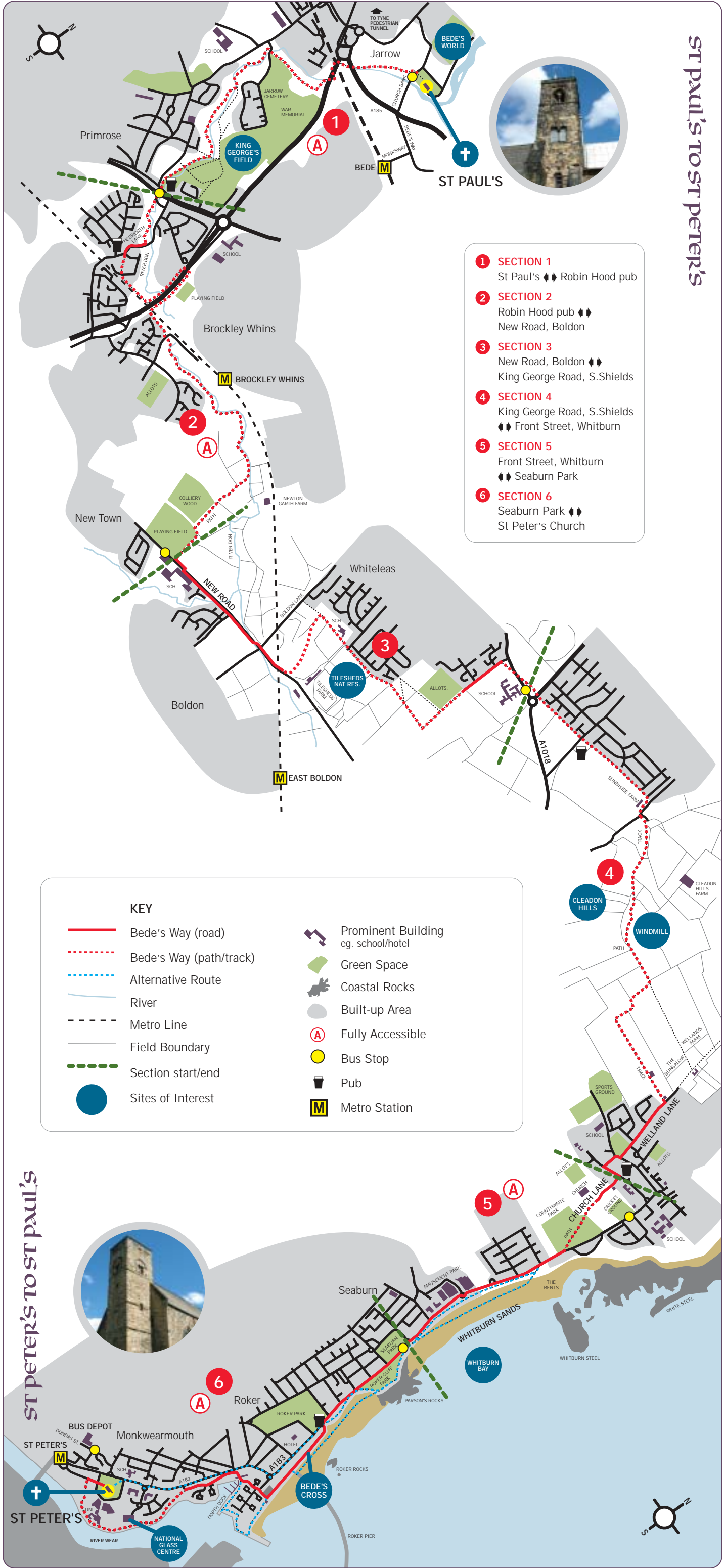




Follow the pilgrims' footsteps to discover a trail of rich heritage and beauty



ATTRACTIONS ALONG THE ROUTE

With pristine golden beaches, picturesque villages, interesting Christian Heritage and rich maritime history, Sunderland and South Tyneside contain a wealth of places to visit and activities to do. Some of the attractions you may pass, or pass close by on Bede's Way include:

National Glass Centre

Liberty Way, Sunderland.
T: 0191 515 5555
www.nationalglasscentre.com

This innovative and unique venture is dedicated to promoting glass in all its uses; in design and technology and as a vehicle for artistic expression. Take the Glass Tour and enjoy a voyage of discovery through 1300 years of glass or relax in one of Sunderland's leading restaurants 'Throwingstones'.

National Glass Centre



Monkwearmouth Station Museum

North Bridge Street, Sunderland
T: 0191 567 7075
www.twmuseums.org.uk/monkwearmouth

This splendid Victorian railway station recreates a sense of rail travel in the past. Special temporary exhibitions can be seen throughout the year and regular activity sessions are also held.

Tillesheds Nature Reserve



Sunderland Museum & Winter Gardens

Burdon Road, Sunderland
T: 0191 533 2323
www.twmuseums.org.uk/sunderland/

Exciting hands-on exhibits and interactive displays tell the story of Sunderland from its prehistoric past through to the present day. The Art Gallery features paintings by L S Lowry alongside Victorian masterpieces whilst the stunning Winter Gardens stimulates the senses with over 1,500 flowers and plants brought together in a spectacular showcase of the world's natural beauty.

Bede's World



Bede's World

Church Bank, Jarrow, Tyne & Wear
T: 0191 489 2106
www.bedesworld.co.uk

It was here that the Venerable Bede, early medieval Europe's greatest scholar and namesake of this route, lived and worked 1300 years ago. This atmospheric museum will captivate all ages with its unique blend of history, visual and hands on displays, including finds from the monastic site of St Paul and a fascinating Anglo-Saxon demonstration farm. Bede's World also features an impressive shop and restaurant, lively programme of special events and temporary exhibitions.

Tillesheds Local Nature Reserve

For further information contact South Tyneside Council:
T: 0191 427 1717 www.southtyneside.info

This popular reserve is a great place to visit. Created in the early 1990s with the local community, the reserve now has breeding mute swans, moorhens and coots. Many thousands of planted trees are maturing into good habitats for birds such as warblers and thrushes.

Barbour Factory Outlet

Monksway, Jarrow, Tyne & Wear
T: 0191 428 4707 www.barbour.com

These are only a selection of places to visit in the area. For opening times and further information on other walking and cycling routes, and places to visit, in Sunderland and South Tyneside please contact:

Sunderland Tourist Information Centre

50 Fawcett Street, Sunderland, Tyne & Wear, SR1 1RF
T: 0191 5532001, E: tourist.info@sunderland.gov.uk

South Shields Tourist Information Centre

South Shields Museum and Art Gallery,
Ocean Road, South Shields, NE33 2HZ.
T: 0191 454 6612, E: museum.tic@s-tyneside-mbc.gov.uk

Please note: details correct at time of going to print

BEDE'S way



Walk Bede's Way

Walk Bede's Way and enjoy a great day out following the footsteps of seventh century pilgrims.

Bede's Way has been devised to link the twin Anglo-Saxon monastery of St Peter's in Wearmouth and St Paul's in Jarrow.

Today the route follows a safe and enjoyable path through the Great North Forest, covering twelve miles of rich landscape, delightful seascape, rolling hills and meandering streams.

This leaflet can be used to start the route at either St Peter's or St Paul's. It features a map of the whole Bede's Way path and detailed route directions are accompanied by easy to read maps. Look out for the Bede's Way waymarkers along the route.

For a shorter walk why not follow one or more of the six easily manageable sections. Public transport connections are detailed along the route so you can stop off or join Bede's Way as you wish.



USEFUL INFORMATION

For leaflets and more info:

Great North Forest
Whickham Thorns,
Market Lane
Dunston NE11 9NX
T: 0191 460 6200
www.greatnorthforest.co.uk

Bede's World
Church Bank, Jarrow
Tyne & Wear
NE32 3DY
T: 0191 489 2106
www.bedesworld.co.uk

Wearmouth-Jarrow
Candidate World Heritage Site
www.wearmouth-jarrow.org.uk

Traveline public transport info
T: 0870 608 2 608 north east.
Minicom T: 0870 241 2216
www.traveline.org.uk

South Tyneside Council
T: 0191 427 1717
www.southtyneside.info

City of Sunderland Council
T: 0191 553 1000
www.sunderland.gov.uk

Tyne and Wear Rural
Transport Partnership
www.twrtp.org

For cycling route and info visit
www.sustrans.org.uk

Access for All
Buses on many routes and Metro are Easy Access making them suitable for people with restricted mobility and for young families. Parts of the route and the attractions en-route are accessible by people with restricted mobility, but you are advised to phone for more details in advance of travelling. For large print, Braille or audio versions of this leaflet
T: 0191 460 6200

Please be respectful
Please take all of your rubbish home with you, keep your dog on a lead, keep to the footpath and close all gates behind you.

Whilst every effort has been made to ensure accuracy no liability can be accepted for any errors or omissions herein.
All information is accurate at time of going to print, June 2004.



Photography (above and below) ©AirFotos

TRANSPORT INFORMATION

To St Paul's Church

By cycle/foot from Tyne Pedestrian Tunnel.
Walk: follow Tyne Street/Curlew Road to junction with Priory Road. Turn left and follow Priory Road to junction with High Street/Church Bank. Follow to St Pauls on your left.
Cycle: follow the C2C route to St Paul's.

From Bedes Metro Station: follow Monksway, turn left onto Bedesway. Cross over the A185. Turn right into Church Bank, follow to St Paul's on your right.

By Rail from Newcastle Central Station: Arriva Trains Northern to Heworth Interchange, then M>JI>527 Stand C>StPa

By Metro from Newcastle Central Station: M>JI>527,526 Stand C>StPa

from South Shields Interchange Keppel St: M>JI>527, 526 Stand C>StPa

from Heworth Interchange: M>JI>527,526 Stand C>StPa

from Sunderland Interchange: M>PLI>M>JI>527, 526 Stand C >StPa

By Bus from Newcastle Market St: 532>JI>527,526> Stand C>StPa

from South Shields Keppel St: 527>Stand A>StPa

from Heworth Interchange: 527>Stand C>StPa

from Sunderland Interchange: 310, 319>Stand R>JI> 527, 526>Stand C>StPa

To St Peter's Church

By cycle/foot from St Peter's Metro.
Walk: follow Dame Dorothy St to St Peter's on right.
Cycle: follow the C2C route from Sunderland Rail Station

By Rail from Newcastle Central Station: Arriva Trains Northern to Sunderland Interchange then M>PM>W>StPe

By Metro from Newcastle Central Station: M>PM>W>StPe

from South Shields Interchange Keppel St: M>PM>W>StPe

from Heworth Interchange: M>PM>W>StPe

By Bus from Jarrow Interchange 310, 319>Stand A>PLI>M>PM>W>StPe

From South Shields Interchange
E1>Stand F>StPe

KEY

StPa St Paul's Church
StPe St Peter's Church
M Metro System
JI Jarrow Interchange
PLI Park Lane Interchange
PM St Peter's Metro Station
PL Pelaw Metro Station
W Walk
527 Bus Numbers

history

Benedict Biscop, a Northumbrian noble, founded the monastery of St Peter in 674 and its twin house of St Paul was begun eight years later. The two sites were regarded as one; Bede described them as 'one monastery in two places' and tells us that St Paul's was 'built on the understanding that the two houses should be bound together by the one spirit of peace and harmony'.

Monks would have travelled between the sites on foot or by boat, possibly following parts of this route between St Paul's along the River Don to St Peter's on the River Wear.

Bede, (673 - 735) was educated in the monastery from the age of seven. His writing, particularly *The Lives of the Abbots of Wearmouth and Jarrow* and *The Ecclesiastical History of the English People* give a unique insight into life in the monastery of Wearmouth-Jarrow in the late 7th and early 8th centuries.

Bede was the most important European scholar of his age. He is most famous as the founder of medieval historical writing and first historian of the English, but also made lasting influential contributions in poetry, astronomy, mathematics and the reckoning of time.

Other productions of the community during Bede's lifetime included the *Codex Amiatinus*, a complete Bible in a single volume, and a landmark in the development of European art.

Wearmouth's foundation was the fulfilment of Benedict Biscop's ideal to build in the 'Roman manner'. His desire to establish a perfect type of religious community was assisted by masons and glaziers from the Frankish lands, and the bringing of relics, books, paintings, teachers and ideas from Rome.

At both sites buildings of the late 7th century survive, both standing and excavated, together with stone sculptures and a wide range of excavated material that includes a unique collection of coloured glass. The buildings of the twin monastery were amongst the first stone buildings in Anglo-Saxon Northumbria, and St Paul's contains the oldest church dedication stone in England.

This combination of rare medieval standing fabric with one of the most influential figures of contemporary culture makes the twin monastery of Wearmouth - Jarrow a site of world importance.



SECTION 1 2.9km (1.8 miles) A

This section follows the meandering River Don, passes through the wildlife rich Primrose Local Nature Reserve and starts/ends at the magnificent and unique Saxon Church of St Paul's.

St Paul's ♦ St Peter's

St Paul's to Robin Hood pub
Leaving St Paul's Church, cross road at Church Bank, continue along the wide tarmac path opposite (River Don footpath) until you reach mosaic incorporated into tarmac. Take left path adjacent to river, under Straker Street (A185) and across to point where metro line crosses A19. Turn left, under the metro line bridge and left again, following River Don footpath, under A19 (WATCH YOUR HEAD) to Jarrow Cemetery. Cross Cemetery Road and along River Don footpath, past Primrose Nature Reserve to junction with Roman Road /Leam Lane and Robin Hood pub.

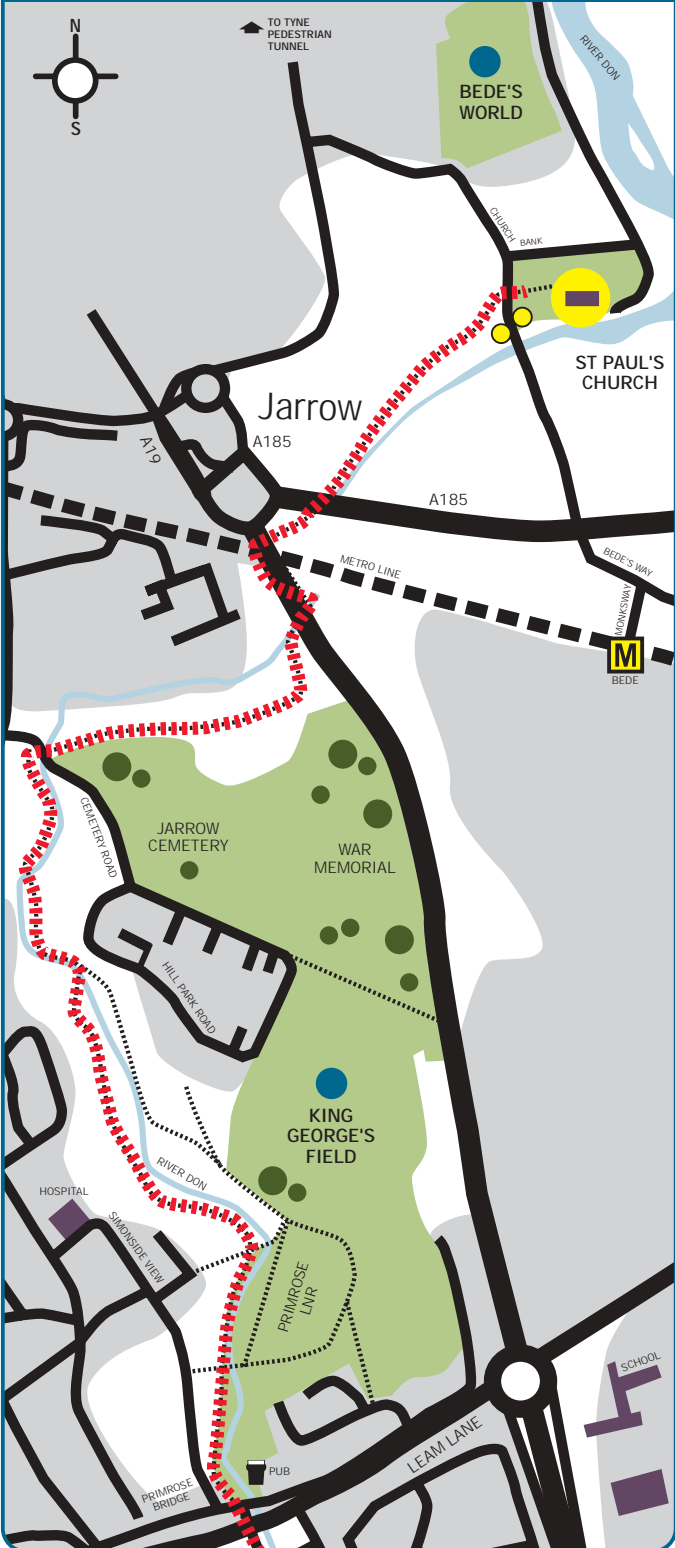
St Peter's ♦ St Paul's

Robin Hood pub to St Paul's
Continue under Leam Lane Bridge, over roman road and follow tarmac path opposite, adjacent to the River Don (River Don footpath). Follow path, past Primrose Local Nature Reserve to Cemetery Road junction, cross road and with Jarrow Cemetery on your right, continue under A19 (WATCH YOUR HEAD) to point where metro line crosses A19. Turn right, under metro line bridge and right again along River Don footpath adjacent to river, under Straker Street (A185) bridge, over mosaic set into tarmac to Church Bank and St Paul's Church.



Public Transport Information

Buses to Fellgate Metro, Jarrow Interchange, Heworth Interchange, South Shields Interchange. Metro from Jarrow or Bede.



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SECTION 2 4.4km (2.7 miles) A

Continue to follow the River Don, be refreshed at the Robin Hood pub and enter the Great North Forest at Colliery Wood, before taking in the panoramic views at Newton Garths.

St Paul's ♦ St Peter's

Robin Hood pub to New Road, Boldon
Pass under Leam Lane bridge, follow tarmac path adjacent to river, to Hedworth Lane. Turn right, at top of hill cross road and continue to Thorntree Walk. Cross Estate Road, continue along path opposite, parallel to railway track, until you reach A19, turn left and follow path to footbridge. Cross A19, turn right, follow path adjacent to A19, under railway bridge, and turn left, up steps along path to Station Road. Cross and follow River Don footpath along river. At second bridge, cross river, turn immediately right and follow natural path to disused viaduct over boardwalk. Cross back over river and turn immediately left, along path under viaduct, adjacent to river, toward Colliery Wood. Continue under old mineral line before you reach Colliery Wood and follow stone path adjacent to planted wood, cross bridge near playing fields, toward New Road opposite school.

St Peter's ♦ St Paul's

New Road Boldon to Robin Hood pub
Opposite school, turn right onto stone path adjacent to playing fields, cross bridge and follow path next to planted wood, bear right, follow path under old mineral line. Continue along path to disused viaduct, cross river, turn immediately left, over boardwalk and follow unmade path up hill. At junction with tarmac path, turn left over footbridge and immediately right, follow path adjacent to river, to Station Road. Cross road, heading to rear of houses, alongside metro line toward A19. At A19, turn right, follow path to footbridge and cross A19, turn left, follow path adjacent to the A19. Bear right at railway bridge, follow path parallel to railway track, toward Thorntree Walk. Cross estate road, toward Hedworth Lane. At Hedworth Lane, cross road, follow road down hill, turning left onto tarmac footpath adjacent to river. Continue to Leam Lane and Robin Hood pub.

Public Transport Information

Buses to Fellgate Metro, East Boldon Metro South Shields Interchange, Jarrow Interchange, Newcastle (Blackett Street)



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SECTION 3 3.5km (2.2 miles)

Follow the trail of the Linnet Way, named after the small birds that populate the hedgrows along the route, passing Tilesheds Local Nature Reserve, and the Green Man stone sculpture.

St Paul's ♦ St Peter's

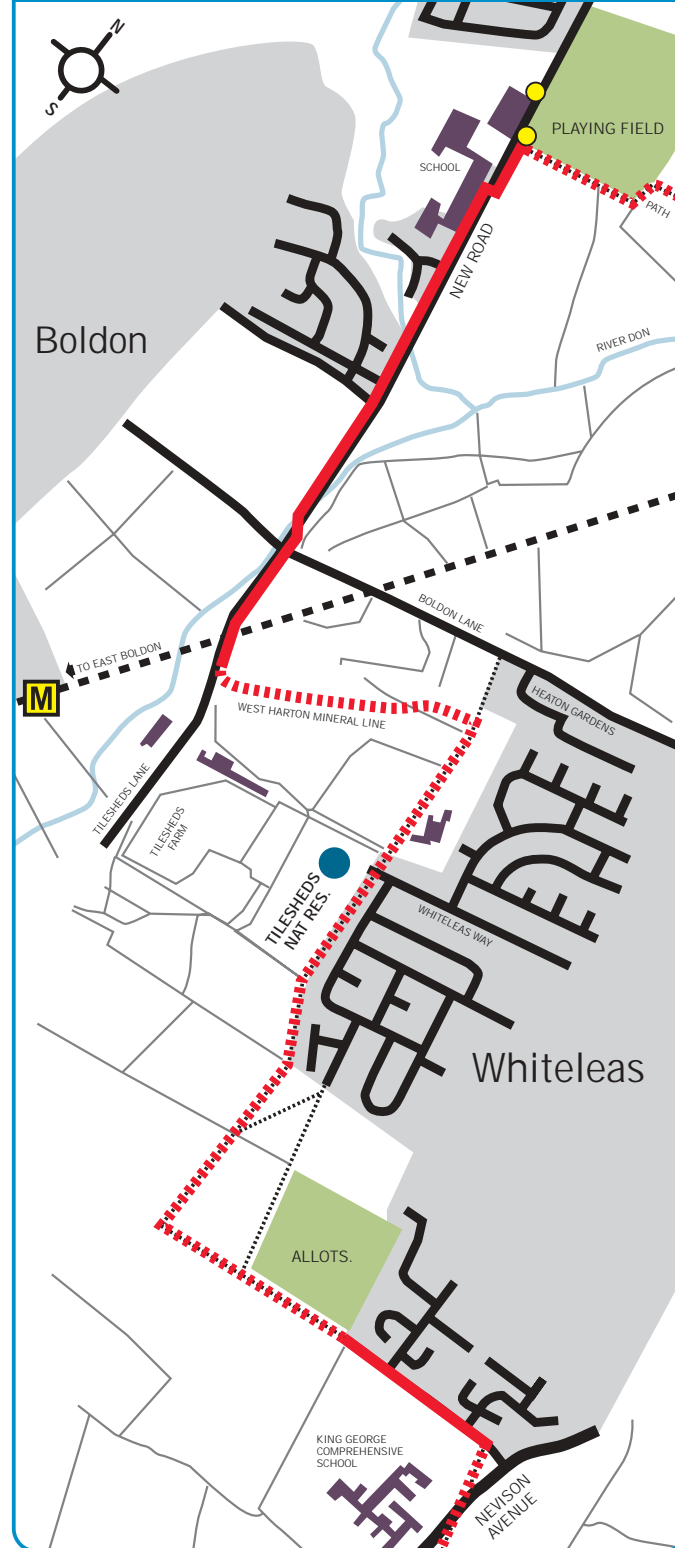
New Road, Boldon to King George Road, South Shields
At New Road, turn left and follow road toward Tilesheds level crossing. TAKING CARE cross railway tracks, turn left onto former West Harton mineral line. Follow stone path toward rear of Heaton Gardens. At steel waymarker, turn right onto wide path, parallel to houses and head toward Whiteleas Way, past Tilesheds Local Nature Reserve entrance. At Whiteleas Way, follow path around bus turning circle. Follow route and at stone sculpture bear left between planting blocks. At the end of these, turn left along track until Holder House Way. Continue up road past playing fields, turn right along stone track, cross Nevinson Avenue and along stone path at Temple Park to King George Road.

St Peter's ♦ St Paul's

King George Road, South Shields to New Road, Boldon
Cross King George Road, follow stone path opposite on edge of Temple Park, cross Nevinson Avenue and along stone path to Holder House Way. Turn left, continue along road adjacent to playing fields and follow track parallel to allotments. At end of allotments turn right, follow path between planting blocks, bear right at stone sculpture and continue to Whiteleas Way, parallel to rear of houses. Follow path around bus turning circle at Whiteleas Way, continue straight on toward Heaton Gardens, past Tilesheds Local Nature Reserve entrance. At steel waymarker, turn left onto former West Harton mineral line toward Tilesheds Lane. Turn right and TAKING CARE cross railway tracks and continue along New Road toward Boldon Colliery.

Public Transport Information

Buses to South Shields Interchange, Newcastle (Blackett Street)



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SECTION 4 4km (2.5 miles)

Walk along Occupation Road and look out for the neo-italianate buildings of Cleadon Water Pumping Station and golf balls! Pass through the nationally important wildflower meadow that houses Cleadon Windmill.

St Paul's ↗ St Peter's King George Road, S.Shields to Front Street, Whitburn

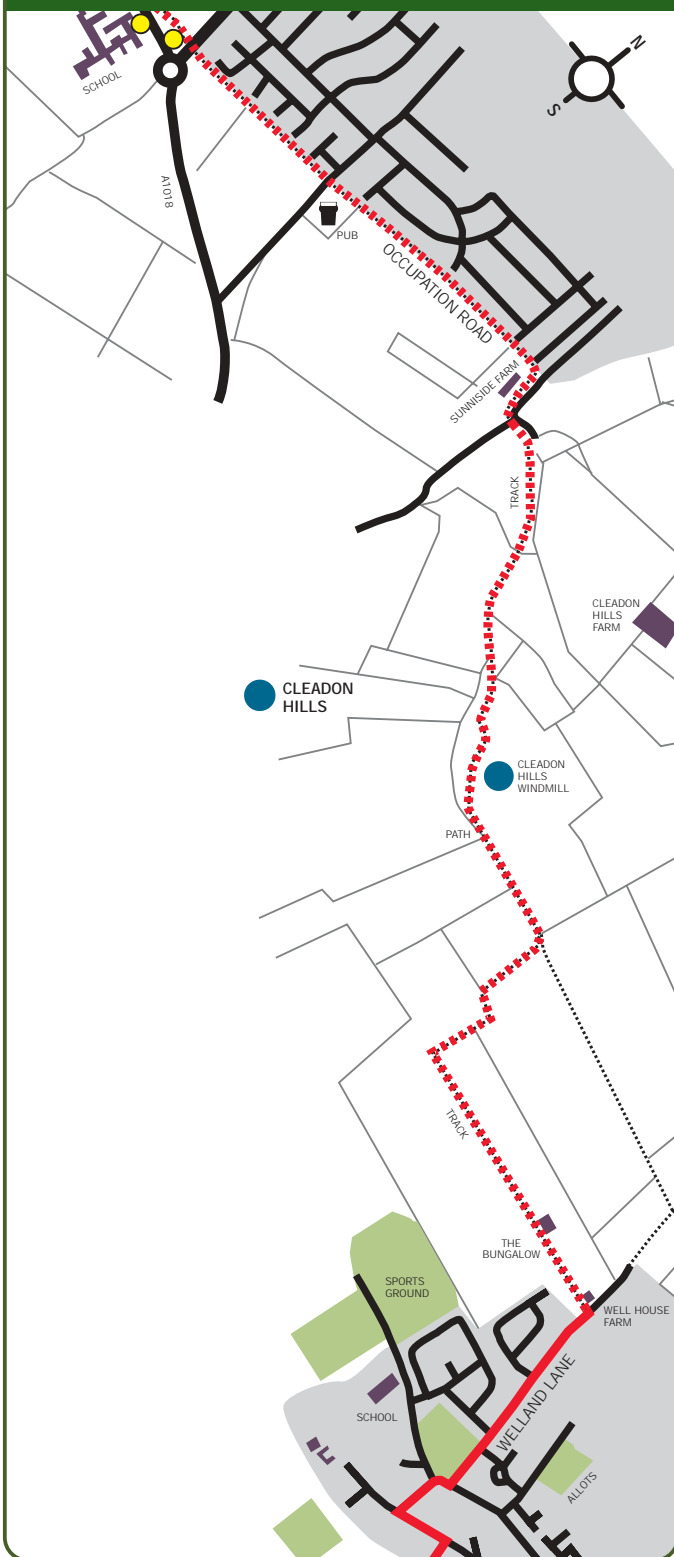
Cross King George Road, follow stone path opposite, known as Occupation Road, over Sunderland Road and along toward Cleadon Water Tower. Turn right at water tower complex, and follow road to end of complex and Sunnyside Lane, continue up stone track with Sunnyside Farm Cottage to your right. At field entrance use squeeze stile to enter and follow grass path toward windmill. Pass windmill and follow path to south east corner of field, cross stile, follow public footpath alongside field boundary toward Well House Farm and Whitburn. Continue over three stiles and turn left at farm track, through farmyard to Welland Lane. Turn right, continue toward North Guards, turn right then left, by village pond into Sandy Chare. At Front Street turn left toward Church Lane.

St Peter's ↖ St Paul's

Front Street, Whitburn to King George Road, S.Shields
Turn left onto Front Street and right into Sandy Chare, toward village pond. Turn right at pond into North Guards, then left into Welland Lane. Continue along Lane past housing estate on left, then take public footpath on left to Well House Farm. Go through farm and turn right along waymarked path to Cleadon Hills. Follow path along field edges, over four stiles to field with derelict windmill and head toward it along path. Bear left at windmill; follow path toward water tower complex and field entrance. Pass through squeeze stile, turn left to Sunnyside Lane, then bear right and follow road around edge of complex, toward main entrance, past Sunnyside Farm. At main entrance of water tower complex turn left onto stone path, known as Occupation Road, cross Sunderland Road and head toward King George Road.

Public Transport Information

(East Street) Buses to South Shields Interchange, Sunderland Interchange



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SECTION 5 2.1km (1.3 miles) A

Passing through town, countryside and coast enjoy this diverse landscape with plenty of opportunity to sit down and enjoy the views.

St Paul's ↗ St Peter's Front Street, Whitburn to Seaburn Park

From Front Street, turn right into Church Lane and follow road past church, past Cornthwaite Park and down public footpath which runs adjacent to park, toward Coast Road, A183 (Whitburn Bents Road). Cross road and follow pavement toward ferris wheel, you can either follow the pavement or cliff top path. Continue past amusement park, former sea mine and gunner placement (if you are on cliff path), lighthouse and Bede's Cross until you reach Seaburn Park.

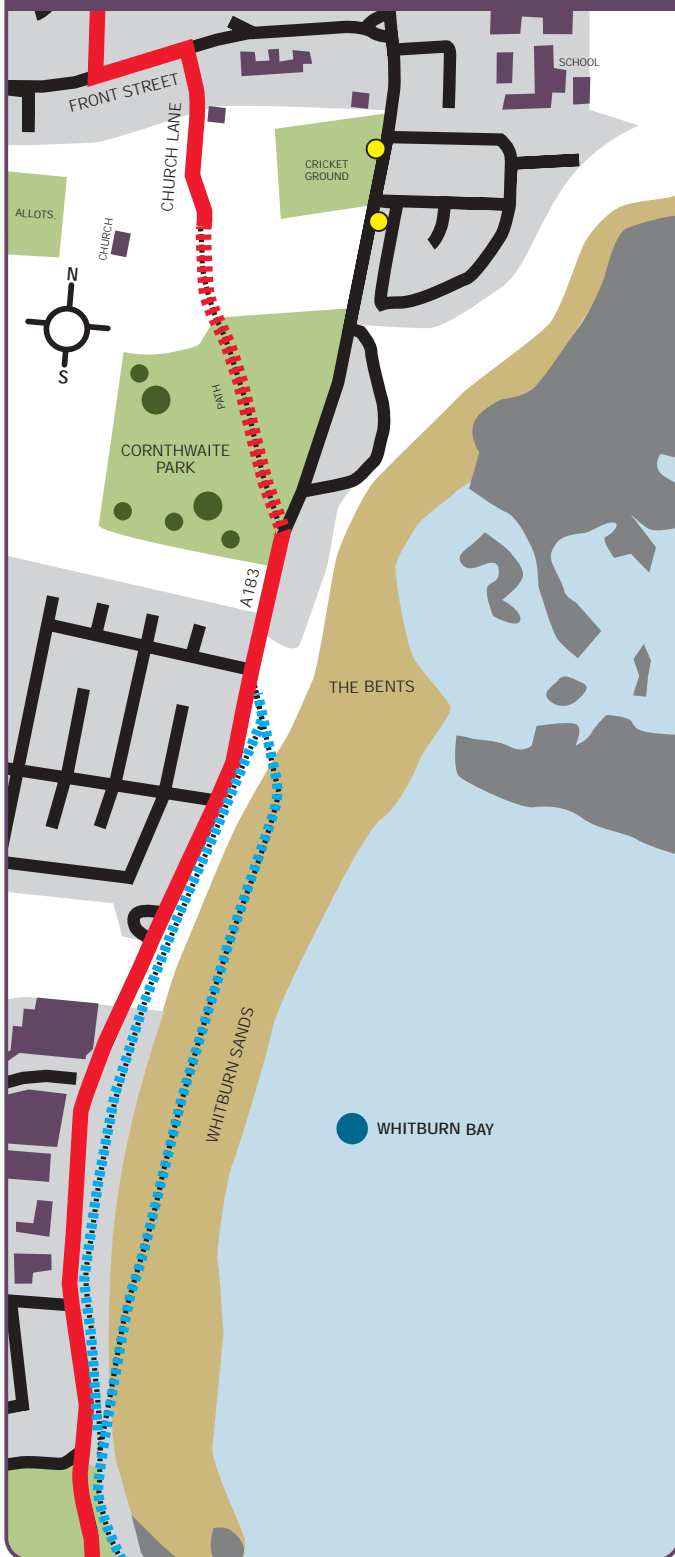
St Peter's ↖ St Paul's Seaburn Park to Front Street, Whitburn

Continue along either the road or footway both will take you past Bede's Cross and the lighthouse. The cliff top path will also take you past a former gunner placement and sea mine. Continue along the coast road footway, passing an amusement park with ferris wheel, to South Bents. Just before garage cross road and follow footpath adjacent to Cornthwaite Park toward Parish Church of Whitburn and Whitburn Village. Once on Church Lane continue up road past village church to Front Street.



Public Transport Information

Buses to South Shields Interchange, Sunderland Interchange



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SECTION 6 2.5km (1.55 miles) A

Either follow the road or follow the coastal route to pass through the harbour, see some unusual sculptures and visit the National Glass Centre. Start/end your pilgrimage at fascinating St Peter's, the earliest documented stone church in the north.

St Paul's ↗ St Peter's Seaburn Park to St Peter's Church

Either continue along road or follow cliff top path and cross bridge over Roker Park Gorge. Continue along coast road (A183), over roundabout onto Harbour View, which becomes Dame Dorothy Street. Cross straight over next roundabout and turn left onto St Peter's Way and left again onto footpath to St Peter's.

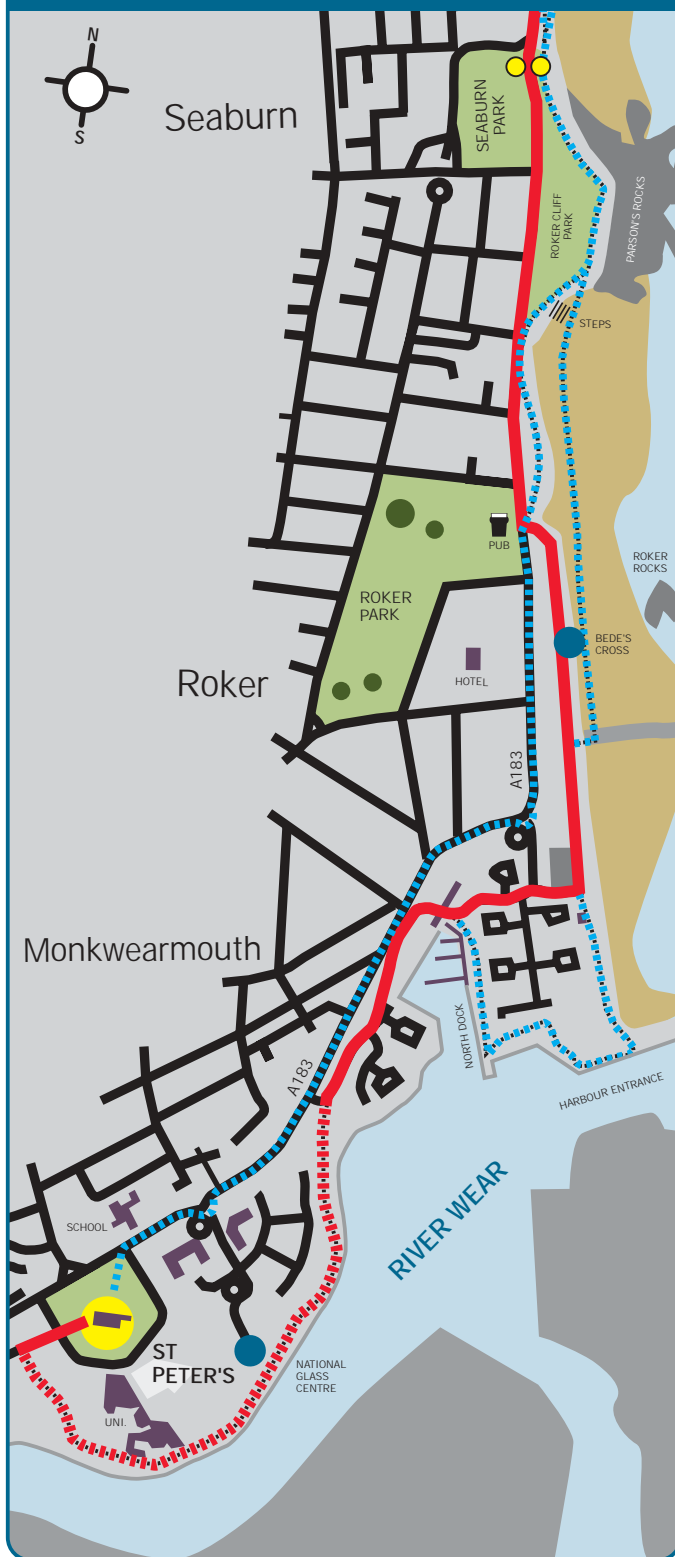
St Peter's ↖ St Paul's St Peter's Church to Seaburn Park

Turn right out of St Peter's driveway, right again at Dame Dorothy Street. Stay on footway, walking north eastwards to cliff top road and then turn north along coast road. Cross bridge over Roker Park Gorge and follow cliff top path to Seaburn Park where path rejoins road.



Public Transport Information

(Dundas Street) Buses to Sunderland Interchange, St Peters Metro Short walk (West)



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