

# Newcastle Survival Guide

## Getting Around

Newcastle city centre is easily walkable with all major accommodation venues close to the Newcastle Civic Centre. The Metro runs underground in the city with the main stops being Central Station, Monument and Haymarket for city centre short hops. Just beyond the city centre West Jesmond station provides access to the pubs, cafes, coffee shops and bars of Jesmond. There is also the Quaylink bus service which provides ready access to the Quayside and St Peter's Basin with their own cafes, pubs, bars and restaurants. For those who don't fancy the steep slope from the centre to the Quayside, Q3 bus stops are at Haymarket bus station and John Dobson St near the Civic Centre. The last bus back up is c.11pm.

## Coffee and Cake

### Within a 2/3 minute walk of the Civic Centre

**Greggs**, with a branch behind the Civic Centre, one on Northumberland Street, and many more close by, Greggs was founded in Newcastle and their coffee is a Geordie staple.

**The Grand** – university coffee shop next to Blackwells.

**Café Nero**, behind the Civic Centre (next to Greggs) play 'spot Newcastle University senior management' as you sip your cappuccino.



**Northern Stage**, opposite the Students' Union (see image) this is a bar/café with good lunch options too.

**Anyone coffee shop** next to Blackwells, independent that serves good coffee & snacks.

**Meli café** – entrance on Vine Lane NE1 7DQ (just off Northumberland St – upstairs 3rd floor – lift available) – vegetarian / vegan Greek café.

### Others close by:

**Batch / Willi's / Country Whey / Hugo's** -a 5-10 minute walk from the Civic Centre into Jesmond takes you to Clayton Road NE2 4RP where there are several nice cafes.

**Laneway and Co**, 17-19 High Bridge, Newcastle upon Tyne, NE1 1EW makes great coffee and offers a selection of cakes and light bites. It is 0.6 mile and 13 min walk from Newcastle Civic Centre.

The **Ouseburn Coffee Company** is a local coffee roaster with a coffee only outlet in the Fenwick's food hall (Northumberland St). The Fenwicks food hall offers a variety of cafes and there are other restaurants in the shop, including a rooftop one.

**Cake Stories**, 12 Brentwood Ave, Jesmond, NE2 3DH is a small, quirky, family run business focused on producing great cake and delicious coffee. It is 1.3 miles and 26 min walk (or short cab trip) from Newcastle Civic Centre.

**Tea Sutra Teahouse**, 1<sup>st</sup> floor, 2 Leazes Park Rd, Newcastle upon Tyne, NE1 4PF has a huge selection of tea, great cakes and other light bites. It is 0.5 mile and 10 min walk from Newcastle Civic Centre.

**Mog on the Tyne**, the Toon's own cat café, for those who miss their own moggies, 24 Pudding Chare, Newcastle upon Tyne, NE1 1UE. 0.8 mile and 15 min walk from Newcastle Civic Centre. Make sure you book: <https://www.mogonthetyne.com/>. For those who prefer dogs, try the **City Tavern** which also serves coffee. 10 Northumberland Rd, Newcastle upon Tyne, NE1 8JF. 0.2 mile and 3 min walk from Newcastle Civic Centre.

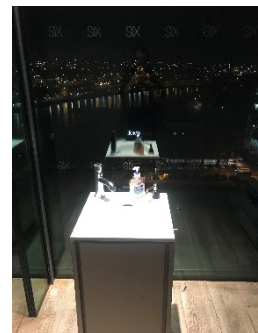
**Olive and Bean**, 17-19 Clayton St, Newcastle upon Tyne, NE1 5PN makes great coffee & cakes (big slices!) but also offers lunch, beer and wine. 0.7 mile and 13 minute walk from Newcastle Civic Centre.

The **Grainger Market** in Newcastle city centre is also a great place to browse for coffee, cake and lunches including pizza, Turkish, Lebanese and Indian street food and a wide range of small cafes offering an extensive array of different food. It is also a great place to shop for fresh produce. The Spanish La Casa deli in alley 1 is rather good.

## Restaurants

**Six at Baltic** (££-£££) go for the stunning view of Newcastle's iconic bridges (to say nothing of the view from the bathrooms!), stay for the food. You can get reasonable early bird offers, which change seasonally. It is located across the Millennium Bridge in Gateshead. Book online. <https://www.sixbaltic.com/>

**Café 21** (££-£££) Another spot the Newcastle University senior management opportunity, but the food is good - modern British style but unusually for the genre has decent vegetarian options. 21 Trinity Gardens (Quayside) NE1 2HH <https://21hospitality.co.uk/group/21/>



**Zucchini** (£) Fast, fabulous and friendly at very reasonable prices (from around £6 for a pasta dish). This is the best pasta bar in Newcastle and comes with a view of Newcastle's internal motorway but don't let that put you off. It closes at 9pm weekdays, 10pm Friday and Saturday. 0.5 mile and 12 min walk (downhill, add 2 minutes for the return journey) from Newcastle Civic Centre. 55 Degrees North, Pilgrim St, Newcastle upon Tyne NE1 6BL <http://www.zucchinipastabar.co.uk/>

**Dabbawal** (£-££) provides a diverse menu of Indian street food options including a good selection of vegetarian options. 69-75 High Bridge, Newcastle upon Tyne, NE1 6BX. 0.6 mile and 12 minute walk from Newcastle Civic Centre. Book online. <http://dabbawal.com/high-bridge-main/>

**Ury** (£-££) offers fabulous Keralan food including delicious dosa and a good range of vegetarian options. 27 Queen St, Newcastle upon Tyne, NE1 3UG. 0.9 mile and 22 min walk from Newcastle Civic Centre. Excellent for larger groups. Book online. <http://www.uryrestaurants.com/>

**The French Quarter** (££-£££) is a cosy, Parisian style, wine bar with sharing plates and larger dishes. Good range of craft beers and wine. Arch 6 Westgate Rd, Newcastle upon Tyne, NE1 1SA. 0.9 mile and 19 min walk from Newcastle Civic Centre. Book online. <https://www.frenchquarternewcastle.co.uk/>

**Kaltur** (££-£££) is the most upmarket of Newcastle's tapas restaurants – it has a small outlet on High Bridge and a larger one at 19 Dean Street NE1 9PQ – reservations needed 0191 4471180. Other independent tapas places include **El Coto** (£-££) 21 Leazes Park Road 0191 2610555 and **El Torero** (£-££) Milburn House, Side 0191 2331122 – both are good for larger groups with varied dietary needs.

**Pani's Café** (£-££) is something of a Newcastle institution serving Sardinian influenced Italian food. Cheap, cheerful and unpretentious. 61-65 High Bridge, Newcastle upon Tyne, NE1 6BX. 0.6 mile and 12 minute walk from Newcastle Civic Centre. Book online. <http://paniscafe.co.uk/>

**Cook House** (££) in the creative hub of the Ouseburn Valley serves, brunch, lunch and dinner and is contemporary British food. Foundry Lane, Newcastle upon Tyne, NE6 1LH. 1.2 miles and 26 minute walk (or short cab trip) from Newcastle Civic Centre. <https://www.cookhouse.org/>. Reservations 0191 2761093.

**House of Tides** (££££) is Newcastle's only Michelin 1\* restaurant, also enjoys 4 AA rosettes and serves contemporary British cuisine. 28-30 The Close, Quayside, NE1 3RF. 1 mile and approx. 22 minute walk from Newcastle Civic Centre. Book online and early to avoid disappointment. <https://houseoftides.co.uk/#1>

**Peace and Loaf** (££££) provides contemporary, artfully crafted British food in a minimalist décor and has two AA rosettes. 217 Jesmond Rd, Newcastle upon Tyne, NE2 1LA. 1.0 mile and 22 min walk (or short cab trip) from Newcastle Civic Centre. Book online. <https://www.peaceandloaf.co.uk/>

**The Patricia** (££££) menu is a produce focused mix of modern bistro style cooking with European influences. 139 Jesmond Road [The Patricia \(the-patricia.com\)](http://the-patricia.com)

**Chilli Padi** (£-££) is a Malaysian owned and operated restaurant offering an excellent array of Malaysian, Indonesian, and Chinese dishes. It is BYO and cash only with a Tesco Metro just around the corner. Exceptionally good laksa. 8-10 Leazes Park Rd, Newcastle upon Tyne, NE1 4PF. It is 0.5 mile and 10 minute walk from Newcastle Civic Centre. Reservations 0191 2301133. Good for vegans and vegetarians.

**Red Mezze** (£-££) is a nice Turkish restaurant with good vegetarian options and friendly service. 36 Leazes Park Road - 0191 2619646.

**Pizza Punks** (£-££) a favourite with our students (sometimes no bad thing), you chose an unlimited number of toppings, with exceptionally quick service. 34-40 Grey Street Newcastle upon Tyne, NE1 6AE. It is 0.7 mile and 14 min walk from Newcastle Civic Centre. <https://pizzapunks.co.uk/>

**The Earl of Pitt Street** (££) is a gastropub quite close to the Sandman Hotel and has an ever-changing and interesting menu in an Alfred Hitchcock themed setting. It is very popular so booking is a must. It is 0.7 mile and 14 min walk from Newcastle Civic Centre. 70 Pitt St, Newcastle upon Tyne, NE4 5SU. Book online. <https://www.earlofpittstreet.co.uk/>

**The Journey** (£-££) is a vegetarian/vegan café bar next to the Laing Art Gallery that's great for veggies who prefer vegetables to mock-meat. It's friendly and has outdoor seating in the summer. 7-9 Higham House, New Bridge St W. NE1 8AN

In addition to the restaurants listed above, Newcastle boasts an extensive range of chain restaurants, several them clustered on Grey Street/ Dean Street or in Eldon Square's 'Restaurant Quarter' and more on the Quayside including **Pizza Express**, **Las Iguanas**, **Wagamama**, **Marco Pierre White Steakhouse and Grill**, **Miller and Carter Steakhouse**, **Zizzi** etc. Chinese restaurants are mainly found in the small Chinatown centred on Stowell Street.

If you prefer to eat outside, the **Stack** complex in the city centre offers an informal setting for outdoor eating and drinking. On the Gateshead side of the Quayside (cross by the Swing bridge) **Träkol** (need to book – Jay Rayner reviewed it) offers a seasonal, ethically sourced menu for inside dining, but in the same venue **By the River Brew Co's Hawker Market** offers a range of decent street food vendors and lots of outside seating. Most of the restaurants and bars on Grey Street also have outside seating and **Kafeneon**, a Greek restaurant in the Bigg Market square, has a large outside seating space as does nearby **Revolucion de Cuba Newcastle** on the Cloth Market.

Most, if not all, of the options above cater for vegetarians and vegans and we've noted those which are particularly good. However, if you're after specifically vegan fare Newcastle has a range of options. **Junk It Up** is an exceptionally good vegan fast food outlet located in the **Stack**, and you shouldn't miss the **Ship Inn** in Ouseburn a pub offering all vegan fare. Close to the venue is the **City Tavern** which has an extensive vegan menu. **Grainger Market** also has some great vegan options with food outlets offering everything from vegan mac and cheese to dumplings. There's a great guide to vegan and vegetarian food in Newcastle here: <https://www.newcastlegateshead.com/food-and-drink/restaurants/vegan-and-vegetarian>

If you would like to be outside the city centre, there is also a range of small restaurants in the nearby suburb of Jesmond / West Jesmond with good options within 5 minutes walk (either side) of West Jesmond metro. Head for Brentwood Avenue or Osborne Road. Another option is the suburb of Sandyford (exit the back of the Civic Centre and turn left on the B1307 Sandyford Rd for ten minutes) - the parallel roads of Starbeck Ave and Goldspink Lane offer a good choice including the award winning **Scream for Pizza** and the vegan **Little Green café**.

## Bars/Pubs

Newcastle city centre and surrounds offers a staggering array of chain and independently operated pubs and bars. For larger groups the **Five Swans** (Wetherspoons warning for those boycotting the chain) and **Crow's Nest** pubs are within 200 yards of the Newcastle Civic Centre. Both offer a wide range of regular and craft beers and have standard pub food menus offering lunch and dinner service. The **Hotspur** pub (0.3 mile from Newcastle Civic Centre) is a smaller but popular venue for after work libations. The **Town Mouse Ale House** (200 yards) is a micro bar with a good range of craft beer; it is small so get there early!

Elsewhere in the city centre, Politics staff may have been recently seen drinking in **The Forth** (Pink Lane), **Bacchus** (High Bridge), **Lady Grey's** (Shakespeare Street), **Newcastle Tap** (Neville Street), **Beeronomy** (Hood Street), **Pleased to Meet You** (High Bridge), **City Tavern** (Northumberland Road) and **Bealim House** (Gallowgate). These are all reasonably large bars.

The **Pink Triangle** is Newcastle's historical LGBT+ district, which more recently has become a favoured haunt of students and hen dos. However, a few bars retain a genuine LGBT+ clientele, particularly **The Yard** and **The Bank** (both Scotswood Rd).

For those wanting a classic boozier, near to the conference venue are **The Junction**, **Three Bulls Head**, and **Percy Arms** – all have live sport and the Percy Arms has karaoke on a Monday night. Closer to the train station are **The Telegraph**, **The Bodega**, which has darts and a Thursday night pub quiz, and the **Star Inn**, which has live bands on Friday & Saturday night and Sunday afternoon. To dive further, make your way to the city centre and try **The Beehive** (Newcastle's oldest pub), **The Rose and Crown**, **Butlers**, and, for the full experience, **The Duke of Northumberland** and **The Black Garter** – amongst this set you'll find 9am opening hours, Monday & Thursday afternoon discos, all-weekend karaoke, and 4-person rounds for <£10. (We take no responsibility for any poor decisions made owing to these features).

Our favourites on the Quayside include the intimate **Crown Posada** pub on the Quayside, reportedly, Newcastle's second oldest, an ornate gem from the Victorian era but for small parties only as it is very narrow. Across the road is the more spacious **Bridge Tavern** with an extensive selection of beer, a gastropub menu, and a pleasant outdoor space upstairs for use in good weather. **The Broad Chare** pub has a good selection of cask beers and an upstairs restaurant serving good pub food. 25 Broad Chare, Newcastle upon Tyne, NE1 3DQ. Reservations online. <https://thebroadchare.co.uk/>

Nearby are the chain pub/bars the **Slug and Lettuce** and **Pitcher and Piano**, both offering views of the Tyne River. **Brew Dog** also has a bar near the Quayside. You can also sit outside for a drink at **Träkol** on the opposite side of the river – cross by the Swing bridge.

For those interested in making an evening of it, there is a trail of pubs and bars all within easy walking distance of each other in the Ouseburn valley (just over a mile from the Newcastle Civic Centre). TimeOut judged it to be the 29<sup>th</sup> coolest neighbourhood in the world in 2021. These include the **Tanners Arms**, **Ernest Café Bar**, **Arch 2 Brewpub and Kitchen**, the **Ship Inn** (with a vegan menu), the **Cluny**, the **Cumberland Arms**, the **Tyne Bar** and the **Free Trade Inn** (fantastic beer garden with great view of the Tyne). Also on the cusp of the Ouseburn Valley is the **Hotel du Vin** with its quiet and relaxed wine bar and bistro. A little further afield is the spacious **Tyne Bank Brewery and Tap Room**.

After pubs close, one place that will stay open late is the **Head of Steam** opposite the train station, which has a bar upstairs and music downstairs. Turning to the east from there looks down Collingwood Street and Mosley Street – Newcastle’s **Diamond Strip**, which offers DJ club nights at **Chachabuchi**, **Bohemia**, **Madame Koo**, **Verano**, **House of Smith**, and **Tup Tup Palace**, as well as **Bijoux** (of Geordie Shore fame). If you are looking to dance along to more classic pop, the Diamond Strip offers **Flares**, or you can visit Newcastle’s famous Bigg Market for unforgettable evenings dancing on the tables at **Stein Bier Keller** and singing your heart out at **Popworld**. For any who want to keep going when these all shut, head to the south west of the city to the Pink Quarter, where you’ll find **EazyStreet**, a small bar with a DJ and Tiki Terrace open until 3am every day, and **Rusty’s**, **Digital**, **The Pink Room**, and **Powerhouse**, which will keep playing pop and dance music until 5am at the weekends.

## Things to See and Do

Newcastle is a city that rewards walking and the following attractions are all within 20 minutes’ walk of Newcastle Civic Centre.

In the grounds outside the Civic Centre is the WW1 memorial **The Response**. It is sculpted by Sir William Goscombe John who studied under Augustine Rodin in Paris. It commemorates the raising of regiments of Northumberland Fusiliers and was funded by local ship-owner and Morpeth MP, Sir George Renwick, whose five sons all returned from service in WW1.

The **Vampire Rabbit** is a much-loved grotesque gargoyle mounted above the rear door of the Cathedral Buildings overlooking the rear of St Nicholas Cathedral. No one is quite sure why it was installed but rumours note that grave robbery was rife at the time of the building’s erection and the fangs and teeth may have served as a warning to miscreants. Other rumours suggest that the rabbit is actually a hare and may reference Sir George Hare Phipson, a local doctor, freemason and friend of the cathedral’s architect. It is accessible by climbing the steps off Dean St, turning right at the top and looking upwards.

The most famous of Newcastle’s bridges is the **Tyne Bridge**. The through arch bridge links Newcastle and Gateshead and is designed by Mott, Hay Anderson who also designed the Forth Road Bridge and the Sydney Harbour Bridge. Dorothy Buchanan, the first female member of the Institution of Civil Engineers worked on the bridge and on the later Sydney Harbour Bridge. Other bridges nearby include the **Swing Bridge**, the site of a Roman built bridge dating from 122 CE, the **Gateshead Millennium Bridge** (a pedestrian bridge useful for accessing the Baltic Art Gallery and Sage Gateshead), the **High Level Bridge**. In total, seven bridges span the Tyne in or near the Newcastle city centre.

The **Newcastle Castle Keep** is a fine example of Norman stonework and dates to 1178, erected on the site of an earlier Roman fort, Pons Aelius. The interior of the structure can be accessed when undertaking one of the organised walking tours available.

Remnants of the **Newcastle City Wall** remain and can be explored in conjunction with a visit to Newcastle's small **Chinatown**. The walls date from the 13<sup>th</sup> and 14<sup>th</sup> centuries, were originally 2 miles long, approximately 2m thick and up to 7.5m high.

The city centre home of Newcastle United, **St James's Park** is an imposing structure a short distance from Newcastle Civic Centre. Organised tours of the stadium are available.

**Tyneside Cinema** is Newcastle's premier art house cinema and is located close to Grey's Monument. The cinema's designer, Dixon Scott, is great uncle to directors Sir Ridley Scott and Tony Scott. There are cafes in and adjacent to the complex and it is a great place to catch up on films old and new.

**The Laing Gallery** has permanent and touring exhibitions, a delightful café and excellent gift shop, all a short walk from the Newcastle Civic Centre. Check <https://laingartgallery.org.uk/> for what's on during your visit.

**The Side Gallery** is a great photography gallery, on the way down Grey Street / Dean Street to the Quayside, and the exhibitions are nearly always political. <https://www.amber-online.com/side-gallery/>

*A little further afield...*

The Sir Norman Foster designed **Sage Gateshead** dominates the skyline when viewed from the Newcastle side of the Tyne River front. The steel and glass elegance are matched by the superb acoustics making it one of the world's greatest concert halls. Check out <https://sagegateshead.com/> for what's on during your visit.

Next door is the **Baltic Centre for Contemporary Art**, known for its eclectic exhibitions, excellent restaurant (Six at Baltic) and fabulous gift shop (rated the top art gallery gift shop in the UK by the Guardian). Check <https://baltic.art/> for the what's on during your visit.

*Further afield still...*

The Sir Antony Gormley designed **Angel of the North** sculpture stands on a hill in Birtley, overlooking the fields around Gateshead and the A1 motorway making it one of the most viewed pieces of art in the UK. Standing over 20m in height and 58m in width, it is made of naturally ageing steel and symbolises the transition of Gateshead's economy from industrial to information based. Contentious at the time of its installation in 1998, the Angel is now a much-loved part of the Newcastle Gateshead landscape. On campus, directly opposite the Student Union **we have our own Gormley statute**, with much debate about which backdrop (the city or University) makes it look better, you can decide for yourself!

**Hadrian's Wall** is readily accessible from Newcastle using private or public (bus AD122 from Newcastle railway station) transport. **Housesteads** is the most popular of the sites along the wall and is approximately 30 miles from Newcastle city centre, where you can visit the site of a still unsolved grizzly Roman murder. There is good interpretation of one of the substantial Roman forts along the wall and a small museum displaying artefacts found during archaeological digs. It is an English Heritage / National Trust site and entry for non-members is around £8 (concessions available).

If you want to try **'Rome in a day'** take the metro out to Wallsend, or as the Romans called it Segedunum, (Wallsend is possibly / probably the only metro station in the UK with signs in Latin.) As the name suggests this marked the end of the wall, and alongside **Segedunum Roman Fort** is a recreation of Hadrian's Wall (possibly now in a playground). Entrance to Segedunum Roman Fort is £5.95 and the viewing platform offers great views and a café. It's a 9 minute metro ride from Monument and then a 0.3 mile walk to the Roman Fort: <https://segedunumromanfort.org.uk/visit-us>  
There is also a Hadrian's Wall exhibit in the Great North Museum opposite the conference venue.

**The Coast** refers to the beaches that stretch from Whitley Bay, through Cullercoats to Tynemouth. The stretch of coast is notable for its long sandy beaches, smaller bays, and rocky headlands. A walk of approximately 4.5 miles from Tynemouth to St Mary's Island and Lighthouse takes about 1.5 hours with fabulous views of the coast and North Sea throughout. Shorter walks are readily available and there is excellent food available at the many restaurants, cafes and pubs that dot the coastline. For food with a view try The View (Tynemouth Longsands), Riley's Fish Shack (likely to be busy during summer months) (Tynemouth – King Edward's Bay) or Crusoes (Tynemouth Longsands). For people staying on after the conference there is a flea and food market at Tynemouth Metro station on Saturdays and Sundays. The coast is readily accessible via Metro with a journey time of under half an hour. Alight at Whitley Bay, Cullercoats or Tynemouth.

## Exercise

There are a couple of good pools very close to the Civic Centre for keen and not so keen **swimmers** alike, the City Baths is new (see: <https://www.city-baths.co.uk/>) and Northumbria also has a good 25m pool. <https://northumbriasport.com/facilities/swimming-pool>. You can hire **bikes** very reasonably at the Cycle Hub on the Quayside: <https://www.thecyclehub.org/> and the city is made for **runners**, particularly those who relish hill training! We (Katharine) will be offering a guided 5k Toon Run but if you'd like to free run the course, it's available on Strava here: <https://www.strava.com/routes/21822598>