

Gainford to Lindisfarne

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