

St Cuthbert's Way: contents

Introduction	4
1 Planning and preparation	
Best time of year and weather	5?
Altitude profile	6?
Previous experience	6
How long will it take?	7
Accommodation and supplies	8
Travel times and tides	9
Waymarking and navigation	13
Access; access with dogs	14
Common Ridings	15
What to bring; packing checklist	16
2 Background information	
2:1 The Striding Saints	17
2:2 History	20
2:3 Land and wildlife	23
3 The Way in detail	
Galashiels preamble	29
Melrose	30
3-1 Melrose to to Jedfoot Bridge	31
Jedburgh	36
3-2 Jedfoot Bridge to Kirk Yetholm	38
3-3a Kirk Yetholm to Wooler	42
3-3b The Cheviot alternative	48
3-4 Wooler to Fenwick	52
3-5 Fenwick to Holy Island	56
Lindisfarne	58
4 Reference	
Contact details	60
<i>Notes for novices</i> and credits	62
Index	63