

### **123. Bamburgh**

**Distance      7.5 miles/12km**

**Ascent      81 metres**

**Start/finish      Seahouses, NE68 7SJ**

Follow the roadside path north-west out of Seahouses and along the coast until you can turn R and drop down to the beach. Run north-west along the beach, passing Bamburgh Castle then looping inland to the road just north of Bamburgh village (3.4 miles/5.5km). Turn L onto the footpath behind the castle, following this to reach the B1340 near the car park. Turn L onto this road and follow it out of Bamburgh. Turn R onto St Oswald's Way, heading south-east across fields and over the Ingram Burn to the end of the road at Fowberry. Join this road and follow it to its junction at North Cottage. Cross and join the footpath opposite, running across a couple more fields to the road to the west of Seahouses. Turn R here and then L onto the cycleway, following this back to the start.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Follow the roadside path north-west out of Seahouses and along the coast until you can turn right and drop down to the beach.
0.4	0.7	Turn left and run north-west along the beach, passing Bamburgh Castle then looping inland to the road just north of Bamburgh village.
3.4	5.5	Turn left onto the footpath behind the castle, following this to reach the B1340 near the car park.
3.7	6	Turn left onto this road and follow it out of Bamburgh to the St Oswald's Way path.
4	6.4	Turn left onto the path heading south-east across fields and over the Ingram Burn to the end of the road at Fowberry.
5.1	8.2	Join this road and follow it to its junction at North Cottage.
6.1	9.8	Cross and join the footpath opposite, running across a couple more fields to the road to the west of Seahouses. Turn right here and then left onto the cycleway, following this back to the start.