## **Contents**

	ıntı	oduction/ Foreword	4
1	Planning to walk the Way		5
	Bes	t time of year and weather	6
	Which direction?		7
	How long will it take?		7
	The Pilgrim Way to Lindisfarne		8
	Getting there and away		9
	Accommodation and refreshments		10
	Terrain and gradients		10
	Navigation and waymarking		12
	Responsible access		13
	Livestock, walkers and dogs		13
	Pac	king checklist	14
2	Background information		
	2.1	Fourteen centuries of pilgrimage	15
	2.2	Geology and scenery	18
	2.3	Coastal communities	21
	2.4	Wildlife and habitats	24
3	The Way in detail		
		North Berwick	28
	3.1	North Berwick to Dunbar	29
	3.2	Dunbar to Cockburnspath	39
		Cockburnspath	45
	3.3	Cockburnspath to St Abbs	46
	3.4	St Abbs to Berwick upon Tweed	54
		Berwick upon Tweed	62
	3.5	Berwick upon Tweed to Lindisfarne	64
		Holy Island of Lindisfarne	69
6	Reference		
	Useful websites, transport and travel		70
	Further reading, maps accommodation and credits		71
	Index		72