

BAMBURGH CASTLE BEACH RUN

Distance: 6.5 miles (10km)

Start/finish: St Aidan's Beach car park, Seahouses, NE68 7JH

Terrain: Sandy beach

Toughness: Easy

Ascent: 12 metres

Navigation: Easy

Good for: Families, wildlife, beach, history

Route info: wildrunning.net/91

A stunning out-and-back run on perfect, runnable sand, which can be linked to St Oswald's Way and the Northumberland Coast Path. Best run at mid- to low-tide to reveal the firmest, most runnable sand and to expose the full expanses of the beach and wonderful feelings of freedom this brings. Early morning is a fantastic time to experience the full glory of the sun rising over the sea. As you run, take in the views out to the Farne Islands and their 70,000 strong puffin colony and, further north, the holy island of Lindisfarne. From start, scale dunes and drop down on to the beach at its S end. Head N and run the length of the sandy section of beach until reaching the rocks below the castle at Bamburgh. Return the same way. Variations can be explored along the dunes or inland on the coast path.

| Miles | Km | Directions |
|--------------|-----------|---|
| 0.0 | 0.0 | From car park head north east , crossing dunes and descending onto beach |
| 0.1 | 0.2 | Turn left and run wildly along beach, passing Bamburgh Castle en route |
| 3.2 | 5.1 | On reaching Harkess Rocks at the north western end of the beach, turn around and return via outward route |