## Contents

	Introduction	4
1	Planning and preparation	
	Best time of year and weather	5
	Previous experience	6
	How long will it take?	6
	Accommodation and supplies	8
	Getting there and away	9
	Tides and access to Lindisfarne	11
	Terrain	12
	Altitude profile	12
	Navigation and waymarking	13
	Access, access with dogs	14
	Pronunciation guide	15
	Common Ridings and festivals	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	22
3	The Way in detail	
	Tweedbank to Melrose	28
	Abbotsford House	29
	Melrose	30
	3·1 Melrose to Harestanes	31
	Jedburgh	38
	3·2 Harestanes to Kirk Yetholm	40
	3·3 Kirk Yetholm to Wooler	48
	Wooler	57
	3·4 Wooler to Fenwick	58
	3.5 Fenwick to Lindisfarne	64
	Lindisfarne	67
4	Reference	
	Useful websites, weather and tides, maps	70
	Access, places of interest, visitor information	70
	Support services, taxis and transport, hostels	71
	Pilgrimage links, Notes for novices and credits	71
	Index	72