

Gainford to Lindisfarne

Date	Start	Finish	Miles
Mon September 12	Gainford	West Auckland	8.5
Tue September 13	West Auckland	Spennymoor	12.5
Wed September 14	Spennymoor	Durham	8
Thu September 15	Durham	Pelton	10
Fri September 16	Pelton	Newcastle	11
Sat September 17	Newcastle	Killingworth	7
Sun September 18	Killingworth	Blyth	11
Mon September 19	Blyth	Widdrington	10
Tue September 20	Widdrington	Alnmouth	11
Wed September 21	Alnmouth	Embleton	11
Thu September 22	Embleton	Bamburgh	12
Fri September 23	Bamburgh	Fenwick	13
Sat September 24	Fenwick	Lindisfarne	6