

NewcastleGateshead in two days

Visit buzzing NewcastleGateshead, named the ‘hipster capital of the northeast’ by *Lonely Planet*, and sample the area’s rejuvenated quaysides, thriving cultural scene and sporting powerhouses.

NewcastleGateshead (www.NewcastleGateshead.com) is in the heart of the northeast county of Tyne and Wear. Lively city centre districts include High Bridge’s cobbled streets dotted with independent stores and historic Grainger Town with its beautiful Georgian architecture, while the sweeping Gateshead Millennium Bridge arcs between the rejuvenated Newcastle Quayside and Gateshead Quays, offering access to international home for music, Sage Gateshead (www.sagegateshead.com) and acclaimed gallery, BALTIC Centre for Contemporary Art (www.balticmill.com).

DAY ONE

AM

Start your day with a stroll along NewcastleGateshead’s picturesque Quayside and take in the impressive sight of the seven famous bridges connecting Newcastle upon Tyne and Gateshead (NewcastleGateshead)

The award winning **Gateshead Millennium Bridge** is the world's first and only tilting bridge. Often referred to as the winking bridge, it tilts to let river traffic pass beneath - spectacularly rising upwards to form a gateway arch resembling the opening and closing of a giant eyelid. Have your camera ready!
www.gateshead.gov.uk/bridge/bridged.htm

Housed in a landmark industrial building on the south bank of the River Tyne, **BALTIC Centre for Contemporary Art** is the biggest gallery of its kind in the world – presenting a dynamic, diverse and international programme of contemporary visual art. It is regularly home to exhibitions from leading contemporary artists such as Damien Hirst, Yoko Ono and Janet Cardiff.
www.balticmill.com / +44 (0)191 478 1810

Further along the south bank sits **Sage Gateshead**. It is both a live music venue and a centre for music education. It incorporates all kinds of music ranging from acoustic, indie, country, world, folk, jazz, electronic and dance to classical music, including concerts by Royal Northern Sinfonia, orchestra of Sage Gateshead.
www.sagegateshead.com / +44 (0)191 443 4666

For a truly unique view of NewcastleGateshead and the River Tyne, take to the water with **River Escapes** (www.riverescapes.co.uk) and enjoy a sightseeing trip taking in either the coast or countryside.

PM

It's said the city of Newcastle upon Tyne has three cathedrals, The Cathedral Church of St Nicholas, The Cathedral Church of St Mary and St James' Park. With fifty-two thousand fans regularly going to 'worship the grounds' of Newcastle United Football Club's home ground every week, football is like a religion in Newcastle upon Tyne.

Spend your afternoon enjoying a stadium tour of this iconic stadium, your knowledgeable tour guide will show you many areas you will never have seen before - as well as some very famous ones. www.nufc.co.uk / +44 870 444 1892.

Don't forget to visit the **Sir Bobby Robson memorial garden**. Opened in May 2011, it celebrates the life and career of the footballing great who was a proud Geordie. Sir Bobby Robson managed Newcastle United Football Club from 1999 – 2004 and is remembered as one of the finest managers of the England football team, taking them to semi-finals of the World Cup in 1990.

If this whets your appetite for more sporting experiences in NewcastleGateshead, check the home fixtures for our Rugby Union (**Newcastle Falcons** / www.newcastlefalcons.co.uk) and Rugby League (**Gateshead Thunder** / www.thunderrugby.com) teams. Basketball fans should head to Northumbria University's Sport Central to catch British Basketball League Championship Winners, **Newcastle Eagles** (www.newcastle-eagles.com), led by the charismatic Fabulous Flournoy.

DAY TWO

AM

On your second day in NewcastleGateshead, explore 2,000 years of heritage at some of the destination's most historic sites.

The historic heart of the city includes the **Castle Keep** and its gate house (known as **Black Gate**) and the **Cathedral Church of St Nicholas**. The Castle Keep stands on the original site of the new castle – built by William the Conqueror's son – from which Newcastle takes its name.

The **Cathedral Church of St. Nicholas** is one of the most beautiful and historic buildings in Newcastle. The spire has dominated Newcastle's skyline and served as a prominent landmark and navigation point for ships on the River Tyne for over 500 years.

Venture out the city centre and make your way to the stunning North East coastline in **Tynemouth**. Walk along the beautiful Blue Flag beaches, including **Longsands** – voted the fourth best beach in Britain – and discover **King Edwards Bay** which sits at the foot of **Tynemouth Priory and Castle**. If you're feeling adventurous, pop into **Tynemouth Surf Co** (www.tynemouthsurf.co.uk)

and strap on a wetsuit and sample one of the best surfing spots in the UK. All this just 20 minutes by Metro from Newcastle city centre.

PM

Spend your afternoon immersing yourself further in NewcastleGateshead's culture and heritage by visiting one or two of the many museums, arts and cultural venues the twin cities have to offer.

The **Discovery Museum** encourages visitors to discover all about life in Newcastle and Tyneside, from the area's renowned maritime history and world-changing science and technology, right through to fashion through the eras and military history. www.twmuseums.org.uk/discovery/ +44 (0)191 232 6789

The **Great North Museum** features a scale model of the UNESCO World Heritage Site Hadrian's Wall, natural history exhibits, mummies and a Tyrannosaurus Rex skeleton. www.twmuseums.org.uk/greatnorthmuseum/ +44 (0)191 222 6765

The **Life Science Centre** is a vibrant and exciting place where science is explored through hands-on displays, interactive games and demonstrations. The Life Science Centre encourages curiosity about science by uncovering new things about life and the world around us. www.life.org.uk / +44 (0)191 243 8210

For families, there was nowhere in Britain that treasured and shared the richness, diversity and innovation of modern Britain's authors and illustrators for children. **Seven Stories National Centre for Children's Books** has become such a place. It is the only archive and gallery in the UK dedicated to the art of children's literature. www.sevenstories.org.uk / +44 (0)845 271 0777

Restaurant/pub options

There are a number of restaurant options for groups and independent travellers alike and to suit all budgets. Don't forget to sample NewcastleGateshead's award-winning nightlife which offers everything from traditional pubs, glamorous bars and contemporary nightclubs:-

Fine dining

Café 21

Trinity Gardens, Quayside, Newcastle upon Tyne, NE1 2HH

W: www.cafetwentyone.co.uk **T:** +44 191 222 0755

Café 21's food is big on flavour, short on fussiness. It takes classic bistro cooking where respect for the ingredients - fresh, seasonal - leads the way. Expect to find stylish bistro dishes, plenty of comfort food and still have room for pudding. Café 21 is owned and run by famous chef and restaurateur, Terry Laybourne.

Blackfriars Restaurant & Banquet Hall

Friars Street, Newcastle upon Tyne, NE1 4XN

W: www.blackfriarsrestaurant.co.uk **T:** +44 191 261 5945

Blackfriars is recognised by food critics across the country, having been awarded 'Best restaurant in Newcastle' by The Observer and Metro Newspaper, and has also gained an AA rosette as well as inclusion in the Which? Good Food Guide, Hardens and Michelin Guides. Home to the oldest dining room in the UK, it serves gutsy, traditional British food using seasonal produce from local farms and producers.

The restaurant is set within a horseshoe of buildings, which also house a number of craft shops and provide shelter for the medieval courtyard used for alfresco dining in the summer. The dining room itself was built in 1239, and originally formed the refectory in the former monastery of the Blackfriar Monks.

Gastropubs

The Bridge Tavern, 7 Akenside Hill, Newcastle upon Tyne, NE1 3UF

W: www.thebridgetavern.com **T:** +44 191 261 9966

The Bridge Tavern is situated betwixt and between the stanchions of the North East's most iconic landmark - The Tyne Bridge. There has been a Hostelry and Ale House on this site for nearly two centuries with the original building being demolished in 1925 to make way for the bridge. The building we are housed in was rebuilt after the Tyne Bridge

Whether it be a bar snack, light bite, leisurely lunch, evening meal or Sunday Roast it is safe to say that you will be well served by The Bridge Tavern. It offers proper, locally sourced seasonal comfort food.

The Broad Chare,

25 Broad Chare, Newcastle, Quayside, NE1 3DQ

W: www.thebroadchare.co.uk **T:** +44 191 211 2144 /

Recently awarded a Michelin Bib Gourmand and named in the Michelin Good Pub Guide, The Broad Chare chooses beers for their quality, craftsmanship and interest. House ales are from Wylam Brewery, up the Tyne valley, and include the gastro-pub's own-label brew, 'The Writer's Block', a lovely dry-hopped pale ale.

The Broad Chare has regularly changing guest beers, Guinness and Peroni on tap, and an interesting range of European bottled beers. Plus there's top-quality Aspall's Suffolk cider, 12 wines by the glass and a quirky collection of whiskies.

Great food on a budget

Panis,

61-65 High Bridge, Newcastle Upon Tyne, Tyne & Wear NE1 6BX

W: www.paniscafe.co.uk **T:** +44 191 232 4366

This popular Italian restaurant in the heart of Newcastle City Centre is a firm favourite with locals and serves up warm, hearty and freshly cooked classics. Panis is renowned for its warm welcome and bustling atmosphere.

The Forth

Pink Lane, Newcastle upon Tyne, NE1 5DW (near Central Station)

W: www.theforthnewcastle.co.uk **T:** +44 191 232 6478

Snuggle up to the real fire (when it's cold outside) with a glass of wine, or relax on the roof terrace with a carefully poured continental beer. Listen to top-notch DJs at the weekends and admire the locally produced art work on our walls.

Sample some great British pub-food, The Forth way. Modern classics and seasonal dishes made with carefully sourced ingredients, cooked to order and served simply. It's hard to believe this laidback local was previously famous for hosting Victorian boxing matches.

For media enquiries or to arrange a press visit contact:

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Why 'NewcastleGateshead'?

You may wonder why the destination is described as NewcastleGateshead....

Newcastle (a city on the north bank of the River Tyne) and Gateshead (a town on the south bank of the River Tyne) have been transformed into a single cultural and cosmopolitan visitor destination: NewcastleGateshead (think Buda Pest).

The two places are closely linked - by seven bridges across the river – and visitor attractions and events can be found on both sides.

For further information, to download high- resolution images, or to contact a member of the team, visit: www.NewcastleGateshead.com/media