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### Welcome to Newcastle...

## ...and a mini guide to our rather special city

There's so much we want to share with you about Newcastle – from our status as a World Top 50 and UK Top 10 student city, to the fact that we're one of the most affordable in the UK, too\*.

Then there's our warm Geordie welcome; our elegant Georgian buildings that rub shoulders with stunning modern architecture; our parks that paint the city green; and our beautiful city-centre campus.

Our arts, music and culture are world class; our nightlife legendary; our shopping and food scene vibrant and multicultural. And as for our sport? Well, we're rather passionate about that, too!

Our big city in a small space, has an even bigger heart. It's bursting with confidence, hugely proud of its growing global reputation, fun, friendly and effortlessly cool.

And did we mention that we're just 25 minutes from the beach?

But don't just take our word for it. Dive in and explore Newcastle for yourself.

\*QS Best Student Cities 2023

# Six of the best...

#### ...reasons to call Newcastle home





#### You'll feel like you belong in this diverse city where one in six people is a student. Compact, but with a big personality, Newcastle is known for its warm welcome.

Low cost of living 2

Your money goes further in Newcastle - ranked 9<sup>th</sup> in the UK for affordability\*. Take advantage of student-friendly deals in restaurants, bars and shops. Student accommodation close to campus, plus great local transport links, make living here easy on the pocket, too.

#### The perfect location

Fast road and rail links and direct flights to worldwide destinations and major UK cities from Newcastle International Airport will make going to university feel like an adventure. but home will never feel far away.



#### **Top-class sport**

Newcastle hosts one of the largest half marathons in the world; the Great North Run. It's home to Premier League football club Newcastle United, rugby union's Newcastle Falcons. and the Newcastle Eagles basketball team.



With an eclectic mix of restaurants. comedy and music venues. bars and clubs it's not surprising that Newcastle is ranked among the best student cities - we're 42nd in the world and 6<sup>th</sup> in the UK<sup>\*</sup>.



#### Sensational selfies!

Glorious green parks, classical 19th-century architecture and a stunning Quayside will have you snapping selfies. Our beautiful red brick city-centre campus is picture perfect, too!





## Getting around

There's only one thing you need to know about getting around Newcastle – it's easy!





Find everything you need within walking distance of our city-centre campus. Shops, restaurants and attractions are just five minutes away, while a 20-minute stroll will take you to the Quayside with its iconic bridges, arts venues and restaurants.





Hop on the Metro, Newcastle's light rail system, and be connected with nearby suburbs, the coast and countryside. The Metro links the city's railway and Newcastle International Airport and there's a Metro station (Haymarket) directly opposite campus. Student discounts and travel passes are also available.





On two wheels...

With 2,000 cycling spaces on campus, well-marked city-centre cycle paths, and cycle-friendly routes exploring nearby Gosforth, Jesmond, Heaton and Ouseburn, it's easy to get on your bike.

Need to hire a bike or scooter? Search online for local rental companies, or support local charity Recyke Y'Bike which refurbishes donated bikes and sells them at reasonable prices to fund its work. You can also pick up one of Newcastle's bright orange e-scooters, available to hire from on-street locations across the city. ...or more

Both of the city's main bus stations are next to campus. Discounted student tickets and passes make this a great way to get around Newcastle. Or hop on board a National Express service to explore the wider region and beyond.

Now you've got your transport sorted, let's explore Newcastle in more detail...





#### Walk through the iconic Arches built to honour King Edward VII and breathe in the history of a University that can trace its origins back to 1834.

Soak up the atmosphere of the Student Forum, under the watchful gaze of graduate Joseph Hillier's 'head' sculptures, or find a quiet seat in the Old Quadrangle in the heart of our Green Flag award-winning campus.

For the social hub of campus, head for the Students' Union for gigs, clubs and societies, or cross the Union Lawn to Northern Stage and enjoy some of the best local, national and international theatre.

Walk under the Jubilee Arches, past the statue commemorating the visit of American Civil Rights activist Dr Martin Luther King, to reach the Armstrong Building. Here, in the stillness of the King's Hall where congregation ceremonies are held, imagine that moment when you'll graduate.

#### Discover...

...how we're investing in our campus. Our Stephenson Building is being transformed into a world-class engineering hub; our Sir Terry Farrell Centre will be a unique space for architecture and urban design.

#### DISCOVER

## Grainger Touri

#### Since 1838, former British Prime Minister, Charles Grey, the 2nd Earl Grey, has been watching over Newcastle's historic heart of Grainger Town.

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Grey's Monument was built to remember the man and his work in carrying the 1832 Reform Act through Parliament, paving the way for the UK's democratic electoral system. They also named a blend of tea after him.

The climb to the top of this Newcastle landmark – 164 steps – is worth it to see Grainger Town, and its stunning 19th-century architecture, stretching out in front of you.

In this wonderful part of the city you can browse independent shops and galleries, see the curtain go up at the Grade I listed Theatre Royal, or eat at the cosy cafés, independent and chain restaurants that line beautiful Grey Street as it meanders on its way to the Quayside.

#### Explore...

...Grainger Market, a historic indoor market dating from 1835. It's home to local traders including florists, jewellers, artisan bakeries, butchers and greengrocers, plus a growing street food offering.



Flanking both banks of the River Tyne, with seven bridges linking Newcastle and neighbouring Gateshead, the Quayside was once a bustling dockside.

Now, it's been transformed into a hub of music, art, food and nightlife that's loved by students.

On the Gateshead side are the steel curves of Sage Gateshead concert venue and music centre. Close by in a converted flour mill is the BALTIC Centre for Contemporary Art, showcasing prominent artists, designers and architects.

On both sides of the Tyne you can dine at top-class restaurants (some offering rooftop views), relaxed gastropubs and cafés.

There's also an independent container community featuring a microbrewery, restaurant and street food market. Or you can pick up local produce from the artisan growers and producers at the popular Sunday market.

Stroll along the Quayside for spectacular views of the city's bridges, from the Millennium Bridge – the world's first tilting bridge – to arguably the most famous structure, and a symbol of Newcastle itself, the Tyne Bridge.

#### Relax...

...at the Quayside Seaside, a summertime pop-up beach on the Newcastle side of the river with sand, deckchairs and beach huts.



The cradle of Newcastle's industrial revolution, Ouseburn takes its name from the river that flows through it to meet the River Tyne.

Once home to the city's potteries, mills and factories, where barges were loaded with goods and coal to be shipped around the world, today Ouseburn is a hip residential area with a growing food scene and thriving arts venues.

The UK's largest independent commercial gallery – former Victorian warehouse, The Biscuit Factory – showcases art craft and design; The Cluny, Tyne Bar and The Cumberland Arms provide platforms for poets and musicians; and every year an open studios event gives a glimpse into the working world of artists and designer-makers.

At the heart of this cultural quarter you'll also find Newcastle's community-run Ouseburn Farm with livestock, meadows and woodlands, plus volunteering opportunities if you're interested!

You can still catch echoes of Ouseburn's industrial past as you explore the Victoria Tunnel. Built to carry coal to the Tyne, this feat of Victorian engineering runs under the foundations of the city.

#### Check out...

...Ouseburn's Cycle Hub with café, cycle hire and bike shop on the route of the UK's Coast2Coast challenge ride.



Venture out of the city centre and explore Jesmond, one of Newcastle's finest suburbs and a popular choice for student accommodation and socialising.

Enjoy the area's café culture, discover vintage traders and stylish independent fashion boutiques, plus some of the best bars and restaurants in the area – many of which offer special deals for students.

At the heart of Jesmond, the beautiful woodland valley of Jesmond Dene creates an important wildlife corridor in the city with adjoining Armstrong Park and Heaton Park.

Flowing through the Dene on its way to the River Tyne is the Ouseburn, now dotted with waterfalls, weirs and rock islands after Victorian industrialist Lord Armstrong (our Armstrong Building is named after him) transformed the valley into a public park.

Once home to watermills, quarries, pits and an iron foundry, Jesmond Dene is now an ideal spot for walking, cycling, or picnics – expect to see the grass packed with sunbathing students on a sunny day.

Enjoy seasonal events and outdoor performances here, visit Pets' Corner, or the food market, arts and craft fair held on Armstrong Bridge which spans the Dene.

#### Enjoy...

...shopping on Jesmond's Acorn Road and Brentwood Avenue for fashion, gifts, vintage finds and more. For a night out, try Osborne Road's lively restaurants and bars



The traditional Chinese symbol for prosperity and success, Newcastle's very own paifang, or archway, stands proudly at the entrance to Chinatown.

Built by Shanghai craftsmen in the style of a Chinese Royal Palace, the 11-metre-high gateway is flanked by two Chinese guardian lions. It leads on to Stowell Street, strung with Chinese lanterns and home to some of the best Chinese restaurants in the city.

Centred around Stowell Street and founded in 1978, Chinatown was built on land that was once part of a monastery. It's also close to one of the remaining, and most intact, sections of Newcastle's medieval town wall.

Now, it is the heart of the city's thriving Chinese community, boasting supermarkets and shops, health and beauty salons and a bustling Chinese community centre.

Every Chinese New Year, Chinatown plays host to a parade including traditional dragon and lion dancing that's believed to bring good luck and scare away evil spirits.

#### Check out...

DISCOVER

...our dedicated Chinese societies that are among 30+ international societies run by our Students' Union.



Across Newcastle and its suburbs there are over 30 public parks and open spaces that paint our city green, including:

**Exhibition Park:** on the edge of campus with a lake, pavilion, skate park, all-weather sports courts and café. It's also home to a 30-barrel micro-brewery offering craft beers, great food, live music and events.

Leazes Park: the oldest park in the city, this tranquil space behind Newcastle United's football stadium has a lake, bandstand, memorial garden and basketball/tennis courts.

Armstrong Park and Heaton Park: connected to each other and Jesmond Dene by a network of paths. Explore the ruins of King John's Palace, eat at the now restored Victorian pavilion in Heaton Park or visit the Shoe Tree in Armstrong Park, strung with shoes, boots and trainers by students celebrating the end of exams.

**Town Moor:** bigger than London's Hyde Park and Hampstead Heath combined, these 1,000 acres of common land host the annual Hoppings – Europe's largest travelling fun fair. Don't be surprised to see cattle grazing on the moor.

#### And further afield... Northumberland National Park

Home to England's cleanest rivers, clearest air and darkest skies, Northumberland National Park covers 410 square miles. An outdoor playground for the adventurous, go rambling, rock climbing, mountain biking, or just connect with nature.

#### Explore...

...England's largest forest and the biggest man-made lake in Northern Europe at Kielder Water and Forest Park in Northumberland.  $\mathbf{Q}$ 

Castles and coastline The neighbouring county of Northumberland boasts more castles than any other county in England – over 70 fantastic fortresses. Among the best to visit are:

Alnwick Castle: the second largest inhabited castle in the UK, it starred as Hogwarts in two Harry Potter films.

**Lindisfarne Castle:** originally a 16th-century Tudor fort on Holy Island, it can only be reached at low tide via a causeway from the mainland.

**Bamburgh Castle:** the seat of kings since Anglo Saxon times, it was restored by Newcastle's visionary industrialist Lord Armstrong. The castle overlooks one of Europe's top 10 beaches (*Tripadvisor's Traveller's Choice Awards 2022*).

#### For more beautiful beaches close to Newcastle, jump on the Metro and head for:

**Tynemouth:** go surfing, visit the aquarium, eat at a beach-front café, or sink your toes into award-winning Long Sands beach. A short walk away is the secluded King Edward's Bay, overlooked by Tynemouth Priory and Castle.

**Cullercoats:** try watersports, from paddleboarding to 'coasteering' – adrenaline-fuelled cliff jumping – at this former fishing village. Cullercoats Bay is home to the University's Dove Marine Laboratory.

Whitley Bay: enjoy the classic British seaside experience of fish and chip suppers, miles of golden sand and amusement arcades. The landmark Spanish City boasts a champagne bar, restaurant and tearoom.

#### Discover...

...grey seals at the nature reserve on St Mary's Island near Whitley Bay, or climb to the top of its Victorian lighthouse.

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DISCOVER

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The North East is steeped in history, with stunning landscapes, charming market towns, dramatic castles and a breathtaking coastline. So, if you fancy a break from your studies, there's plenty to discover – and it's easy to explore by train.

#### Durham

From Newcastle's Central Station, take a 15-minute train journey to this old English university city with its cobbled streets and UNESCO World Heritage cathedral and castle. Enjoy a riverside walk or river cruise on the River Wear, or soak up the atmosphere of Durham's cafés, boutiques, galleries and museums.

#### Morpeth, Alnmouth, Berwick-upon-Tweed

Hop aboard the East Coast Main Line to explore the market town of Morpeth, or journey on to Alnmouth, with its colourful houses strung along the banks of the River Aln. England's most northern town of Berwick-upon-Tweed is worth a visit, too.

#### Hadrian's Wall country

Take a westbound train out of Newcastle and discover the Tyne Valley – from picturesque Corbridge village to the ancient town of Hexham.

From Haltwhistle, the self-proclaimed Centre of Britain, discover some of the best sections of Hadrian's Wall, a UNESCO World Heritage Site. Built during the Roman invasion of Britain, explore this wild frontier and the remains of the forts that once kept the Scots at bay.

#### Explore...

...the pit villages, towns and farms of 19th- and early 20th-century North East England, during a visit to world-famous 'living' museum, Beamish.

## Arts and culture

It's easy to soak up some culture at Newcastle's world-class theatres, museums, vibrant art galleries and entertainment venues.



#### Theatre

The Georgian **Theatre Royal** hosts over 350 shows a year, welcoming touring productions from London's West End, the Royal Shakespeare Company, Opera North and the National Theatre.

Tyne Theatre and Opera House is

best known for its diverse programme including comedy, music, 'in conversation' discussions, theatre and ballet, while **Live Theatre** has an international reputation for new plays.

The largest producing theatre in the North East, **Northern Stage** on campus also presents performances by the University's Theatre Society. Community focused **People's Theatre** leads the way in amateur dramatics.



#### Music

From Ed Sheeran to local hero Sam Fender, the big names have all played **Utilita Arena Newcastle** – and they keep coming back to the region's largest indoor concert venue.

Host to rock and pop greats since the 1960s, **O<sub>2</sub> City Hall** welcomes some of the biggest UK comedy stars, while **NX Newcastle** is creating a buzz with its live music and club nights.

Iconic concert venue and musical education centre **Sage Gateshead** is home to the Royal Northern Sinfonia. Its programme of over 400 concerts a year includes local, regional and international musicians.

More intimate spaces like Ouseburn's **Cumberland Arms**, **The Tyne Bar**, and **The Cluny** offer an eclectic mix of gigs, or catch the next big thing at **Venue** in the **Students' Union** on campus.





Former flour mill, the BALTIC Centre for Contemporary Art, has no permanent collection, instead it hosts temporary shows by local and international artists across four exhibition spaces.

The Laing Art Gallery is home to an internationally important art collection, focusing on British oil paintings, watercolours, ceramics, silver and glassware. At the Side Gallery documentary photography and videography spotlights local lives and landscapes.

On campus, the Hatton Gallery houses a diverse collection of over 3.000 works from the 14th-20th centuries. It stages modern and contemporary art exhibitions including degree shows by the University's Fine Art students

Explore the Biscuit Factory near Ouseburn for contemporary works by over 200 artists every season. Or follow this cultural quarter's quirky street art trail - on houses, under bridges, pub walls, abandoned buildings and along riverside paths.





The variety of things to do in Newcastle is one of the things I love most about the city. Millie (Dietetics)



#### **Museums**

Explore 350 million years of evolution at the Great North Museum: Hancock on campus. This museum of natural history and ancient civilisations even has a life-size replica T-Rex skeleton.

Showcasing Newcastle's maritime history and world-changing science and technology is the **Discovery Museum**, while Life - a science centre complete with planetarium - encourages its 250,000 visitors a year to explore and enjoy science.





#### Cinema

For blockbusters on the big screen choose Cineworld at The Gate in Newcastle, or **ODEON** at Gateshead's Metrocentre.

Watch mainstream, independent and classic films from the comfort of cosy sofas at Everyman. Or catch UK and world film releases in the historic Art Deco building of Tyneside Cinema.

Worth the Metro ride to Whitley Bay is community enterprise Jam Jar Cinema. Founded by a Newcastle University Business School graduate, it serves up an affordable cinema experience, plus all the big releases.



#### Discover...

...more to see and do in Newcastle at visitnortheastengland. com/places/newcastle

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# Eating out

Newcastle is a melting pot of world cuisines. With more independent restaurants and eateries per person than any other city outside London, you'll be spoilt for choice.





#### Street food

The street food scene in Newcastle is thriving, so much so, you can even take a guided tour of some of the most innovative foodies and sample their creations. Strike out on your own and you'll find street food vendors in Grainger Market and outdoor markets such as the Quavside Sunday Market. Tucked under the Tyne Bridge is the street food hot spot, HWKRMRKT, with resident traders serving up tasty food, cool craft beers and cocktails.



#### Food on the ao

Our fast food is fabulous - from pancake stacks to gourmet sandwiches served in delis, burrito bars, bakeries and brunch spots with an Instagrammable vibe. Make sure you also try the famous 'stottie' (a round flat bread) from Greggs. This national bakery chain was founded in nearby Gosforth in 1939









#### Café culture

Choose from national coffee shop chains or independent cafés for a quick cuppa, full breakfast, brunch or lunch. Take a seat at a pavement café and watch the world go by, or enjoy your coffee in the company of the resident canine pals or feline friends at one of Newcastle's three animal-themed coffee shops – the delightfully named **Mog on the Tyne**, **CatpawCino** and **Dog & Scone**.

#### Vegetarian and vegan

Many of Newcastle's restaurants will happily cater for different dietary requirements, but there's also a growing number of vegetarian and vegan places to eat in the city. Taking the top slot in a review by our student newspaper *The Courier* is the **Super Natural Café** - the first vegetarian restaurant to open in the city over 40 years ago.





Newcastle offers a variety of restaurants – you can find anything you want. It's also a great city for vegans and vegetarians. Magdalena (Modern Languages)



#### Dining out

Newcastle's restaurant selection won't disappoint, whether you're looking for award-winning cuisine or just the best go-to eateries in the city. If we must name drop, then **House of Tides** holds a coveted Michelin star; Ouseburn's Cook House and Swedish inspired Träkol, that's part of the container community under the Tyne Bridge are mentioned in the Michelin Guide; celebrity chefs Marco Pierre White and Gino D'Acampo also have exciting venues in the city. But to pick out just a select few wouldn't do justice to Newcastle's culinary offering; you really need to experience it for yourself. And when you do, make sure you check out the cosy canteens, kitchens, steakhouses, pasta bars and pizzerias in student areas Heaton and Sandyford, too.



#### World foods

Let your tastebuds take you on a world tour – without leaving the city. Be tempted by Indian street fare, fresh and vibrant Thai and Japanese food, tempting Turkish dishes and Italian cookery with a Sardinian twist. Enjoy a taste of Mexico, Lebanon, Greece, Brazil and the Caribbean, as well as the restaurants and supermarkets of Chinatown.



#### Don't miss...

...the incredibly popular NE1 Restaurant Week. Dine out with a discount during this twice-yearly event (January and August) at an impressive selection of restaurants.

## Nights out

Newcastle's vibrant nightlife means there's always plenty to do when the sun goes down – whether you want to dine, dance, catch a gig or even play crazy golf 'ghetto style'.

#### **Grainger Town**

Grainger Town is home to a fantastic mix of bars and cafés set among classical and modern architecture. Enjoy views of Grey Street and Grey's Monument from roof-top terraces and outdoor seating, or soak up the atmosphere in one of the area's smaller independent venues. Just off Grey Street is comedy club, The Stand, which attracts big names and local acts from the UK comedy circuit.



#### **Quayside and Dean Street**

Newcastle's Quayside has long been a popular destination for a night out with its contemporary bars and pubs with character – some of which also host popular club nights and live music sessions. An evening visit to the Quayside is also worth it to see the Millennium Bridge light up from sunset until 1am.



#### 'Diamond Strip'

Close to Newcastle's Central Station and running along Collingwood Street to the end of Mosley Street is the 'Diamond Strip'. Expect bars with stricter dress codes and discerning door staff, as well as some of the best DJs, dance floors and glitzy lounges.

#### **Bigg Market**

For some of Newcastle's liveliest clubs and mainstream bars, head for the Bigg Market. Named after a type of barley once sold at this medieval marketplace, it's now home to a range of restaurants and bars including a Bavarian bierkeller and a speakeasy-styled Blues saloon.





#### The Gate

A one-stop destination for a great night – or even day – out, The Gate combines eateries with leisure facilities and a regular selection of discounts and student deals. Under one roof are restaurants, bars, a disco lounge and superclub for house music lovers, plus a 16-screen cinema and casino. There's also two escape rooms, an axe throwing experience, a gaming lounge offering over 200 retro games and the UK's first 360-degree VR experience.

#### **Central Station**

For a more laid-back vibe, the pubs around Newcastle's Central Station offer cosy corners perfect for whiling away the hours chatting with friends, with traditional pub food, real ale selections and craft beers.





#### 'Pink Triangle'

Newcastle's lively LGBTQ+ scene is focused around the affectionately known 'Pink Triangle' – stretching from Central Station to the Utilita Arena and Neville Street. Incorporating the bars set around Life with its **Times Square** events space, at night this area is a hub of flamboyant pubs, cabaret bars, live drag shows and dance-party venues.





#### Students' Union

With its Luther's Bar and Terrace, Newcastle University's Students' Union is often the starting point for a night out. Enjoy a drink, weekly buskers' sessions, quizzes and themed nights here, before going on to a gig at **Venue**, the SU's performance space where you can catch live acts and national tours by up-and-coming artists.

> There's so much to do in Newcastle. Everyone has heard of the nightlife, but I quickly found there was plenty of stuff to do the rest of the time as well. Ellie (Linguistics with French)

#### Ouseburn

As well as live music by local and international artists, Ouseburn's bars and venues also host improv comedy nights, film screenings, club nights and spoken word/poetry sessions. Enjoy the charm of some of the city's best pubs and breweries or take part in the **Late Shows**. During this annual culture crawl, arts and culture venues open their doors a little later than usual and offer short taster activities for visitors.



#### Nights out with a difference

Book a city ghost tour and hear spine-tingling tales of body snatchers and mysterious murders, go ice skating on the **Times Square** outdoor rink at Christmastime, or try your hand at 10-pin bowling. Newcastle also boasts the UK's first simulation shooting range, a rage room where you can have a smashing time and seriously twisted urban crazy golf courses... the choice is yours!

#### Explore.

...more ideas for great nights – and days – out in Newcastle at newcastlegateshead.com/ business-directory/things-to-do

# Shopping

#### Love to shop? We do, too, so here's a breakdown of some of the best places for a little retail therapy.





#### **Eldon Square**

Home to over 130 shops, eateries and coffee houses, including Newcastle's major department stores, big-name brands and high-street favourites.

#### **Northumberland Street**

Just five minutes from campus, major high-street shops run the length of the street which also leads on to Monument Mall.

#### **Monument Mall**

A stone's throw from Grey's Monument, boasting high fashion, luxury beauty and designer stores.



#### **Central Arcade**

An Edwardian arcade with a beautiful glass roof, stunning tiles and mosaics. It's also home to Newcastle's oldest store – JG Windows, founded in 1908.

#### **High Bridge Street**

A cobbled hideaway off Grey Street and a 'must visit' for vintage finds, gift shops and Newcastle's oldest pub, The Old George.

#### **Metrocentre**

Gateshead's mega-mall houses over 250 retailers, restaurants and leisure attractions under one roof – just seven minutes by train from Newcastle, or 15 minutes by bus.

#### **Outdoor markets**

As well as the markets mentioned earlier, watch out for pop-up markets around Grey's Monument. Or hop on the Metro to Tynemouth's weekend market selling arts, crafts and vintage bric-a-brac from this Victorian station platform.

> It's only a five-minute walk from campus to the city centre, so popping to the shops before, after or between lectures is ideal. Chloe (Food and Human Nutrition)

#### Don't miss...

...the Christmas window display at Fenwick department store on Northumberland Street – it's been drawing the crowds for over 50 years.

## Sport

Newcastle is a city bursting with sporting energy and pride. Whatever your sport, whether you're a team player, individual athlete or sports fan, we share your passion.



#### Ones to watch

Join the 'Toon Army' at Newcastle United's 52,000-capacity St James' Park football stadium. Tours of the 'Magpies' Premier League ground are also available.

Cheer on the region's only professional rugby union club, Newcastle Falcons, watch the most successful team in British basketball history, Newcastle Eagles, or enjoy a day at the races – Newcastle Racecourse holds over 60 fixtures a year.

Every year the city also welcomes around 60,000 athletes and fun runners for the Great North Run, one of the largest half marathons in the world.







#### Take part

Enjoy the sport you love at Newcastle University's Sport and Fitness Centre. Take part in our intramural programme or join 'Team Newcastle' and one of our 60+ student-led sports clubs. Our teams compete at regional and national levels – we're top 10 in the British Universities and Colleges Sport league (BUCS).

There's an A-Z of sports clubs and activities in the city – from athletics teams that train at nearby Gateshead International Stadium (the scene of five world records), to Zumba classes.

Newcastle's green spaces are perfect for walking, running or kickabouts during free time and there's a network of great cycling routes.

Neighbouring Northumberland offers climbing, mountain biking, horse riding, sailing and more, or you can catch some waves at Tynemouth, just a short Metro ride away.

#### Explore...

....Newcastle's Blaydon Races, made famous in a Geordie folk song. Join the six-mile athletics race on 9 June and follow the route taken by racecourse visitors in 1862.

### Newcastle is closer than you think

#### UK airports with direct flights to Newcastle

Aberdeen: 50 minutes Belfast: 50 minutes Bristol: 1 hour Dublin: 1 hour Exeter: 1 hour 10 minutes London Heathrow: 1 hour Newquay: 1 hour 15 minutes Southampton: 1 hour

#### Fastest journey times by train (trainline.com)

Birmingham: 2 hours 50 minutes Bristol: 4 hours 50 minutes Cardiff: 5 hours 15 minutes Edinburgh: 1 hour 25 minutes Leeds: 1 hour 20 minutes Liverpool: 2 hours 50 minutes London: 2 hours 35 minutes Manchester: 2 hours 15 minutes Sheffield: 1 hour 45 minutes York: 55 minutes





#### Find out more about us

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