

# Bede's cycle way

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# BEDE'S CYCLE WAY



## Cycle Bede's Way

Cycle Bede's Way and enjoy a great day out following the route of seventh century pilgrims.

Bede's Cycle Way has been devised to link the Twin Anglo-Saxon monastery of St Peter's in Wearmouth and St Paul's in Jarrow, now a candidate World Heritage Site.

Follow a safe and enjoyable route through the Great North Forest, covering 13 miles of rich landscape, delightful seascape, rolling hills and meandering streams, combining both on and off road cycling.

This leaflet can be used to start the ride at either St Peter's or St Paul's churches and features an easy to use map of Bede's Cycle Way. Along the ride follow the Bede's Way, Cycle Way and NCN 14 signs.

Useful contacts and further information have also been included to help you discover other attractions along the way.



## history

Benedict Biscop, a Northumbrian noble, founded the monastery of St Peter in 674 and its twin house of St Paul was begun eight years later. The two sites were regarded as one; Bede described them as 'one monastery in two places' and tells us that St Paul's was 'built on the understanding that the two houses should be bound together by the one spirit of peace and harmony'.

Monks would have travelled between the sites on foot or by boat, possibly following parts of this route between St Paul's along the River Don to St Peter's on the River Wear.

Bede, (673 -735) was educated in the monastery from the age of seven. His writing, particularly *The Lives of the Abbots of Wearmouth and Jarrow* and *The Ecclesiastical History of the English People* give a unique insight into life in the monastery of Wearmouth-Jarrow in the late 7th and early 8th centuries.

Bede was the most important European scholar of his age. He is most famous now as the founder of medieval historical writing and first historian of the English, but also made lasting influential contributions in poetry, astronomy, mathematics and the reckoning of time.

Other productions of the community during Bede's lifetime included the *Codex Amiatinus*, a complete Bible in a single volume, and a landmark in the development of European art.

Wearmouth's foundation was the fulfilment of Benedict Biscop's ideal to build in the 'Roman manner'. His desire to establish a perfect type of religious community was assisted by masons and glaziers from the Frankish lands, and the bringing of relics, books, paintings, teachers and ideas from Rome.

At both sites buildings of the late 7th century survive, both standing and excavated, together with stone sculptures and a wide range of excavated material that includes a unique collection of coloured glass. The buildings of the twin monastery were amongst the first stone buildings in Anglo-Saxon Northumbria, and St Paul's contains the oldest church dedication stone in England.

This combination of rare medieval standing fabric with one of the most influential figures of contemporary culture makes the twin monastery of Wearmouth - Jarrow a site of world importance.



Wildflower meadow



Cycling along Bede's Way

To explore our countryside, coast and culture visit the Great North Forest.

[www.greatnorthforest.co.uk](http://www.greatnorthforest.co.uk)

The twin Anglo-Saxon monastery of St Peter's & St Paul's is bidding to become a World Heritage Site.

[www.wearmouth-jarrow.org.uk](http://www.wearmouth-jarrow.org.uk)



St Paul's Church



Whitburn Bay

Follow the waymarkers for a great day out.



## Attractions Along The Route

With pristine golden beaches, picturesque villages, interesting Christian Heritage and rich maritime history, Sunderland and South Tyneside contain a wealth of places to visit and activities to do. Some of the attractions you may pass, or pass close by on Bede's Way include:

### National Glass Centre

Liberty Way, Sunderland.  
T: 0191 515 5555  
[www.nationalglasscentre.com](http://www.nationalglasscentre.com)

This innovative and unique venture is dedicated to promoting glass in all its uses; in design and technology and as a vehicle for artistic expression.

### Monkwearmouth Station Museum

North Bridge Street, Sunderland  
T: 0191 567 7075  
[www.twmuseums.org.uk/monkwearmouth](http://www.twmuseums.org.uk/monkwearmouth)

This splendid Victorian railway station recreates a sense of rail travel in the past.

### Sunderland Museum & Winter Gardens

Burdon Road, Sunderland  
T: 0191 533 2323  
[www.twmuseums.org.uk/sunderland/](http://www.twmuseums.org.uk/sunderland/)

Exciting hands-on exhibits and interactive displays tell the story of Sunderland from its prehistoric past through to the present day.

### Bede's World

Church Bank, Jarrow, Tyne & Wear  
T: 0191 489 2106  
[www.bedesworld.co.uk](http://www.bedesworld.co.uk)

The remarkable achievements of the venerable Bede, early medieval Europe's greatest scholar and namesake of this route, are celebrated here through exciting museum displays, special events and an Anglo-Saxon demonstration farm.

National Glass Centre



Tiesheds Local Nature Reserve



Bede's World



### Tiesheds Local Nature Reserve

For further information contact South Tyneside Council:  
T: 0191 424 7423 [www.southtyneside.info](http://www.southtyneside.info)

This popular reserve is a great place to visit. Created in the early 1990s with the local community, the reserve now has breeding mute swans, moorhens and coots.

### St Peter's

St Peter's Way  
Sunderland  
Tyne and Wear  
SR6 0DY

T: 0191 567 3726

### St Paul's

Church Bank  
Jarrow, Tyne and Wear  
NE32 3DZ

T: 0191 489 7052  
[www.durham.anglican.org/parishes/jarrow](http://www.durham.anglican.org/parishes/jarrow)

These are only a selection of places to visit in the area. For opening times and further information on other walking, cycling routes, and places to visit please contact:

### Sunderland Tourist Information Centre

50 Fawcett Street, Sunderland, Tyne & Wear, SR1 1RF  
T: 0191 5532001, E: [tourist.info@sunderland.gov.uk](mailto:tourist.info@sunderland.gov.uk)

### South Shields Tourist Information Centre

South Shields Museum and Art Gallery,  
Ocean Road, South Shields, NE33 2HZ.  
T: 0191 454 6612, E: [museum.tic@s-tyneside-mbc.gov.uk](mailto:museum.tic@s-tyneside-mbc.gov.uk)

Please note: details correct at time of going to print

## USEFUL INFORMATION

### To St Paul's Church

**By cycle/walking**  
from Tyne Pedestrian Tunnel.  
**Cycle:** follow the C2C route to St Pauls.

**By Rail**  
from Newcastle Central Station

Arriva Trains Northern to Heworth Interchange, approx 3.5 miles from start of route.

### To St Peter's Church

**By cycle/walking**  
from St Peter's Metro  
**Cycle:** follow the C2C route from Sunderland Rail Station

**By Rail**  
from Newcastle Central Station

Arriva Trains Northern to Sunderland Railway Station and follow C2C route.

**Please note:** folding bikes ONLY on Metro system

### Cycle Hire Facilities:

**Sunderland**  
Peter Darke Cycles, 1 William St, Sunderland  
T: 0191 510 8155

**Cycle World**  
222 High St West, Sunderland  
T: 0191 565 8188 / 0191 514 1974

### South Tyneside

South Tyneside Council offers cycle hire, subject to availability, during the summer months:  
Walkway Tent Store, Sea Road, South Shields NE33 2DT  
T: 0191 455 6313



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### For leaflets and more info:

**Wearmouth-Jarrow**  
**Candidate World Heritage Site**  
T: 0191 489 2106 [www.wearmouth-jarrow.org.uk](http://www.wearmouth-jarrow.org.uk)

**Great North Forest**  
Whickham Thorns, Market Lane, Dunston NE11 9NX  
T: 0191 460 6200 [www.greatnorthforest.co.uk](http://www.greatnorthforest.co.uk)

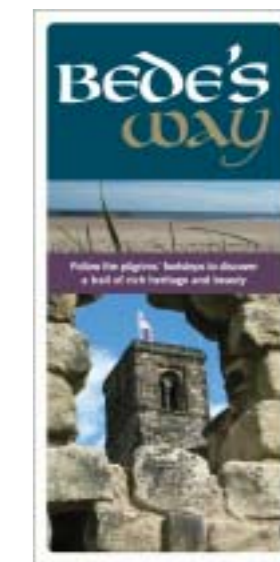
**Bede's World**  
Church Bank, Jarrow, Tyne & Wear NE32 3DY  
T: 0191 489 2106 [www.bedesworld.co.uk](http://www.bedesworld.co.uk)

**Traveline public transport info**  
T: 0870 608 2 608 north east. Minicom T: 0870 241 2216  
[www.traveline.org.uk](http://www.traveline.org.uk)

**Transport Partnership**  
[www.twrtp.org](http://www.twrtp.org)

**For cycling route and info visit**  
[www.sustrans.org.uk](http://www.sustrans.org.uk)

**Please be respectful**  
Please take all of your rubbish home with you, keep to the cycle path and respect other users.



**Bede's Way is an attractive 12 mile route. To explore countryside, coast and culture; pick up a leaflet and enjoy a great day out in the Great North Forest.**

Whilst every effort has been made to ensure accuracy no liability can be accepted for any errors or omissions herein. All information is accurate at time of going to print, April 2005.