll around the stunning Alnwick Garden which includes water sculptures, a poison garden and Europe's largest treehouse.

No visit to the region would be complete without taking in Hadrian's Wall. The wall snakes across the country, from Wallsend in the east, where you can visit Segedunum Roman Fort to Bowness in the west.

A short drive or train ride south of NewcastleGateshead brings you to the historic city of Durham. Visit Durham Castle and Cathedral or explore the city's meandering streets and its delightful mix of shops and cafés for a great day out. Head further afield to Tees Valley, where you'll find plenty of things to see and do. See a re-creation of an 18th century seaport at Hartlepool Maritime Museum or discover the story of Captain Cook at the Captain Cook Birthplace Museum in Middlesbrough.

With so much to see and do, one visit just isn't enough. You'll have to come and see us again.

MAKING THE MOST OF YOUR TIME HERE



Tourist Information Centres (TIC) make an ideal first port of call. With TICs located across the region, not only will they advise you on what's on and how to get there, but they can help you to book accommodation, walking tours, bus and river trips, theatre tickets and a host of other exciting activities.

Full contact details for the TICs can be found in the A-Z section at the back of this guide (page 51).

GETTING AROUND

Travelling around NewcastleGateshead and the rest of the region couldn't be easier.

THE METRO

We have one of the country's most efficient modes of transport in the Tyne and Wear Metro system. You can travel from the airport to NewcastleGateshead's city centre in less than 25 minutes, and from here to the coast in under half an hour. Tickets are available at any Metro station and should be bought from the machines before travelling. The Metro Day Saver is a great buy if you have more than one

journey to make. The machines are yet to take cards or notes, so coins are essential. Look out for new machines accepting cards and notes across the network during 2011.

See the Metro map on the back cover of this guide for routes and destinations.

BUSES

Bus services are plentiful and frequent across the region. Look out for the different travel passes that are available. If your journeys are to be confined to Tyne and Wear, a Day Rover ticket allows you unlimited travel on any mode of transport (Metro and ferry included). Tickets are available to buy on board the bus. The environmentally friendly QuayLink service operates across NewcastleGateshead city centre and Quayside. The distinctive bright yellow vehicles link the key attractions across NewcastleGateshead.

THE SHIELDS FERRY

A ferry service connecting the north and south of the Tyne runs every 30 minutes between North Shields and South Shields. This short seven minute journey is an ideal way to cross the mouth of our famous river.

TRAVELINE

For all local public transport enquiries, call Traveline on 0871 200 2233 or textphone 0870 241 226 or visit www.traveline.info. Lines are open 7am-8pm daily (excluding Christmas Day, Boxing Day and New Year's Day).

TAXI

Taxis can be flagged from approved taxi ranks in all major parts of the region.

ORGANISED TOURS

A range of tours, by foot, by bus and even by boat are available to help you to discover more of our heritage, history, architecture and culture. Whether you are looking for a personal tour guide to take you by foot or by taxi, the flexibility of a hop-on-hop-off sight seeing bus or prefer to join in an organised group itinerary, we have a tour for you.

Details of guided tours can be found in the A-Z listing at the back of this guide (page 62).

CYCLE ROUTES

Boasting three finishing posts for the Coast to Coast (C2C) route in Tynemouth, South Shields and Sunderland, what better way to see Tyne and Wear than on your bike. There are hundreds of miles of dedicated cycle ways to enjoy. Check the website for details on routes and cycle hire. www.NewcastleGateshead.com.



Newcastle Tourist Information Centre

8/9 Central Arcade

Newcastle upon Tyne, NE1 5BQ

Phone: 0191 277 8000 Fax: 0191 277 8010

Email: tourist.info@newcastle.gov.uk

www.newcastle.gov.uk



Newcastle
City Council



10 THINGS NOT TO MISS

With so much to see and do, it can be difficult to know where to begin. We have selected our ten 'must sees' to help you to make the most of your time.

ANGEL OF THE NORTH



Undoubtedly the most iconic piece of public art in the UK, Antony Gormley's **Angel of the North** dominates the skyline as you approach NewcastleGateshead from the South. This 20m high, 54m wide steel structure welcomes visitors to the region and is one of the most visible symbols of our North East pride.

QUAYSIDE AND THE BRIDGES

The seven bridges that span the River Tyne together with **The Sage Gateshead**, designed by Sir Norman Foster and **BALTIC Centre for Contemporary Art**, have become the iconic image of NewcastleGateshead. The Quayside is home to the world's first tilting bridge, the **Gateshead Millennium Bridge**, the famous Tyne Bridge, and an array of bars and restaurants,

contemporary art galleries and an international music centre.

GREAT NORTH MUSEUM: HANCOCK

Following the eagerly awaited multi-million pound redevelopment programme, spectacular objects from the Ancient Greeks, mummies from Ancient Egypt and a life size T-Rex are just some of the many displays at the **Great North Museum**.

CASTLE KEEP



The Grade I listed **Castle Keep**, dating back to 1178, is one of the finest examples of a Norman Keep in the country, and is on the site of the original 'New Castle' from where Newcastle derives its name. Climb the 134 steps to the top for stunning panoramic views across the city centre and the Quayside.

GREY STREET & GRAINGER TOWN



Said to boast more listed buildings than any other city barr London and Bath, **Grainger Town** is one of the dazzling jewels in our crown, with classical architecture designed in the 1830's by the internationally renowned Richard Grainger.

METROCENTRE

Britain's best and Europe's largest shopping and leisure centre, **Metrocentre** offers everything from high street names to one-of-a-kind stores and boutiques. It also offers a host of leisure attractions, an IMAX cinema and over 50 places to eat and drink.

PREMIERSHIP FOOTBALL



Call it a religion or an obsession, football undisputedly is a huge part of life across Tyne and Wear. Soak up the atmosphere by catching a game at either Newcastle United's home ground **St James' Park** or Sunderland's **Stadium of Light**. Tours are available at both impressive stadiums.

THE COAST

Flanked with stunning, golden, award-winning beaches, dramatic cliff faces and historical buildings, a trip to the beaches of Sunderland, South Shields, Tynemouth and Whitley Bay are a must. Whether it's a gentle stroll along the sand, surfing the waves or visiting one of the heritage attractions and monuments dotted along the coast, the Tyne and Wear coast is simply unmissable.

WEARMOUTH - JARROW

The twin Anglo-Saxon monastery of Wearmouth-Jarrow, which is the UK's nomination for World Heritage Site Status in 2011, was home to the Venerable Bede. Its two living churches, **St Peter's** (Sunderland) and **St Paul's** (Jarrow), boast original 7th Century features, including the oldest dedication stone of any Church in England. Bede's Northumbria is brought to life in a fantastic display of excavated artefacts at **Bede's World** in Jarrow.

NATIONAL GLASS CENTRE

The **National Glass Centre**, housed in a spectacular glass and steel building, is a unique venue dedicated to exploring ideas through glass; providing an exciting and adventurous programme of exhibitions, high quality educational resources and learning opportunities for adults and children alike.

WORK OF ART

NewcastleGateshead has enjoyed a cultural regeneration and with a rich collection of museums, galleries, theatres and music venues to inspire any visitor, you'll find a vast array of art and culture to enjoy and explore.

ART GALLERIES

NewcastleGateshead has a vast array of art galleries catering for every taste with a wide range of collections; from classical paintings of international recognition to modern art by emerging artists.

BALTIC Centre for Contemporary Art, housed in a converted flourmill on the Quayside, is a must see for any visitor. Amongst the biggest temporary art spaces in Europe, its exhibitions and events change regularly. Ride the glass lift to the top floor to enjoy panoramic views or dine at the spectacular SIX Restaurant. The UK's biggest single commercial art space has been created at **The Biscuit Factory**, with a diverse range of art on sale to suit all tastes and wallets. In the heart of Newcastle is the **Laing Art Gallery**, renowned

for bringing the biggest names in art to the region and is the permanent home to an impressive collection of 18th and 19th-century paintings. The **Hatton Gallery** has long been part of the city's art scene and shows a diverse programme of historic and contemporary art exhibitions. Take a trip to the **Side Gallery** and you'll find stunning photography displays that document people, places and culture.

World-class printmaking can be viewed at **Northern Print** in the Ouseburn Valley where the exhibitions change every two months. **Shipley Art Gallery** in Gateshead is home to the legendary painting 'The Blydon Races' by William Irvine and houses the broadest range of contemporary crafts – including glass, textiles and furniture – outside London.

Vane showcases work from many national and international artists as well as showing work from invited artists in collaboration with other galleries. At **Opus Art**, a commercial gallery, you'll find work from a host of internationally renowned and up and coming artists available to buy.

In Sunderland, the **National Glass Centre** is a contemporary glass building housing galleries, studios, production facilities, a craft and design shop and the award-winning Throwingstones restaurant. The **Northern Gallery for Contemporary Art** features work from local, national and international artists and has received critical acclaim for its stunning displays. The story of Sunderland is told across four floors of galleries and exhibitions at **Sunderland Museum & Winter**

Gardens and, with a focus on research, experimentation and collaboration, the **Reg Vardy Gallery Sunderland** is home to contemporary art exhibitions and events.

The programme at **The Customs House** gallery in South Shields incorporates a diversity of art forms and exhibitions by artists of national and international standing.

Travel a bit further afield and you'll find **Bowes Museum**, near Barnard Castle, which houses permanent collections of international importance, alongside an ongoing programme of exhibitions.

Or visit **MIMA** (Middlesbrough Institute of Modern Art), a contemporary gallery housing an art collection of post industrial Middlesbrough.

1

2

3

4

- 1 BALTIC Centre for Contemporary Art
- 2 Laing Art Gallery
- 3 National Glass Centre
- 4 The Biscuit Factory



PUBLIC ART

With stunning large-scale installations such as **The Angel of the North** and intriguing smaller creations found in unexpected places, NewcastleGateshead has an established reputation for public art. Eye-catching pieces can be seen across the region – download public art walking tours at www.NewcastleGateshead.com.

THEATRE

As a key destination on the West End touring circuit and a hotbed of home-grown creative talent, NewcastleGateshead has a rich theatrical heritage. Alongside internationally acclaimed North East successes such as Billy Elliot, Elephant and The Pitmen Painters, the region regularly plays host to some of the most popular shows on the national and international stage.

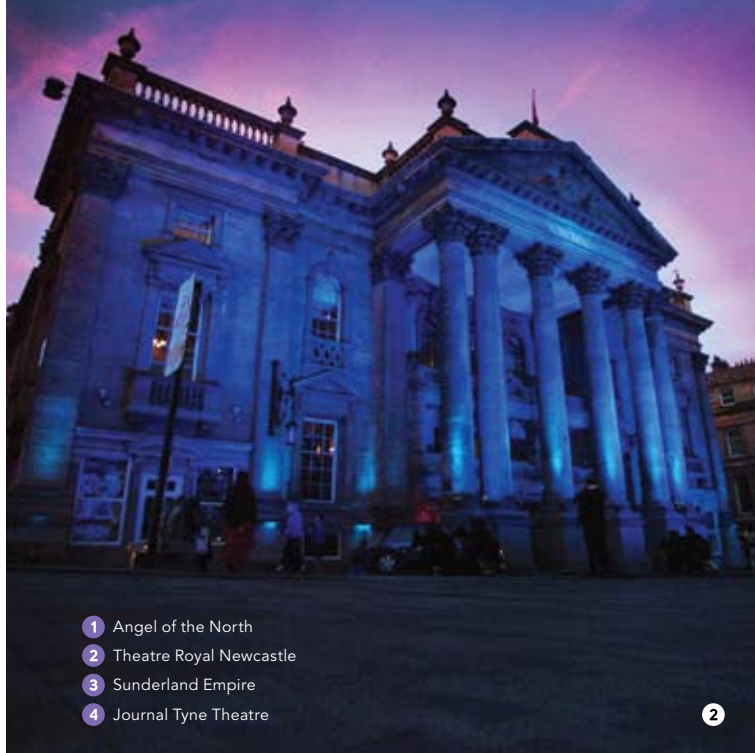
Theatre Royal Newcastle is a gem. Described by actor Charlton Heston as amongst the most beautiful he had performed in, its programmes feature everything from the RSC and Opera North to Christmas pantomimes and hit musicals, attracting visitors time and again.

For an intimate setting - with seats at tables right alongside the stage – head to **Live Theatre** on the Quayside. It has spawned talented writers including Lee Hall of Billy Elliot acclaim, and is where many North East actors including Robson Green, Tim Healy and Denise Welsh cut their teeth and continue to perform.

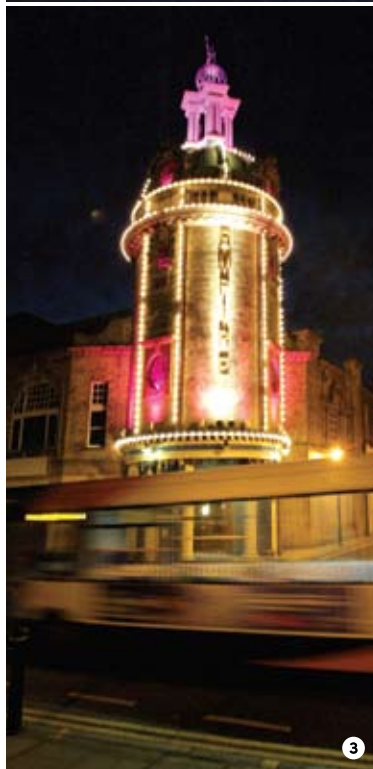
The **Journal Tyne Theatre** is a popular venue for music-based productions such as the Buddy Holly Story. And it's not just adults who'll enjoy this fantastic venue, as it's well known for featuring fantastic children's shows. At **Northern Stage** you'll find an eclectic and dynamic programme of world-class productions from the UK, Europe and beyond.

The Hyena Café is guaranteed to put a smile on your face with the best names in comedy from famous TV faces to up-and-coming local talent.

Enjoy a performance at **Sunderland Empire**, the largest theatre between Manchester and Edinburgh and the main staging post for large-scale West End productions. Explore further and you'll be spoilt for choice with an abundance of quality theatres. **The Customs House** in South Shields, the newly refurbished **PLAYHOUSE Whitley Bay** and the **Gala Theatre** in Durham all boast impressive performance schedules for family and adults alike.



- 1 Angel of the North
- 2 Theatre Royal Newcastle
- 3 Sunderland Empire
- 4 Journal Tyne Theatre



MUSIC AND DANCE

As home to the likes of Sting and Cheryl Cole, it's no wonder that NewcastleGateshead boasts an impressive range of live music venues. Every musical taste is catered for with **Metro Radio Arena** attracting the biggest chart acts, **The Sage Gateshead** showcasing a wide range of internationally renowned artists and music and a wealth of pubs and specialist venues providing a platform for local talent.

1 The Sage Gateshead

The Sage Gateshead, designed by Sir Norman Foster, has fast become recognisable as a major landmark on the NewcastleGateshead skyline and is as impressive on the inside as it is from the outside. Its two main acoustically designed stages host everything from rock to folk and country to jazz and its own orchestra - the Northern Sinfonia - is at the heart of its classical programme. Aside from the music, with free entry to the building, it's worth checking out one of the bars, brasserie and café for the stunning views across the Quayside.

A recognised hotbed for local music talent, NewcastleGateshead offers a wealth of venues to hear up-and-coming bands.

The Cluny is a mile east of the city centre in the Ouseburn Valley and is firmly established as a top live music venue for new and emerging acts.

The Jazz Café is an intimate venue in the heart of the city and has earned a reputation as THE place for the hottest jazz sounds in the region and a must visit for any jazz aficionado. The nearby **Black Swan** is famous for its popular Friday salsa night and the city's universities continue to be the place to go for the best in indie music with regular live performances from locally and nationally acclaimed bands. The **O2 Academy** has already secured its place as a great night out. With a main auditorium holding 2,000 people it hosts regular club nights and some of the UK's

most successful current artists. **Newcastle City Hall** is one of the oldest institutions and continues to pull in some of the world's biggest acts. A rich variety of dance styles are brought to life at **Dance City**, the most Northern of National Dance Agencies and the largest outside London.

Head out of the city and you'll find an abundance of

INSIDER TIPS



Danny Robertson, age 19

“My favourite place is Tyneside Cinema, it's a haven for film lovers. I think we're so lucky to have a place like it... and the Ouseburn is a close second, because it is such a hive of activity.”

venues staging everything from reggae to rock. **The Trojan Rooms** in the popular seaside town of Whitley Bay is fast gaining a reputation as the coast's home of live music. **The Independent** is one of Sunderland's most popular music venues and well worth a visit, hosting touring bands from across the world as well as local performers and special all-day events.

2 Dance City



STING

World-famous Wallsend-born musician and singer-songwriter

"For me, performing in front of my home audience is always a special experience and standing on stage in a magnificent venue like The Sage Gateshead makes me enormously proud of my heritage."

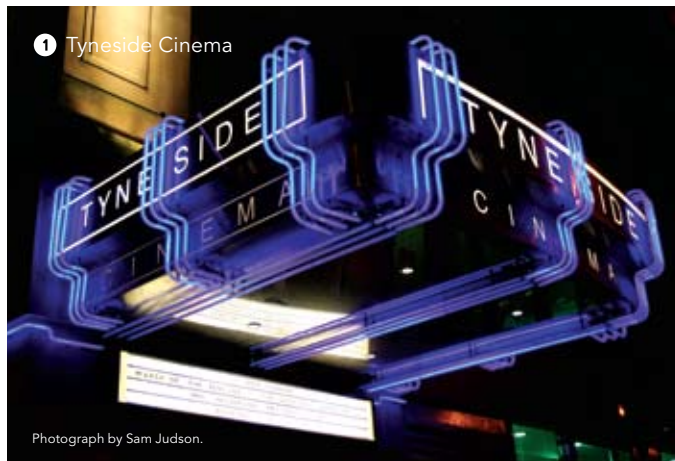


CINEMA

Film enthusiasts will be spoilt for choice with a host of independent cinemas across the region showing a wide range of art house, foreign language and old time classic films.

At the recently refurbished art-deco **Tyneside Cinema**, you can see the best new and classic films from around the world right in the heart of Newcastle. The building was designed by local entrepreneur Dixon Scott, great uncle of film directors

1 Tyneside Cinema



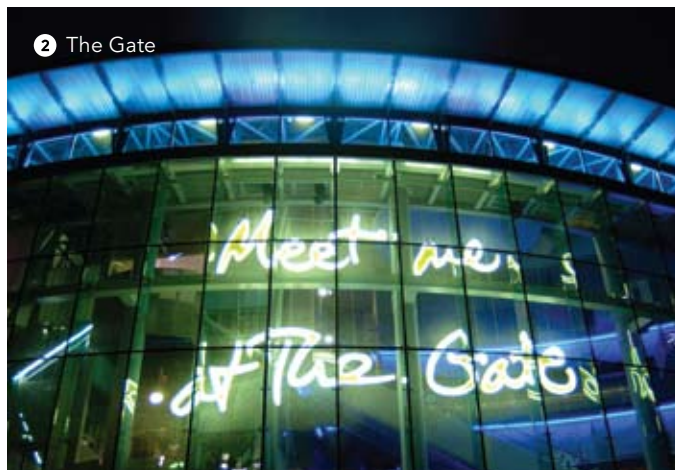
Photograph by Sam Judson.

Sir Ridley and Tony Scott and opened as the 'Bijou News-Reel Cinema' in February 1937. Small is most definitely beautiful at **The Side Cinema** on the Quayside, the 48-seat theatre operates in conjunction with its neighbouring photographic gallery and café of the same name, to show films that challenge common beliefs and perceptions. The **Star and Shadow Cinema** in the Ouseburn Valley is run completely by volunteers and shows a wide range of films

on a Thursday and Sunday night, as well as showing live art and other exhibitions.

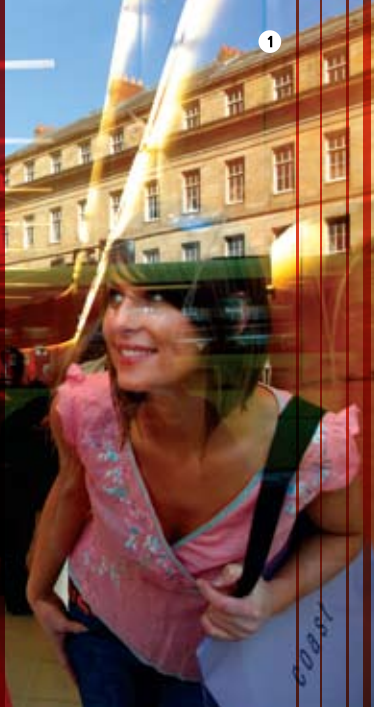
With the brand new **IMAX cinema** at the Metrocentre, and a wealth of city centre and out-of-town multiplexes including **The Gate**, **Cineworld Boldon**, **The Empire at Sunderland** and **ODEON Silverlink**, catching the latest Hollywood blockbuster whilst visiting NewcastleGateshead couldn't be easier.

2 The Gate



SHOP TIL YOU DROP

NewcastleGateshead is a shopper's paradise. With fantastic shopping malls, major high street names, fashionable arcades, bustling markets and stylish independent boutiques, there's everything you could wish for to indulge in some serious retail therapy.



NEWCASTLEGATESHEAD

Set right in the heart of Newcastle city centre, the recently expanded **Eldon Square** houses over 150 stores including the leading names in fashion, department stores such as Debenhams, John Lewis, Marks & Spencer and Fenwick and a wide selection of food and drink outlets. Adjoined to Eldon Square is the eclectic **Eldon Garden** which provides a delightful mix of stylish independent and high street retailers offering jewellery, gifts and fashion alongside leading hair and beauty salons and quality eateries.

Shop 'til you drop on **Northumberland Street**, the main shopping thoroughfare in Newcastle city centre. This pedestrianised street

boasts many leading names in retail as well as Fenwick department store – check out its impressive window display at Christmas. A short walk brings you to **Grainger Town**, the historic heart of the city, based around classical streets built by Richard Grainger in the 1830's and 1840's. Having undergone a stunning redevelopment programme, Grainger Town's combination of brand names and one-off boutiques has earned it a reputation as the place to go for fashion. **Central Arcade** with its impressive glass barrel-vaulted roof is well worth a visit and **Grainger Market**, a Grade I listed building is still home to the original Marks and Spencer's Penny Bazaar. You'll find a colourful blend of eateries, galleries and a mix of quirky vintage stores sitting side by side on **High Bridge**.

Every Sunday, Newcastle's **Quayside Market** showcases traditional stalls alongside artists, designers, jewellers, food producers and ceramic artists – pick up a bargain or enjoy a stroll along the riverside as you browse.

There are a host of quality farmers markets across the region selling locally produced meat, cheese, crafts, bread and preserves and there's an excellent market on the first Friday of each month next to Grey's Monument in Newcastle city centre (9.30am – 2.30pm).

For any serious shopping lover, a trip to the **Metrocentre** in Gateshead is an absolute must. It's Britain's best and Europe's largest shopping and leisure centre. All the major high street names and department stores can be found amongst its vast malls and check out the themed arcades where you will find delightful one-of-a-kind stores and boutiques. Metrocentre also offers a host of leisure attractions, an IMAX cinema and over 50 places to eat and drink.



Only a short drive from the Metrocentre, in rural Gateshead, is the **Gibside National Trust Estate** where an exceptional farmers market takes place the third Saturday of each month (except July). Just outside of Gateshead, the **Team Valley Retail Park** is home to large retail outlets such as Mamas & Papas and other well know brands.

To the north of Newcastle city centre is the leafy suburb of **Jesmond**. Wander around its stylish streets where you'll find a host of designer fashion boutiques, antique stores, cafés, restaurants and bars to enjoy.

Check out **Jesmond Dene Market** and browse the stalls selling leather goods, contemporary art, sculpture and framed prints of local scenes; the market is held every Sunday on Armstrong Bridge.



- 1 Central Arcade
- 2 Northumberland Street
- 3 Metrocentre, Gateshead
- 4 Eldon Square

SUNDERLAND

If you're in Sunderland, pay a visit to **The Bridges**, a spacious shopping centre housing over 100 leading stores or the Sunnyside area of the city for boutique stores specialising in designer fashion labels and trendy interiors.

A little south of Sunderland, just off the A19 in County Durham, is **Dalton Park**, the North East's biggest outlet shopping centre. Here you'll find more than 60 stores including Next Clearance, Marks & Spencer Outlet, Nike and Gap Outlet as well as other top sports brands and designer fashion labels.

THE COAST

The seaside village of **Tynemouth** offers a relaxing stroll amongst a range of shops retailing antiques, fashion, gifts and accessories. Enjoy a coffee in one of its bustling cafés or visit the Green Ginger Arcade, housed in a converted church and home to more than 15 speciality shops.

Every weekend **Tynemouth Station Market** takes place in the Victorian Metro station with antiques and bric-a-brac on a Saturday and crafts on a Sunday.



1 Jasmond Dene Market

Whitley Bay's Park View is well known for its vast array of independent retailers – from stylish fashion boutiques to traditional toy shops.

In neighbouring North Shields, **Royal Quays** is an excellent outlet centre with a huge range of stores offering everything from fashion to homewares, at up to 60 per cent off recommended retail prices.

With a traditional market on Monday and Saturday and a flea market on Friday, **South Shields Market** is one of the oldest and most popular markets in the region. **Waterloo Square**, a new addition to the town centre, is an eye-catching glass and steel structure with a selection of great stores.



2 Dalton Park

KATE WALTON



NewcastleGateshead is firmly on the fashion UK map, we are known to have one of the best university fashion courses in the

country, the largest Topshop outside London and my designer boutique in Gosforth, HaveToLove, has been voted as one of 'Britain's Best Boutiques 2010' by Vogue magazine.

High Bridge Street, just off Grey Street has the best vintage shops - Attica, a favourite of Jayne Middlemiss as well as being a hotspot for the young fashion conscious man.

My favourite places are outside the city centre, Gosforth High street offers an abundance of childrenswear, in particular 'Jump' for the cutest quirkiest shoes, interiors shops, cafés and Adrianos the best Italian deli in town, and don't forget to pop in to HaveToLove to say hi!"



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SEASON'S FIXTURES

Sport is a real North East passion; with a host of top-flight teams to cheer on and a range of leisure facilities for you to enjoy, you'll be spoilt for choice whether you're a spectator or looking to burn off some energy.



SPECTATOR SPORTS

Football is something of a religion in these parts and the rivalry between fans of Newcastle United and Sunderland AFC is legendary. Soak up the atmosphere by catching a premier league game at Newcastle United's home ground **St James' Park** or Sunderland's **Stadium of Light**. Behind the scenes tours are available at both impressive stadiums. Or why not check out **Whitley Bay FC**, three times winners of the FA Vase.

Gateshead International Stadium plays host to a number of local, national and International sporting events and is also the home ground of **Gateshead Football Club** and the North East's only

professional Rugby League club, **Gateshead Thunder**. If Rugby Union is your sport, head out of the city centre to Kingston Park to catch the latest **Newcastle Falcons'** match. **Newcastle Eagles'**, the basketball league champions in 2009/10, season runs from September to May, with home matches taking place on Friday nights at the brand new Sports Central complex at Northumbria University. If you head to Whitley Bay you can see the elite league ice hockey team, **Newcastle Vipers** in action and just north of the city centre is **Newcastle Racecourse**; set in the High Gosforth Park Estate and host to approximately 30 race meetings per year including the Northumberland Plate three-day festival.

Head south of Newcastle down the A1 to **Emirates Durham International Cricket Ground** in Chester-le-Street, a must for any cricket fan, as the ground regularly plays host to county cricket matches and is also a venue for England one day and five day international tests.



- 1 St James' Park, home of Newcastle United
- 2 Athletics at Gateshead International Stadium
- 3 Newcastle Falcons' fans in full voice
- 4 Newcastle Racecourse



WANT TO TAKE PART?

Across Tyne and Wear you will find some of the best indoor climbing facilities in the country. Check out **Climb Newcastle**, a dedicated indoor climbing centre just outside Newcastle city centre in Byker. There's something to suit children and adults of all abilities. Whether you are a complete beginner or an experienced climber, the facilities at **Newcastle Climbing Centre** are sure to impress. Those with a head for heights should check out **Sunderland Wall** which boasts a climbing wall that is a staggering 23 metres high. For tree top climbing fun, head over to Matfen Hall in Northumberland and tackle the challenging **Go Ape** course, or attempt the new high-wire adventure course at **Beamish Wild** where you can also visit the Birds of Prey Conservation Centre.



With the unpredictable British weather never far from mind, the region has a number of indoor leisure centres and facilities offering hours of fun come rain or shine.

From the Victorian swimming pool at **City Pool** in the heart of Newcastle and the brand new facilities at **Gateshead Leisure Centre**; to family fun on the twisting slides of **Wet 'n' Wild**, the UK's largest water park at Royal Quays, it's easy to make a splash. **Waves Leisure Pool** at Whitley Bay provides hours of indoor fun for all the family and has a fantastic wave machine as the name suggests! **Sunderland Aquatic Centre** is a spectacular facility and houses the only 50 metre pool between Leeds and Edinburgh and **Temple Park Centre** in South Shields is a large leisure centre with a range of facilities including a wave machine, flume, gym and exercise classes, as well as its latest attraction, Temple Park Skatepark!

If you want to stay dry, you'll be spoilt for choice at **Metrocentre Namco Funscape**, with 18 ten-pin bowling lanes, dodgems, children's soft play area, activity machines and electronic games offering entertainment for all the family. Or why not check out **Dunes Bowl** in South Shields or **Star Bowl** at Royal Quays in North Shields which offer bowling lanes and a host of arcade and video games. Little adventurers will be thrilled at **Dunes Adventure Island** with a host of children's soft play areas, giant slides, rope bridges and foam cannons to keep them entertained.



GET OUT AND ACTIVE

If you want to get outdoors for some fresh air, head to the coast. The **North East Diving Centre** in Sunderland caters for divers of all abilities and has a wide range of diving equipment for sale and to rent. Just next door, is **Sunderland Marine Activities Centre**, which boasts a host of watersports and activities including sailing, canoeing, kayaking and power boating.

In Tynemouth, you'll find some of the UK's premier surfing conditions; head to **Tynemouth Surf Co** for a wide range of boards, equipment, surf lessons and wetsuit hire. If you want to try your hand at windsurfing or stand up paddle boarding, check out what's on offer at **Boardskillz** where activities are available for beginners, intermediates and experienced riders.

INSIDER TIPS



“Newcastle Racecourse is a great day out for all the family. We really enjoyed the atmosphere and the crowd had a great time. Next time we need to pick better horses!”

The Toole Family - Sonja, David, Rebecca and Meghan.



- 1 Wet 'n' Wild
- 2 Tynemouth Surf Co
- 3 Sunderland Wall
- 4 Stepney Bank Stables

Everybody will love **Whickham Thorns Outdoor Activity Centre** in Gateshead. With a range of exciting activities including skiing, snowboarding, rock climbing, archery, an assault course and more. The biggest challenge may be deciding which one to try first!

Silksworth Sports Complex & Ski Slope, in Sunderland, is a 165 metre floodlit dry slope and is available for skiers and snowboarders. There are courses and private lessons available, as well as two nursery slopes, perfect for those wanting to learn the basics and practice their new skills. You can have hours of fun at **Whitley Bay Ice Rink**.

Family sessions are available and there is a skating disco every Wednesday and Friday evening.

Riders of all abilities will love the award-winning **Stepney Bank Stables** with its superb indoor arena and newly refurbished outdoor arena. Children between 8 and 12 years of age will enjoy the popular Pony Academy.

You can explore the region on foot or by bike; with miles of dedicated walking and cycle trails across the North East catering for a range of abilities, it's easy to get out and about and enjoy the great outdoors.



"Tyne and Wear is a region that lives and breathes sport. From the Great North Run to Grand Prix athletics at Gateshead International Stadium, NewcastleGateshead and Tyne and Wear has witnessed some amazing sporting moments and there have been so many world-class

sportsmen and women to come out of the North East. You can't mention sport in the region without talking about football. I have been a Sunderland fan all my life and one of my favourite things to do is watch my team win at the magnificent Stadium of Light."

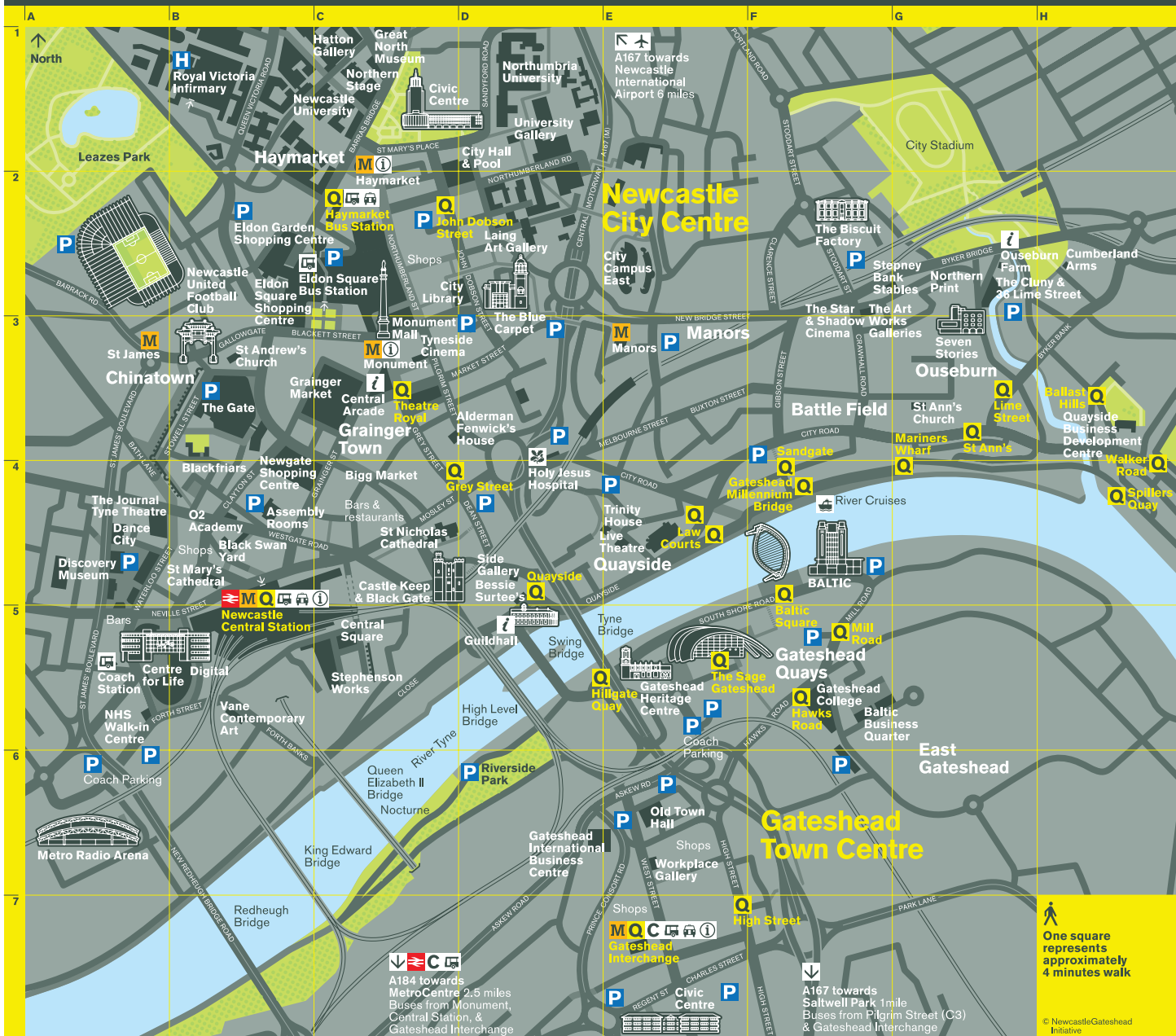


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NewcastleGateshead



One square represents approximately 4 minutes walk

© NewcastleGateshead Initiative

1

Family Fun

Explore fascinating museums, discover the great outdoors or try your hand at new leisure activities – with so many fun-packed attractions, you're guaranteed to put a smile on everyone's face. A family day out doesn't have to cost the earth. Across Tyne and Wear you will find a number of free museums and attractions and if you pick up a Discover Pass, you'll get money saving offers at over 60 attractions.

Learning is never dull in NewcastleGateshead. Step back in time at **Great North Museum** - highlights include a life-size model of a T.Rex skeleton, an interactive model of Hadrian's Wall, animal kingdom displays, a planetarium and mummies from Ancient Egypt. **Seven Stories, The Centre for Children's Books** is a book lover's dream, both young and old, with exhibitions, activities, original artworks and manuscripts from all your favourite stories. Or explore the story of human life at **Life**

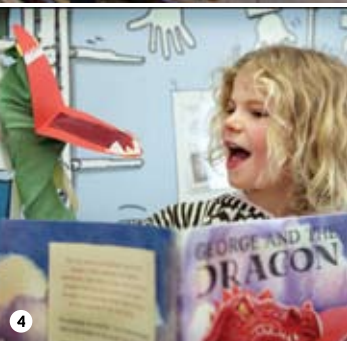
Science Centre. You'll find live science demonstrations, a thrilling Motion Ride and each Christmas there's an outdoor ice rink. **Discovery Museum** is packed full of interactive displays uncovering what life was all about on Tyneside.

Head out of NewcastleGateshead and you'll see snakes, spiders and creepy crawlies and have fun in Art Adventure at **South Shields Museum and Art Gallery**, which tells the history of local people in the 20th century. Uncover the story of Sunderland at

2



3



4

- 1 Blue Reef Aquarium
- 2 Discovery Museum
- 3 Great North Museum
- 4 Seven Stories, The Centre for Children's Books

Sunderland Museum and Winter Gardens and take a look into the history of travel and transport in the region at **Monkwearmouth Station Museum**. You can travel back to Roman times at **Segedunum Roman Fort and Museum** in Wallsend and **Arbeia Roman Fort** in South Shields, once home to 600 soldiers.

If you're looking for some family entertainment why not take in a round of mini golf; visit **Mini Golf at Parklands** at High Gosforth Park or the **Lost World Adventure Golf** course at Tynemouth and **Smugglers Cove** in South Shields.

Try ice skating outdoors at **Zero Ice** in Tynemouth or enjoy high-speed racing at **Karting North East** in Sunderland. Young and old alike will enjoy **Metrocentre Namco Funscape** with 18 ten-pin bowling lanes, Europe's fastest dodgems, soft play and an amusements arcade. The kids will love **Dunes Adventure Island** in South Shields with its massive indoor galleon shaped play area and next door, **Ocean Beach Pleasure Park** with its exhilarating fairground rides, traditional amusements and video games galore.

Blue Reef Aquarium in Tynemouth has 30 living displays featuring aquatic life including sharks, seals, giant crabs and even miniature monkeys! You can see farmyard favourites and many rare breed animals at **Down at the Farm** near Sunderland and **Washington Wetland Centre** is home to exotic wildfowl, beautiful flora and native woodland birds. Just off the coast at Whitley Bay stands **St Mary's Island & Lighthouse** visitor centre and nature reserve, accessible via a tidal causeway. Go rockpooling or climb the 137 steps to the top of the lighthouse for the

best views of the coast. Children of all ages can let off steam in the many parks, gardens and beaches across Tyne and Wear. In the heart of Gateshead, you will find **Saltwell Park**, which features ornamental and woodland gardens, a boating lake, bowling greens, animal house, play areas and a maze. The popular **South Marine Park** in South Shields has exciting play areas, a boating lake and mini steam train. The North East has miles of beautiful coastline and some of the best beaches in the country. Fresh air and rosy cheeks guaranteed and it won't cost you a penny.



1

INSIDER TIPS



“Gibside is a great place to visit for families and for dog owners. It's a lovely walk around the site and has a great little café where you can sit outside and have a coffee and a hot buttery scone.

Ashleigh Des-Forges

A DAY AT THE SEASIDE

All our beaches have blue flag status. See page 60.

2



3

- 1 South Marine Park
- 2 Sandhaven Beach, South Shields
- 3 Saltwell Park
- 4 Down at the Farm

4



DISCOVER PASS



Take advantage of fantastic money saving offers by purchasing a Discover Pass. To buy your pass and to see participating attractions visit www.discoverpass.co.uk or pick one up from the nearest Tourist Information Centre.

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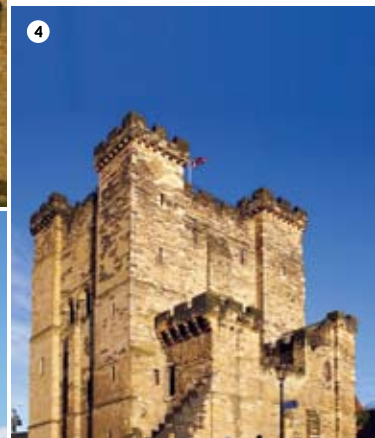
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come alive





WHEN IN ROME...

Discover times gone by and visit our plethora of museums and historical landmarks. With a rich history to explore, visitors can truly take a step back in time.



- 1 Segedunum Roman Fort, Baths & Museum
- 2 Arbeia Roman Fort
- 3 Bede's World
- 4 Castle Keep

THE EDGE OF THE ROMAN EMPIRE

Hadrian's Wall, stretching across the width of the country, marks the northern edge of the Roman Empire. **Arbeia Roman Fort** in South Shields once guarded the entrance to the River Tyne and visitors can climb the reconstructed West Gate, explore the museum and enjoy special re-enactments. The superb viewing tower at **Segedunum Roman Fort, Baths & Museum** in Wallsend marks the eastern end of the wall and provides a panoramic view of the site and reconstructed Bath House. Head west out of the city and pay a visit to **Housesteads**, the most complete Roman fort in Britain and displays from the excavations at **Vindolanda** are must sees.

CHRISTIAN HERITAGE

The Venerable Bede (AD 673-735) worked as a scholar and a teacher in the North East. He is famed for inventing the Easter calendar we still use today and was the first person to link the tides with the moon. The story of Bede is brought to life in a stunning display of excavated artefacts at **Bede's World** in Jarrow. You can explore the remains of the 7th century twin monasteries (St Peter's in Wearmouth, Sunderland and St Paul's in Jarrow) at **Wearmouth-Jarrow**, the UK's 2011 bid for World Heritage Site status. Other testaments to our Christian heritage can be found at one of the two cathedrals in Newcastle and by visiting the remains of the cliff-top **Tynemouth Priory and Castle** dating back to 1090.

NORMAN FOOTPRINTS

The Grade I listed **Castle Keep**, is one of the country's finest examples of Norman architecture, and stands on the site of the original 'New Castle' built in 1080 by Robert Curthose, son of William the Conqueror.

Norman remains can also be found in **Gateshead Heritage @ St Mary's** which tells the story of Gateshead, with guided heritage walks and local history talks available.

If you look closely around NewcastleGateshead much of the **Medieval Walls** can still be seen today.

INSIDER TIPS



My favourite day out has to be Tynemouth! Beautiful beaches, coves and rockpools, some great little shops, tasty fish and chips and some lovely pubs – and all a stress-free ride away on the metro, so you can have a guilt free drink or two when you're there! If it's sunny it's a great way to relax; if it rains you get wet, have a laugh and dry off in the pub – either way it's a brilliant day out.

Antonia Lister

AN INDUSTRIAL HERITAGE TO BE PROUD OF

You'll see evidence of our industrial heritage is everywhere. Coal mining saw Newcastle become the fourth largest town in England and by 1625, was one of the richest. By 1913 the North East produced a quarter of the country's coal. Sunderland's glass making history dates back to Anglo-Saxon times and by 1860 it was producing one third of all sheet glass in England. See the history of glass making brought to life at the **National Glass Centre**.

Railway heritage is evident across the region. George Stephenson built the world's first locomotive right here in Newcastle in 1825 and **Tanfield Railway** in Gateshead is the world's oldest working railway, dating back to 1839.

Sir Joseph Swan, who was born in Sunderland, lived in Gateshead and worked in Newcastle, invented the lightbulb in 1878 and Mosely Street in Newcastle was the first street in Britain to be lit by electricity.

In the 1900's Tyne and Wear was the world's shipbuilding super power. The biggest ship builders, Swan Hunters, built over 1,500 ships ranging from cargo liners to aircraft carriers and Sunderland's shipbuilding heritage is said to date back to 1346. Pay a visit to the **Discovery Museum** to see the world's first steam-powered ship, Turbinia.

STUNNING ARCHITECTURE

Stroll around **Grainger Town**, the historical heart of Newcastle upon Tyne, and you'll find some of the best examples of Victorian and Georgian architecture in the country. Be sure to take in **Grey Street**, voted England's Best Street by Radio 4 listeners. Wander down to the **Quayside** to see fine examples of modern and historical architecture standing side by side and the stunning bridges that span the River Tyne.

HEAD OUT OF TOWN

Washington Old Hall, near Sunderland, with its beautiful gardens and manor house is a popular destination for visitors and houses paintings depicting the life of George Washington. The impressive landscaped gardens, at **Gibside**, created by the Bowes family in the 18th century, span 182 hectares and offer spectacular vistas, open spaces and decorative garden buildings, including the Palladian chapel, Georgian stables, greenhouse and ruins of a bathhouse and hall. Visitors to **Souter Lighthouse**, near South Shields, can explore the engine room, the keeper's cottage and enjoy outstanding views from the top of the tower. **Fulwell Windmill** in Sunderland, is the North East's only working windmill and features a purpose-built visitor centre.



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NewcastleGateshead is bursting with places for a wonderful meal, a quick snack or a leisurely lunch. Capitalising upon the region's best ingredients, as well as flavours from around the world, there's something to suit everybody. Whether it's time to enjoy a relaxing drink or dance the night away there's plenty of lively bars, traditional pubs and exhilarating nightlife.

RESTAURANTS

The Quayside offers everything from traditional pizzas to local specialities. Terry Laybourne's **Café 21** is a smart establishment where chefs use the freshest ingredients to deliver food that's big on flavour. Comforting home cooking is on the menu at **Pan Haggerty**, which is named after a local dish of potatoes, onion and cheese. **Sabatini's** is a local favourite and serves authentic Italian dishes in a cosy setting. Great food and stunning views are combined at rooftop restaurant **SIX at BALTIC** which creates modern British cuisine with a twist. The best in locally produced food and a fine selection of wine is on offer at **The Sage Gateshead Brasserie**.

For something unique, visit **Blackfriars Restaurant**, where traditional British cooking is served up in the dining room of a 13th century monastery, thought to be the oldest restaurant in the UK. **Starters & Puds**, near the Theatre Royal is an exciting concept showcasing savoury and sweet cuisine.

Vegetarians will find a range of exciting dishes on offer. **Bob Trollops** on the Quayside has a reputation for its award-winning vegetarian selection and **Scrumpy Willow and The Singing Kettle** serves up locally sourced and organically grown vegan and vegetarian food. Why not head to the trendy suburb of Heaton where the ever-changing creative menu at **Sky Apple Café** will dispel any thoughts that vegetarian food lacks choice.

EAT, DRINK & BE MERRY

You can take a trip around the world with cuisine from every country imaginable.

Raval in Gateshead offers a contemporary twist on classic Indian cuisine, creative spiced dishes are served up at **Vujon** and you can enjoy the finest Punjab cuisine at **Sachins**. The colourful and vibrant **Chinatown** centred around Stowell Street, has an array of Chinese restaurants and Asian supermarkets. The popular **Barn Asia** features a pan-Asian menu with dishes from Cambodia, Vietnam and Thailand. Curry lovers should check out **Ocean Road** in South Shields, the

Curry Mile of the North, with its huge concentration of Indian restaurants.

For a Mediterranean flavour, the De Giorgi family's home region in Puglia has inspired the menu at the award-winning Italian restaurant **Secco Ristorante**. **El Torero**, one of Newcastle's finest Spanish restaurants, serves up a wide variety of tapas and authentic Spanish favourites.

- 1 Blackfriars Restaurant
- 2 BALTIC Café
- 3 Café 21
- 4 Secco Ristorante

Away from Newcastle city centre you will find gems like the **Fisherman's Lodge** hidden away in Jesmond Dene - one of the best places to enjoy seafood. And fish is always on the menu at **Loch Fyne** in Gosforth with its impressive seafood counter, large bar and dining room in a refurbished church. Or pay a visit to **Adrianos** in Gosforth, which brings a splash of Mediterranean sunshine with a Sardinian inspired menu.

In Jesmond, you'll find **As You Like It**, a gastro-pub serving up locally sourced organic dishes and **The Cherry Tree**, popular for its modern British food.

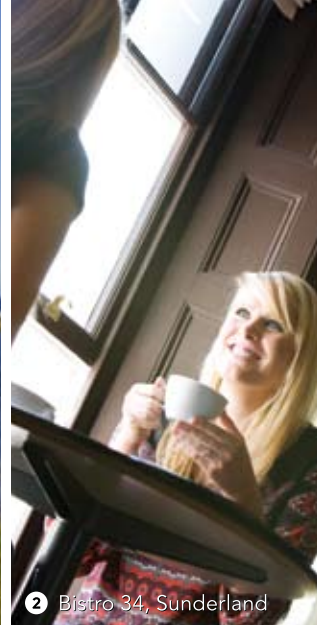
Make a trip to Gateshead and you'll find the award-winning **Eslington Villa** in Low Fell, a family run country house style restaurant, famed for its use of quality local and seasonal produce.

CAFÉS

Stop for a coffee at one of our many cafés. A favourite with locals is **Blakes Coffee House** with its tasty sandwiches and cakes and **Pani's** on High Bridge, serving up an authentic Italian lunch. Indulge in scrumptious cakes at **Café Teatro** at Theatre Royal or enjoy the comfort food at **Tyneside Coffee Rooms** at the Tyneside Cinema. The range of light meals and cakes at **BALTIC Café Bar** are perfect for lunch, served up with a great view.



1 St Mary's Lighthouse, Whitley Bay



2 Bistro 34, Sunderland

HEAD TO THE COAST

Everyone loves fish and chips, so head to the coast and enjoy this tasty treat whilst watching the boats land their daily catch at **North Shields Fish Quay**. **Colmans Restaurant** in South Shields is winner of the prestigious Taste of the North East Award and **Lowry's** is regarded as Sunderland's best fish and chip restaurant.

The award-winning **Minchella & Co** in South Shields is a traditional ice cream parlour and makes any trip to the seaside complete. Ice cream is also on the menu at **Risis Ices and Gelato Caffè Bar** on the Quayside.

For renowned cuisine in Sunderland, visit **Amore**, an Italian restaurant with contemporary fusion dishes, and **Paprika**, a basement restaurant with an exciting lunch and dinner menu.

You can enjoy the river views from the award-winning **Throwingstones Restaurant** at the National Glass Centre; where the chefs use seasonal ingredients to create contemporary dishes. Or you can experience the finest pan Asian cuisine at **Asiana Fusion Restaurant** in the stunning Echo 24 building.

Sea views and breathtaking scenery are on the menu at **Marsden Grotto** in South Shields, possibly the only bar in the country to be located in a cave. **Crusoe's Café**, on Longsands Beach in Tynemouth is a friendly coffee shop and restaurant with panoramic views out to sea.

Situated on Sunderland's seafront, **Tavistock Thai China** serves up authentic Oriental food and **Trattoria Due**, overlooking Sunderland Marina, serves up fantastic

INSIDER TIPS



Benji Lanyado,
Journalist,
The Guardian

“Visit the local **Revolution Vodka Bar**, the spiritual home of test-tube borne coloured vodka. I was gob smacked. It's easily the finest interior of any chain bar I have visited, the beautiful arched windows were trumped by soaring marble pillars and a 20ft-high turquoise and cream ceiling.

Italian cuisine. You can quite literally take a seat by the sea at **The Rattler** South Shields. The ideal place to relax in sumptuous surroundings - serving up everything from a full english breakfast to an à la carte evening meal.

SOCIAL SCENE

NewcastleGateshead has become famous for its eclectic and bustling social scene, so much so that in 2010, users of travel website Tripadvisor named Newcastle as the third best nightlife destination in Europe (behind London and Berlin) and seventh in the world

We have a choice of traditional Real Ale pubs, all serving up excellent local ales and traditional beers. The **Old George Inn**, one of the oldest pubs in Newcastle dating back to the 17th century and **The Crown Posada** on the Quayside are considered to be Tyneside's most famous watering holes. The recently refurbished **Central Bar** in Gateshead next to the Tyne Bridge is well worth a visit and **The Bridge Hotel** next to the High Level Bridge and Castle Keep offers views across the Quayside. If you're looking for live music and a pint, head to the Ouseburn Valley and **The Cluny**. Real ale fans should visit **Big Lamp Brewery**, the region's oldest micro brewery and enjoy a drink in the **Keelman Lodge**.

The popular chains and independent bars and clubs on the **Quayside** attract revellers every night of the week and the world-famous **Bigg Market** guarantees a great night out. For sophisticated bars and lively clubs, head to **Central Station** (known locally as The Diamond Strip) or check out **The Gate**, a multi-tiered complex with bars, pubs and restaurants North of Newcastle



1 The Quayside

City Centre. **Jesmond**, appeals to students and professionals alike, with an excellent choice of cosmopolitan bars and restaurants.

The coastal towns of **Whitley Bay**, **Tynemouth** and **South Shields** attract locals and visitors who flock to the bars that line South Parade and the seafront every weekend, or why not head into **Sunderland** where you'll find a wide selection of pubs and live music venues.

For late night drinking and dancing, you'll find plenty of nightclubs to choose from. **Digital** is one of the biggest and most popular clubs in Newcastle, home of the famous Shindig on a Saturday night. It also hosts indie, 80's and 90's, dance and hip hop club nights every week. Those with sophisticated taste, head to **Tup Tup Palace**, a super-cool boutique nightclub in the heart of Newcastle.



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SI KING

"I spend so much time travelling around the World and the UK, tasting a variety of regional delicacies that it's always a special treat to come home to the North East and enjoy some of the fantastic local food and drink that the area has to offer."

Si King, one half of the Hairy Bikers.



A

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REGIONAL COLOUR CODING

NewcastleGateshead	South Shields
Tynemouth & Whitley Bay	Sunderland

SYMBOLS KEY

M Nearest Metro Station	Disabled Access	FREE Free Entry
Q Nearest QuayLink	Café	E Fee
C1 Map Reference	WC Toilet	

TOURIST INFORMATION CENTRES

NEWCASTLE TIC

Market Street, Newcastle,
NE1 5BQ
0191 277 8000
M Monument
Q Q1/Q2: Theatre Royal

Guildhall, Quayside,
Newcastle, NE33 1JE
0191 277 8000
M Central Station
Q Q1/Q2: Quayside

GATESHEAD TIC

Gateshead Central Library,
Prince Consort Rd,
Gateshead, NE8 4LN
0191 433 8420
M Gateshead
Q Q1: Gateshead

GATESHEAD VISITOR INFORMATION SERVICE

(Temporarily located at
Gateshead Heritage@St Mary's
(see p.59)
0191 478 4222

NORTH SHIELDS TIC

Royal Quays Outlet Shopping
North Shields, NE29 6DW
0191 200 5895

SOUTH SHIELDS TIC

Museum & Gallery, Ocean
Road, South Shields, NE33 2HZ
0191 454 6612
M South Shields

SUNDERLAND TIC

50 Fawcett Street,
Sunderland, SR1 1RF
0191 553 2000
M Sunderland

WHITLEY BAY TIC

Park Road, NE26 1JE
0191 200 8535
M Whitley Bay

ART GALLERIES

BALTIC CENTRE FOR CONTEMPORARY ART

Contemporary art gallery
Gateshead Quays, NE8 3BA
0191 478 1810
balticmill.com

M Gateshead

Q Q1: Baltic Square

Open: Mon-Sun 10am-6pm
except Tue 10.30am-6pm.

F4 **WC** **FREE**

THE BISCUIT FACTORY

Commercial art gallery
16 Stoddart Street,
Newcastle, NE2 1AN
0191 261 1103
thebiscuitfactory.com

M Manors

Q Q2: Lime Street

Open: Mon/Sun, 11am-5pm;
Tue-Sat, 10am-6pm.

F2 **WC** **FREE**

HATTON GALLERY

Historical and modern art gallery
Newcastle University,
The Quadrangle, NE1 7RU
0191 222 6059
twmuseums.org.uk/hatton

M Haymarket

Q Q2: Haymarket

Open: Mon-Sat, 10am-5pm.

C1 **WC** **FREE**

LAING ART GALLERY

Historical and modern art gallery
New Bridge Street,
Newcastle, NE1 8AG
0191 232 7734
twmuseums.org.uk/laing

M Monument

Q Q2: John Dobson St

Open: Mon-Sat, 10am-5pm,
Sun, 2pm-5pm.

D2 **WC** **FREE**

NATIONAL GLASS CENTRE

Contemporary glass and art
Liberty Way, Sunderland,
SR6 0GL
0191 515 5555
nationalglasscentre.com

M St Peter's

Open: Mon-Sun, 10am-5pm.

WC **FREE**



NORTHERN GALLERY FOR CONTEMPORARY ART

Contemporary art gallery
City Library and Arts Centre,
Fawcett Street, Sunderland,
SR1 1RE
0191 561 8487
ngca.co.uk

M Sunderland

Open: Mon/Wed, 9:30am-7:30pm, Tues/Thur/Fri, 9:30am-5pm, Sat, 9:30am-4pm, Sun, Closed.

NORTHERN PRINT

Gallery and print-making
Stepney Bank, Ouseburn
Valley, Newcastle, NE1 2NP
0191 261 7000
northernprint.org.uk

M Manors

Q Q2: Lime Street

Open: Wed-Sat, 12noon-4pm.

OPUS ART

Commercial art gallery
Milburn House, Dean Street
Newcastle, NE1 1NR
0191 232 7389
opus-art.com

M Central Station

Q Q1+2: Quayside

Open: Mon-Fri, 10am-5pm
(by appointment).

SHIPLEY ART GALLERY

Design and contemporary craft
Prince Consort Road,
Gateshead, NE8 4JB
0191 477 1495
twmuseums.org.uk/shipley
Open: Mon-Sat, 10am-5pm,
Sun, 2pm-5pm.

SIDE GALLERY

Film and photography collection

1-3 Side, Quayside,
Newcastle, NE1 3JE
0191 232 2208
amber-online.com

M Central Station

Q Q1+2: Quayside

Open: Tue-Sat, 11am-5pm.

VANE

Contemporary art gallery
Kings House, Forth Banks,
Newcastle, NE1 3PA
0191 261 8281
vane.org.uk
M Central Station
Q Q1: Central Station
Open: Wed-Sat, 12noon-5pm.

MUSEUMS

ARBEIA ROMAN FORT

Roman history museum
Baring St, South Shields,
NE33 2BB
0191 456 1369
twmuseums.org.uk/arbeia
M South Shields
Open: 1 Apr-31 Oct, Mon-Sat,
10am-5:30pm; Sun, 1pm-5pm.

BEDE'S WORLD

Anglo-Saxon attraction
Church Bank, Jarrow, NE32 3DY
0191 489 2106
bedesworld.co.uk
M Bede
Open: Mon-Sat 10am-5pm,
Sun, 12noon-5pm.

CHILDHOOD MEMORIES TOY MUSEUM

Toy museum
Palace Building, Grand Parade,
Tynemouth, NE30 4JF
0191 259 1776
tynemouthtoymuseum.co.uk
M Cullercoats (15 min walk)
Open: 10:30am-5pm Apr – May
weekends; June – Aug Tue-Sun;
Sept-Nov weekends.

DISCOVERY MUSEUM

Local history museum
Blandford Square,
Newcastle, NE1 4JA
0191 232 6789
twmuseums.org.uk/discovery
M Central Station
Q Q1: Central Station
Open: Mon-Sat, 10am-5pm,
Sun, 2pm-5pm.

GREAT NORTH MUSEUM: HANCOCK

Natural history museum
Barras Bridge, Newcastle,
NE2 4PT
0191 222 6765
twmuseums.org.uk/
greatnorthmuseum
North East Tourism Award Winner 2010
M Haymarket
Q Q2: Haymarket
Open: Mon-Sat, 10am-5pm,
Sun, 2pm-5pm.

LIFE SCIENCE CENTRE

Science museum
Times Square, Newcastle,
NE1 4EP
0191 243 8210
life.org.uk
M Central Station
Q Q1: Central Station
Open: Mon-Sat, 10am-6pm,
Sun, 11am-6pm.

MONKWEARMOUTH STATION MUSEUM

Railway museum
North Bridge Street,
Sunderland, SR5 1AP
0191 567 7075
twmuseums.org.uk/
monkwearmouth
M St Peter's
Open: Mon-Sat, 10am-5pm,
Sun, 2pm-5pm.

SEGEDUNUM ROMAN FORT, BATHS AND MUSEUM

Roman history museum
Buddle St, Wallsend, NE28 6HR
0191 236 9347
twmuseums.org.uk/segedunum
M Wallsend
Open: 1 Apr-31 Oct, Mon-Sun
10am-5pm; 1 Nov-31 March,
Mon-Sun, 10am-3pm.



SEVEN STORIES, THE CENTRE FOR CHILDREN'S BOOKS

Children's books and activities
30 Lime Street, Ouseburn
Valley, Newcastle, NE1 2PQ
0845 271 0777
sevenstories.org.uk
M Manors (10mins walk)
Q Q2: Lime Street
Open: Mon-Sat, 10am-5pm,
Sun, 10am-4pm.

SOUTH SHIELDS MUSEUM AND ART GALLERY

Local history museum
4 Ocean Rd, South Shields,
NE33 2JA
0191 456 8740
twmuseums.org.uk/southshields
M South Shields
Open: 1 Apr-31 Oct, Mon-Sat
10am-5pm, Sun 1pm-5pm;
1 Nov-31 March, Closed Sun.

STEPHENSON RAILWAY MUSEUM

Railway museum
Middle Engine Lane,
North Shields, NE29 8DX
0191 200 7146
twmuseums.org.uk/stephenson
Open: Apr-Nov; 11am-4pm
weekends, bank holidays and
school holidays.

SUNDERLAND MUSEUM AND WINTER GARDENS

Museum, gallery and winter gardens
Burdon Road, Sunderland,
SR1 1PP
0191 553 2323
twmuseums.org.uk/sunderland
M Sunderland
Open: Mon-Sat, 10am-5pm;
Sun, 2pm-5pm.

TANFIELD RAILWAY

World's oldest railway
Old Marley Hill, Gateshead,
NE16 5ET
0845 463 4938
tanfieldrailway.co.uk
Open: Check website for train
timetable.

THEATRE

HYENA CAFE

Comedy Club

12 Leazes Lane, Newcastle,
NE1 4QT

0191 232 6030

thehyena.com

M Haymarket

Q Q2: Haymarket

B2 **X** **WC** **E**

JOURNAL TYNE THEATRE

Grade I listed theatre

111 Westgate Road,
Newcastle, NE1 4AG

0844 493 9999

thejournaltynetheatre.co.uk

M Central Station

Q Q1: Central Station

A4 **U** **WC** **E**

LIVE THEATRE

Contemporary new writing

27 Broad Chare, Newcastle,
NE1 3DQ

0191 232 1232

live.org.uk

M Central Station (10min walk)

Q Q2: Law Courts

E4 **X** **U** **WC** **E**

NORTHERN STAGE

Eclectic contemporary theatre

Barras Bridge, Newcastle,
NE1 7RH

0191 230 5151

northernstage.co.uk

M Haymarket

Q Q2: Haymarket

C1 **X** **U** **WC** **E**

PLAYHOUSE WHITLEY BAY

Newly refurbished theatre

Marine Avenue, Whitley Bay,
NE26 1LZ

0844 277 2771

playhousewhitleybay.co.uk

M Monkseaton (15min walk)

U **WC** **E**

SUNDERLAND EMPIRE

West end theatre

High Street West, Sunderland,
SR1 3EX

0844 847 2499

sunderlandempire.org.uk

M Sunderland/Park Lane

U **WC** **E**

THEATRE ROYAL

Grade I listed theatre

100 Grey Street, Newcastle,
NE1 6BR

0844 811 2121

theatreroyal.co.uk

M Monument

Q Q1+2: Theatre Royal

*Closed for refurbishment
Mar-Sept 2011.*

C3 **X** **U** **WC** **E**

THE CUSTOMS HOUSE

Cinema, theatre and gallery

Mill Dam, South Shields,
NE33 1ES

0191 454 1234

customshouse.co.uk

M South Shields

X **U** **WC** **E**

MUSIC

CAEDMON HALL

Arts and music venue

Gateshead Central Library
Prince Consort Rd, Gateshead,
NE8 4LN

0191 443 8420

gateshead.gov.uk

M Gateshead

Q Q1: Gateshead

Opens 2011.

X **U** **WC**

CITY HALL

Music and comedy

Northumberland Road,
Newcastle, NE1 8SF

0191 261 2606

newcastlecityhall.org

M Haymarket

Q Q2: John Dobson St

D1 **WC** **E**

GATESHEAD OLD TOWN HALL

Cultural arts and performance

West Street, Gateshead, NE8 1HE

0191 433 6916

gateshead.gov.uk

M Gateshead

Q Q1: Gateshead

E6 **X** **WC** **E**

HEAD OF STEAM

Live music venue

2 Neville Street, Newcastle,
NE1 5EN

0191 230 4236

theheadofsteam.co.uk

M Central Station

Q Q1: Central Station

C4 **WC** **E**

INDEPENDENT

Independent live music

36 Holmeside, Sunderland,
SR1 3HY

0191 568 9770

independentsunderland.com

M Sunderland

E

METRO RADIO ARENA

Large concert venue

Arena Way, Newcastle,
NE4 7NA

0844 493 6666

metroradioarena.co.uk

M Central Station (5min walk)

Q Q1: Central Station

A6 **X** **U** **WC** **E**

O2 ACADEMY

Live music venue

Westgate Road, Newcastle,
NE1 1SW

0191 260 2020

o2academynewcastle.co.uk

M Central Station (5min walk)

Q Q1: Central Station

C1 **U** **WC** **E**

THE CLUNY

Alternative live music venue

36 Lime Street, Ouseburn
Valley, Newcastle, NE1 2PQ

0191 230 4474

thecluny.com

M Manors (10min walk)

Q Q2: Lime Street

C3 **X** **U** **WC** **E**

THE SAGE GATESHEAD

World-class music venue

St Mary's Square, Gateshead
Quays, NE8 2JR

0191 443 4661

thesagegateshead.org

M Gateshead (5min walk)

Q Q1: The Sage Gateshead

E5 **X** **U** **WC** **E**

THE TROJAN ROOMS

Music Venue

South Parade, Whitley Bay
Tyne and Wear, NE26 2RG

0191 251 0080

thetrojanrooms.co.uk

M Whitley Bay

U **WC** **E**

CINEMA

CINEWORLD

Multi-screen cinema

Boldon Leisure Park,
Boldon Colliery, NE35 9PB

0871 200 2000

cineworld.co.uk

X **U** **WC** **E**

EMPIRE CINEMA

Multi-screen cinema

4 Lambton St, Sunderland,
SR1 1TP

08714 714 714

empirecinemas.co.uk

M Sunderland

X **U** **WC** **E**

ODEON METROCENTRE

Brand new 3D cinema

Metrocentre, Gateshead,
NE11 9YZ

0871 224 4007

odeon.co.uk

X **U** **WC** **E**

ODEON SILVERLINK

Multi-screen cinema

Silverlink Retail Park, Osprey
Drive, Wallsend, NE28 9NP

0871 224 4007

odeon.co.uk

X **U** **WC** **E**

STAR & SHADOW CINEMA

Independent cinema

Stepney Bank, Newcastle,
NE1 2NP

0191 261 0066

starandshadow.org.uk

M Byker

F2 **E**

THE GATE

Cinema, bars and restaurants

Newgate Street, Newcastle,
NE1 5TG

0191 223 5000

thegatenewcastle.co.uk

M Haymarket

Q Q2: Haymarket

B3 **X** **U** **WC** **E**

TYNESIDE CINEMA

Art deco cinema

10 Pilgrim Street, Newcastle,
NE1 6QG

0845 217 9909

tynesidecinema.co.uk

M Monument

Q Q1+2: Theatre Royal

C3 **X** **U** **WC** **E**

DANCE

DANCE CITY

Dance lessons and performances

Temple Street, Newcastle,
NE1 3UG

0191 261 0505
dancecity.co.uk

M Central Station

Q Q1: Central Station

A **X** **U** **WC** **E**

LEISURE ACTIVITIES

SUNDERLAND MARINE
ACTIVITIES CENTRE

Watersports centre

Sunderland Marina, SR6 0PW

0191 514 4721

marineactivitiescentre.co.uk

WC **E**

BOARDSKILLZ

Paddle board & windsurfing

Longsands Beach, Tynemouth,
NE29 0LZ

0191 258 1499

boardskillz.co.uk

M Tynemouth (short walk)

E

CITY POOL

Victorian city pool

Northumberland Road,
Newcastle, NE1 8SE

0191 277 1844

newcastleleisure.co.uk

M Haymarket

Q Q2: John Dobson

D **WC** **E**

CLIMB NEWCASTLE

Indoor bouldering

Shipley Place, Byker, NE6 2DQ

0191 276 2174

climbnewcastle.com

M Byker

WC **E**

GATESHEAD LEISURE
CENTRE

Leisure Centre

Alexandra Road, Gateshead,
NE8 4JA

0191 433 5733

M Gateshead (15min walk)

X **U** **WC** **E**

THE DUNES

Bowling and giant play area

Sea Road, South Shields,
NE33 2LD

0191 455 5255
dunesadventureisland.co.uk

M South Shields

X **U** **WC** **E**

KARTING NORTH EAST

Outdoor karting circuit

Warden Law, Sunderland,
SR3 2PR

0191 521 4050

kartingnortheast.com

X **U** **WC** **E**

LOST WORLD ADVENTURE
GOLF / ZERO ICE

Crazy golf and ice skating

Tynemouth Park, Grand
Parade, Tynemouth, NE30 4JH

0191 258 7593

tynemouthpark.com

M Tynemouth

X **WC** **E**

MINI GOLF AT PARKLANDS

Crazy golf

High Gosforth Park,
Gosforth, NE3 5HQ

0191 236 4480

parklandsgolf.co.uk/mini-golf.php

X **WC** **E**

NAMCO FUNSCAPE

Bowling and amusements

Metrocentre, Gateshead,
NE11 9YG

0191 406 1066

namcofunscape.com

X **U** **WC** **E**

NEWCASTLE CLIMBING
CENTRE

Indoor climbing wall

Shields Road, Byker, NE6 2UQ

0191 265 6060

newcastleclimbingcentre.co.uk

M Byker

X **U** **WC** **E**

NORTH EAST DIVING
ACADEMY

Diving centre

Marine Walk, Sunderland,
SR6 0PL

0191 567 7777

nedivingacademy.co.uk

E

OCEAN BEACH
PLEASURE PARK

Funfair and amusements

Sea Road, South Shields,
NE33 2LD

0191 456 1617

oceanbeach.co.uk

M South Shields

X **WC** **E**

SILKSWORTH SPORTS
COMPLEXSki slope, skate park and
tennis centre

Silksworth Lane, Sunderland,
SR3 1PD

0191 553 5785

sunderland.gov.uk/leisure

M Sunderland

WC **E**

SMUGGLERS COVE
ADVENTURE GOLF

Crazy golf

Sea Road, South Shields,
NE33 2LD

0191 456 1617

M South Shields

Open Easter, until Sept.

E

STAR BOWL

Ten-pin bowling

Royal Quays, North Shields,
NE29 6DA

0191 296 2906

starbowl.co.uk

X **WC** **E**

STEPNEY BANK STABLES

Horse riding stables

Stepney Bank, Newcastle,
NE1 2NP

0191 261 5544

stepneybank.co.uk

M Manors/Byker

F **WC** **E**

SUNDERLAND AQUATIC
CENTRE

50m swimming pool

Stadium Park, Sunderland,
SR5 1SU

0191 561 6161

sunderland.gov.uk/aquaticcentre

M St Peters

U **WC** **E**

SUNDERLAND WALL

Indoor climbing wall

Doxford Print Works,
Sunderland, SR4 6TQ

0191 514 4234

Sunderlandwall.co.uk

M Pallion

E

TEMPLE PARK

Leisure centre

John Reid Road, South Shields,
NE34 8QN

0191 456 9119

southtyneside.info/active

M Tyne Dock (20mins walk)

X **WC** **E**

THE GIANTS DEN

Adventure Park / Playground

377 Princesway, Team Valley
Trading Estate, Gateshead,
NE11 0TU

0191 487 4677

thegiantsden.co.uk

WC **E**

TYNEMOUTH SURF CO

Surfing tuition

Grand Parade, Tynemouth,
NE30 4JH

0191 258 2496

tynemouthsurf.co.uk

M Tynemouth

E

WAVES

Swimming and leisure centre

The Links, Whitley Bay, NE26 1TQ
0191 643 2600

northtyneside.gov.uk

M Monkseaton (short walk)

X **WC** **E**

WET N WILD

Indoor water park

Royal Quays, North Shields,
NE29 6DA

0191 296 1333

wetnwild.co.uk

X **WC** **E**

WHICKHAM THORNS

Outdoor activity centre

Dunston, Gateshead, NE11 9NX
0191 433 5767

gateshead.gov.uk

E

WHITLEY BAY ICE RINK

Ice rink

Hillheads Road, Whitley Bay,
NE25 8HP

0191 291 1000

whitleybayicerink.co.uk

M Whitley Bay

X **WC** **E**

SPORTS TEAMS
& VENUES

GATESHEAD FC

Football team

Gateshead International Stadium, Neilson Road, Gateshead, NE10 0EF
0191 478 3883
gateshead-fc.com

M Gateshead Stadium



GATESHEAD THUNDER

Rugby League team

Neilson Road, Gateshead, NE10 0EF
0191 433 5710
thunderrugby.com

M Gateshead Stadium



NEWCASTLE EAGLES

Basketball team

Sport Central, Northumbria University, Northumberland Road, Newcastle, NE1 8ST
0191 245 3880
newcastle-eagles.com

M Haymarket

Q Q2: Haymarket

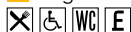


NEWCASTLE FALCONS

Rugby Union team

Kingston Park, Newcastle, NE13 8AF
0871 226 60 60
newcastle-falcons.co.uk

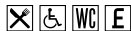
M Kingston Park



NEWCASTLE RACECOURSE

Racecourse

High Gosforth Park, Newcastle, NE3 5HP
0191 236 2020
newcastle-racecourse.co.uk

NEWCASTLE UNITED &
STADIUM TOURS

Football team

St James' Park, Newcastle, NE1 4ST
0844 372 1892
nufc.co.uk

M St. James'/Haymarket

Q Q2: Haymarket



NEWCASTLE VIPERS

Ice Hockey team

Whitley Bay Ice Rink
Whitley Bay, NE25 8HP
0191 477 4100
vipershockey.co.uk

M Whitley Bay

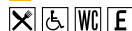


SUNDERLAND AFC

Football team

Stadium of Light, Sunderland, SR5 1SU
0191 551 5055
safc.com

M Stadium of Light

HISTORIC ATTRACTIONS
& PLACES OF INTEREST

ANGEL OF THE NORTH

Public art sculpture

Durham Road, Low Eighton, Gateshead, NE9 6AA
0191 478 4222
gateshead.gov.uk



BESSIE SURTEES HOUSE

Jacobean merchant's house

41-44 Sandhill, Newcastle, NE1 3JF
0191 269 1200
english-heritage.org.uk

M Central Station

Q Q1+2: Quayside

Open: Mon-Fri, 10am-4pm.



BLACKFRIARS

13th century monastery

Friar Street, Newcastle, NE1 4XN
M Central Station
Q Q1: Central Station



CASTLE KEEP & BLACK GATE

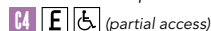
Norman castle and
medieval gatehouse

Castle Garth, St Nicholas' Street, Newcastle, NE1 1RQ
0191 232 7938
castlekeep-newcastle.org.uk

M Central Station

Q Q1: Central Station

Open: Mon-Sat, 10am-5pm;
Sun, 12noon-5pm.

CATHEDRAL CHURCH OF
ST NICHOLAS

Anglican cathedral

St Nicholas Street,
Newcastle, NE1 1PF
0191 232 1939
stnicholascathedral.co.uk

M Central Station

Q Q1: Central Station



CITY LIBRARY

Stunning architecture

New Bridge Street West,
Newcastle, NE1 8AX
0191 277 4100

M Monument

Q Q1+2: Theatre Royal



CITY WALLS

Medieval town walls

Various locations



FULWELL WINDMILL

Grade II listed windmill

Newcastle Road, Sunderland, SR6 9AA
0191 516 9790
fulwell-windmill.com

M Seaburn

GATESHEAD HERITAGE
@ ST MARY'S

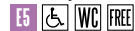
Heritage Centre

Oakwellgate, Gateshead, NE8 2AU
0191 433 4699
gateshead.gov.uk

M Gateshead

Q Q1: Hillgate Quay

Open: Tue-Sun and Bank
Holidays 10am-4pm.

GATESHEAD MILLENNIUM
BRIDGE

World's only tilting bridge

Quayside, NE8 3AE
0191 478 4222
gateshead.gov.uk

M Gateshead

Q Q2: Law Courts/

Q Q1: Baltic Square



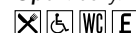
GIBSIDE

18th century

landscaped garden

Near Rowlands Gill,
Gateshead, NE16 6BG
01207 541820
nationaltrust.org.uk

Open: daily.



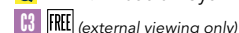
GREY'S MONUMENT

Monument

Grey Street, Newcastle, NE1 7RU

M Monument

Q Q1+2: Theatre Royal

GREY STREET/
GRAINGER TOWNGeorgian/Victorian
architecture

Newcastle, NE1 5AE

M Monument

Q Q1+2: Theatre Royal



HYLTON CASTLE

15th century castle

Craigavon Road, Sunderland, SR5 3PA
0191 548 0152
english-heritage.org.uk

Open: All year.



LIT AND PHIL LIBRARY

Historic independent library

23 Westgate Road,
Newcastle, NE1 1SE
0191 232 0192
litandphil.org.uk

M Central Station

Q Q1: Central Station

Open: Mon-Sat, from 9:30am,
Check website.



PATH HEAD WATER MILL

Heritage site and museum

Summerhill, Blaydon,
Gateshead, NE21 4SP
0191 414 6288
gatesheadmill.co.uk

Open: Tues-Sun, Apr-Sept,
10am-5pm, Oct-Mar 11am-3pm.



SOUTER LIGHTHOUSE**Lighthouse**

Coast Road, Whitburn, South Shields, SR6 7NH
0191 529 3161
nationaltrust.org.uk

Open: Feb-Oct, Mon-Sun
11am-4pm, closed Fri.

ⓧ Ⓜ Ⓢ Ⓡ Ⓢ (partial access)

ST MARY'S ISLAND AND LIGHTHOUSE**Lighthouse**

Whitley Bay, NE26 4RS
0191 200 8652
friendsofstmaryisland.co.uk
Ⓜ Whitley Bay (short bus ride)

Open: dependent upon tide times.

Ⓜ Ⓢ Ⓡ

TYNEMOUTH PRIORY AND CASTLE**13th century priory**

Tynemouth, NE30 4BZ
0191 257 1090
english-heritage.org.uk/
tynemouth

Ⓜ Tynemouth

Open: Daily, check website for details.

Ⓜ Ⓢ Ⓡ Ⓢ

WASHINGTON OLD HALL**Historic manor house**

Washington Village,
Washington, NE38 7LE
0191 416 6879
nationaltrust.org.uk

Open: Mar-Oct, Mon-Wed
11am-5pm, Sun 11am-5pm.

ⓧ Ⓜ Ⓢ Ⓡ Ⓢ

WEARMOUTH JARROW WORLD HERITAGE SITE**Anglo-Saxon monastery**

Sunderland & Jarrow
wearmouth-jarrow.org.uk

Open: See website for times.

Ⓜ

**ANIMALS****BILL QUAY COMMUNITY FARM****Working farm**

Hainingwood Terrace, Bill Quay, Gateshead, NE10 0UE
0191 433 5780
gateshead.gov.uk

Ⓜ Pelaw

Open: Daily.

ⓧ Ⓜ Ⓢ Ⓡ Ⓢ

BLUE REEF AQUARIUM**Sea life attraction**

Grand Parade, Tynemouth, NE30 4JF
0191 258 1031
bluereefaquarium.co.uk

Ⓜ Cullercoats (15 min walk)

Open: Daily Mar-Oct, 10am-5pm Nov-Feb 10am-4pm.

ⓧ Ⓜ Ⓢ Ⓡ Ⓢ

DOWN AT THE FARM**Working farm**

Stoneygate, Houghton-le-Spring, DH5 8JG
0191 584 1873
downatthefarm.co.uk

Open: Mar-Dec, Tue-Sun,
10am-5pm.

ⓧ Ⓜ Ⓢ Ⓡ

WASHINGTON WETLAND CENTRE**Wildfowl centre**

Pattinson, Washington, NE38 8LE
0191 416 5454
wwt.org.uk/visit-us/washington

North East Tourism Award Winner 2010

Open: Apr-Oct, 9.30am-5.30pm, Nov-Mar,
9.30am-4.30pm.

ⓧ Ⓜ Ⓢ Ⓡ Ⓢ

BEACHES

All of our were awarded Blue Flag awards in 2010.

CULLERCOATS BAY

North Tyneside, NE30 4BY

Ⓜ Cullercoats

KING EDWARDS BAY

Tynemouth, NE30 4JH

Ⓜ Tynemouth

LITTLEHAVEN

Harbour Drive, South Shields, NE33 1LH

Ⓜ South Shields

LONGSANDS

Tynemouth, NE30 4JH

Ⓜ Tynemouth

ROKER

Marine Walk, Sunderland, SR6 0PL

Ⓜ St. Peter's

SANDHAVEN

Sea Road, South Shields, NE33 2LD

Ⓜ South Shields

SEABURN

Seaburn, Sunderland, SR6 0PL

Ⓜ St. Peter's

WHITLEY BAY

Whitley Bay, NE26 1BQ

Ⓜ Whitley Bay

PARKS & GARDENS**BIRKHEADS SECRET GARDEN AND NURSERY****Gardens and nursery**

Sunniside, Gateshead, NE16 5EL
01207 232262
birkheadsscretgardens.co.uk

Open: Mar-Sept, Tues-Sun,
10am-5pm, Oct-Feb closed.

ⓧ Ⓜ Ⓢ Ⓡ Ⓢ (partial access)

CHOPWELL WOODLAND PARK**360 hectare mixed woodland**

High Spen, Chopwell, Gateshead, NE39 1LT
01207 542231
forestry.gov.uk/chopwell

Ⓜ Ⓢ

DERWENT COUNTRY PARK & RED KITE TRAIL**Woodland and riverside walk**

Rowlands Gill, Gateshead, NE39 1PT
01207 545212
gateshead.gov.uk

Ⓜ Ⓢ

HERRINGTON COUNTRY PARK**Country park**

Houghton-le-Spring, Sunderland, DH4 7EL
0191 534 8526

Ⓜ Ⓢ

**JESMOND DENE****Wooded dene, gardens and waterfall**

Jesmond, Newcastle, NE2 1LD

Ⓜ Jesmond

Ⓜ

LEAZES PARK**Victorian city centre park**

Richardson Road, Newcastle, NE1 4LR

0191 261 7231

Ⓜ St James

Ⓜ Q2: Haymarket

Ⓜ

MOWBRAY PARK**Victorian city centre park**

Burdon Road, Sunderland, SR1 1PP

0191 219 3941

Ⓜ Park Lane

Ⓜ

RISING SUN COUNTRY PARK**Country park**

Whitley Road, North Tyneside, NE12 9SS

0191 200 7841

Ⓜ

SALTWELL PARK**Award-winning park**

East Park Road, Gateshead, NE9 5AX

0191 433 5900

gateshead.gov.uk

Ⓜ Gateshead (20min walk)

ⓧ Ⓜ Ⓢ Ⓡ Ⓢ

SOUTH AND NORTH MARINE PARK**Seafront parks**

South Shields, NE33 2PE
0191 454 6612

visitsouthtyneside.co.uk

Ⓜ South Shields

Ⓜ

SHOPPING

BARBOUR J & SONS LTD**Factory outlet shop**

Monks Way, South Shields,
NE32 3HL
0191 428 4707
barbour.com

DALTON PARK

Murton, Seaham,
County Durham, SR7 9HU
0191 526 6500
dalton-park.co.uk

ELDON SQUARE

Northumberland Street /
Monument, Newcastle, NE1 7JB
0191 261 1891
eldon-square.co.uk
M Monument
Q Q2: Theatre Royal

**GREEN GINGER
SHOPPING ARCADE**

Front Street, Tynemouth,
NE30 4BP
0191 296 3316
landof-greenginger.co.uk
M Tynemouth

QUAYSIDE MARKET

Quayside, Newcastle, NE1 2BE
0191 229 2200
M Central Station
Q Q2: Law Courts
Open: Every Sun.

METROCENTRE

Gateshead, NE11 9YG
0191 493 0219
metrocentre.uk.com

ROYAL QUAYS

Coble Dene, North Shields,
NE29 6DW
0191 296 3743
royalquaysoutlet.co.uk

TEAM VALLEY RETAIL PARK

Retail World, Team Valley
Gateshead, NE11 0BD

THE BRIDGES

Upper Market Square,
Sunderland, SR1 3DR
0191 510 8581
thebridges-shopping.com
M Sunderland

TYNEMOUTH MARKET

Station Terrace, Tynemouth,
NE30 4RE
tynemouthmarket.co.uk
M Tynemouth
Open: Every Sat/Sun.

SOUTH SHIELDS MARKET

Market Place, South Shields,
NE33 1JE
0191 454 6612
M South Shields
Open: Every Mon/Fri/Sat.



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Jan Williams

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0191 383 0988

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01207 560 455
northern-secrets.co.uk

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07780 958679
newcastlecitytours.co.uk

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Hop-on-hop-off bus
0191 228 8900
city-sightseeing.com

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0191 253 3777
eastcoastaxis.com

River Escapes

River cruises
01670 785666
riverescapes.co.uk

Saddle Skedaddle

Cycle tours
0191 265 1110
skedaddle.co.uk

NEWCASTLE City Hall

visit www.newcastlecityhall.org
or call the Box office 0191 2612606

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