

## NORTH EAST

### **The Baltic Centre for Contemporary Art**

Housed in a landmark industrial building on the south bank of the River Tyne in Gateshead, BALTIC is the biggest gallery of its kind in the world – presenting a dynamic, diverse and international programme of contemporary visual art. BALTIC has no permanent collection, providing instead an ever-changing calendar of exhibitions and activities that give a unique and compelling insight into contemporary artistic practice. The BALTIC programme ranges from blockbuster exhibitions to innovative new work and projects created by artists working within the local community.

**Location:** Gateshead Quays South Shore Road Gateshead NE8 3BA

**Opening Times:** Open Daily 10am – 6pm except Tuesdays 10.30am – 6.30pm.

**More Information:** Visit [www.balticmill.com](http://www.balticmill.com) or call 0191 478 1810

**Nearest Travelodge:** Stay at the Newcastle Silverlink Travelodge from as little as £19, for the best deals log onto [www.travelodge.co.uk](http://www.travelodge.co.uk)

### **Leazes Park/Exhibition Park**

Take a picnic to Leazes Park or Exhibition Park. Both are situated in the middle of town. Leazes Park is the oldest city park in Newcastle and the perfect place to recharge your batteries after a hectic day in the city. Exhibition Park got its name from the Jubilee Exhibition of 1887 and includes a boating lake, crazy golf, a skate park and playgrounds. On the way, visit St Nicholas Cathedral church which dates back to the late 15<sup>th</sup> century.

**More Information:** [www.newcastle.gov.uk/leazes.nsf/a/home?opendocument](http://www.newcastle.gov.uk/leazes.nsf/a/home?opendocument)

### **Tynemouth Long Sands**

Grab your bucket and spade and hit the beach. Tynemouth Long Sands is an award winning seaside beach, with long stretches of sand. The golden sands of Tynemouth Long Sands stretch for half a mile from the village of Cullercoats at the Northern end to the rocky outcrops guarding King Edwards Bay at the southern end. At low tide several patches of rocks are accessible on the sands themselves. These together with the larger outcrop of rock at the Cullercoats end provide endless rock pools in which to catch crabs or spot sea anemones. Perfect for a game of beach volleyball, or hit the waves and try your skills on a surfboard

**Location:** Tynemouth, Tyne and Wear

**More information:** Call 0191 200 5162

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