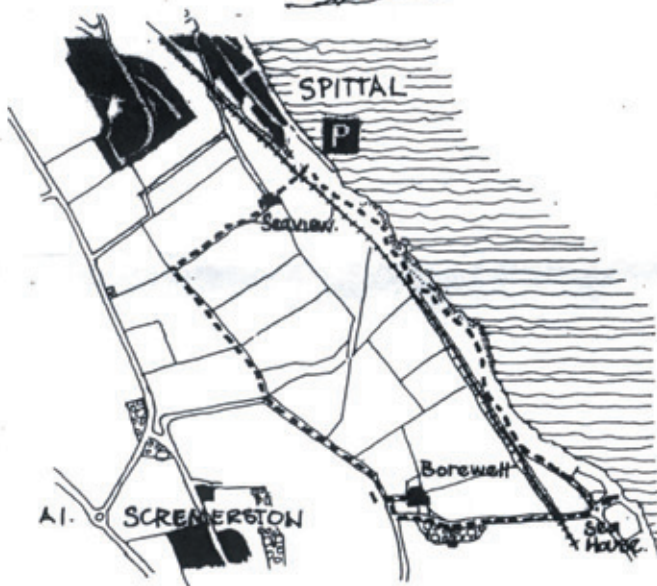
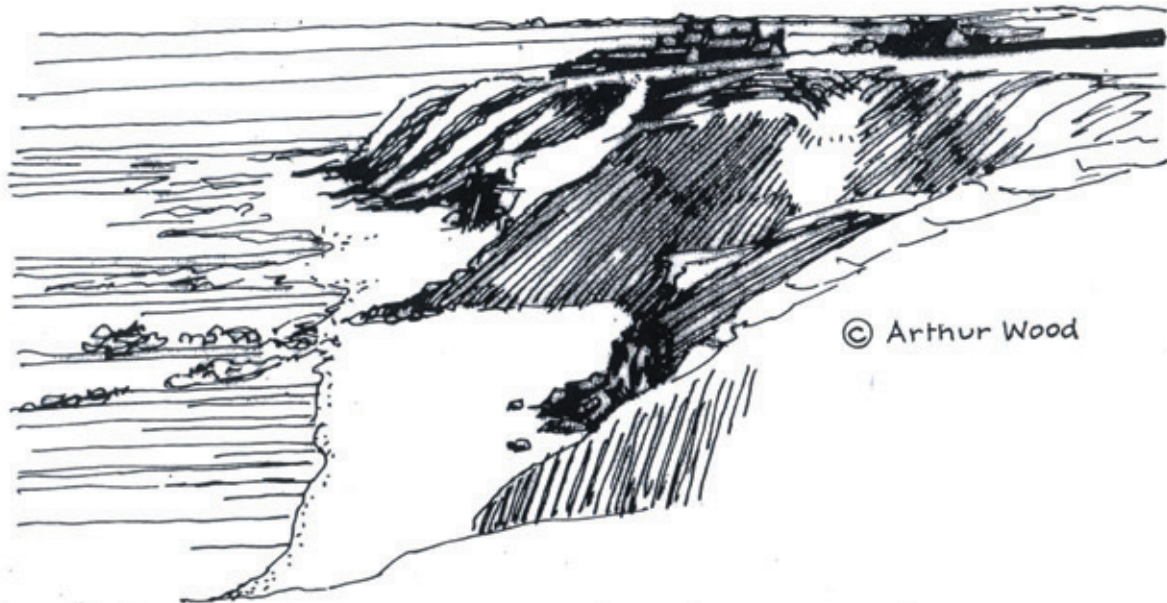


Along the Banks



A fine airy walk along the cliffs south of Spittal. The walk is 3.5 miles (5.5km) and will take 2 or 3 hours. It follows grass paths and quiet roads.

Start at 'Pot-a-doodle do' at Borewell Farm. Walk down to the road and turn right, keeping to the right hand side, facing oncoming traffic. Where the road turns sharp left keep straight on over a cattle grid and up a track. The track gradually rises and at the third cattle grid turn right down a grass path alongside a stone wall.

The buildings ahead are Sea View Farm. Bending left and right round the farm, the path goes through a wicket gate onto a stony road. Keep straight on past the house and downhill below the railway bridge. Turn right on a wide track which goes uphill.

As you gain height there is a good view down to the Promenade and back to the river mouth.

Go through a wicket gate and follow the grassy path. Beware of steep cliffs on the sea side. The edge is often unstable.

The Banks is the local name for the sea cliffs along to Sea House. As you walk you will become aware of the coast stretching away to the horizon with the prominent rock outcrops of Bamburgh Castle and Holy Island Castle. At low tide interesting rock formations are exposed. The alternating sandstone and limestone strata are typical of the Scremerstone coal series.

The distinctive shape of Sea House draws nearer as you go through a wicket gate, passing below windbent trees to arrive at the main road. Turn right and walk to the level crossing. It has automatic gates, lights and claxons, but take care crossing the line. Continue up the road past trees on the left and at the tee junction go right. Shortly you will arrive at signs for 'Pot-a-Doodle Do', the farm shop, cafe and interactive arts room at Borewell Farm.

