**Cramlington To Bamburgh**

Turn right out of the back of school, turn left after Alexandra Park, follow the track to seven Oaks Park, passing the park and then turning right past the underpass, turn right after the traffic light into Smithy square, then pass the war memorial and cross the road following the cycle track, go down Parkside hill, continue following the cycle track to Burnside and through the underpass.

At the fork in the path turn right continuing to follow the cycle track past Eastlea, stay on the cycle track until you cross the road into Northburn estate, keep going on the cycle track then turn left onto the road, you will go under the Main road and turn right at the roundabout past Boghouses, continue along the road then at the junction turn left then right, Follow the road past the Three Horse Shoes pub ,when you come to the fork in the road turn left and past the gate, continue along the road until the garage which will be on the left.

You have to turn right on the road and then take the second left not into the housing estate which is the first, Follow the road around the hairpin down to the river, Cross the bridge and take a right then take another right off the road onto the cycle track labelled NCN Route 1. **You will follow these blue signs the rest of the way to Bamburgh.**

Follow the track along then turn left before the signs for Cambois (Still following route 1) into Bedlington Station, Turn right and cross over the road at the lights towards East Sleekburn. Cross over the spine road into East Sleekburn and continue to the next T-junction. you can follow the Route 1 signs round to Cambois, but if you want to cut off the loop and go a more direct route then turn left here and follow the road for a couple of miles until you see a right turn at the old primary school. Take this turn and carry until you see the spine road above you.

Cross the river and continue following Route 1 until you get to the roundabout and continue with the signs for route 1, the track follows the road for a while then you will come to another roundabout that you must cross, and then turn right following the signs for Woodhorn Colliery Museum.

From Woodhorn Museum you take the exit road towards the A189. You carry on this road for about 5km (3 miles) then cross the A189. You then take a large tarmac cycle track through the trees which comes out alongside a road. Follow this cycle track across the road. Keep following signs for Route 1. Carry on this traffic-free cycle track until Lynemouth. You will then have to join onto a quiet road, still following signs for Route 1 passing through Cresswell.

Once you have reached Druridge Bay there is a café and toilets. This a good place for a lunchtime snack. After leaving Druridge Bay continue along the path which follows along the coast past Ladyburn Lake. After a little while on this path you will reach Low Hauxley. You will join Hauxley Lane and turn right.

Once you reach the centre of Amble you need to turn right onto Leazes St which takes you to the outskirts of the town. You then need to turn right onto Coquet Street and then right again. This brings you out onto a path that goes along the side of the busy A1068. At the top of the hill is the impressive Warkworth Castle, which you pass as you turn right to go through the town. At the bottom of the hill, there is a bridge over the river, but you must then turn sharp right straight after crossing the bridge. After 250m (820 ft) you need to turn left.

This lane then meets up with the A1068 again and you follow the track that goes along the A1068 until you drop down to Alnmouth. Re-joining the road to the right, cross the bridge and then turn left at the roundabout. After several miles you will reach a road that comes in from the right. You need to turn onto this road and follow this lane until you reach Boulmer. At Boulmer you can either go in two directions.

If you turn left it will keep you on the road. You have to follow the road all the way to Longhoughton where you turn right. Then follow the B1339 until the road turns left. At this point you carry straight on. Then, once you reach Howick Hall Gardens, turn sharp right. You will then turn left and this will bring you back on the coastal route.

If you carry on the route can become rough and steep in places so this is not advised if you are on a road bike. However it does shortcut the route quite a bit. All you have to do on this route is follow the track straight ahead until the road route joins back up again

Once you near Dunstan there will be a crossroad. Around here, there are signposts for Craster which is a nice detour and you can stop at the toilets.

Follow this road into Embleton. Then, when the road banks hard left you will need to bike straight ahead onto Quakers Row. After a short while you will reach Front St where you will need to turn left then carry straight on at the crossroads onto Station Rd. Keep on the road until it takes you out of Embleton. At the end of the road, turn left. Follow the B1340 until the first junction where you turn right.

When you reach the crossroads turn left. Stay on the road for about 6 miles until you pass some small farm houses. At this point you should turn left. Once you reach North Sunderland turn left onto Broad Rd and then take the first left. After that you need to turn left again at Springhill Farm (which has cycle friendly facilities to stay) and then right.

At the end of this road you will reach Bamburgh. To get to Bamburgh Castle, turn right. To return back to Cramlington, simply reverse the route you used to get here although it is probably a good idea to stay overnight at Bamburgh.