

# Shift Signal

EPISODE #1: RELINQUISH MASCULINITY

INSTRUCTIONS FOR THE WALK

PODCAST / WALK LENGTH: 1HR 40M



1. Once the instructions tell you to, turn right, down the hill, to the first junction with Strawberry Place, and turn left there, so the football ground is on your left. You'll pass Nine Bar on your left and the Strawberry Pub is ahead of you on your right. When you get to the next statue of a player kicking a ball, on your left just a bit closer in to the stadium, stop there.
2. Carry on the way you were walking to the four way junction, turn right and go down the hill. You'll pass the restaurant El Coto on your right, and a tucked away little Buddhist café called Tea Sutra. At the bottom of that hill turn right and go to the next four way junction. You're going to cross over here to the left, going under the Eldon Square shopping centre bridge that crosses the street. You're walking towards Monument, the great tower at the top of Grey Street. When you're at the Monument, stop there.

3. We're going to go down the alley between HSBC and Byron burgers. This is High Friar Lane and you'll pass the Tyneside Cinema and past Vicolo wine bar. At the end of the alleyway you're going to turn right, down Pilgrim Street heading towards the river. You're going to stop when you reach Number 54 Pilgrim Street, and a bit of wall between the Army and Navy Surplus store and the nightclub Hoochie Coochie.
4. At this corner, Baps sandwiches, we're turning right along High Bridge, all the way along and across Grey Street, and carrying on down High Bridge with Blake's Café on your left. Down High Bridge, past Baltic 39 and the Duke of Wellington pub, and we're going to stop at the old gents on the Bigg Market, the disused underground toilets.
5. We're going down the Groat Market, if you're facing Kommando then go left, past Picasso and Athena fast food joints, towards the Cathedral. You'll pass NCJ Media on your right, home of the Chronicle and Journal, as well as a few bars, including Blackie Boy. We're going to walk to the traffic lights and cross over as if going to the church, but then stop there. We'll look left at one of the statues in this city commemorating a woman: Queen Victoria.
6. If you're standing in front of the church facing back up to the Bigg Market, then you're going left, along Collingwood Street with the subway sandwich shop on your left, and past the most popular bars the city centre has to offer. You'll get to traffic lights and you'll go diagonally over to your left towards the Lit and Phil library, next door to the Mining Institute. From here you're walking onwards towards the Central Train Station, past the Stephenson Memorial. Go through the new façade to the train station and out the other side, and you'll be able to see the top of the Centre for Life. Keep walking. When you get to the huge advertising billboard at the Life Centre, go diagonally across Times Square until you reach the now out-of-place old building right in the middle, and stop there by the blue plaque on its walls.
7. So let's carry on ahead. We're going over the road, down Scottswood Road, past bars The Yard, Switch, The Loft, the sex shop, right next door to a school uniform shop, and stop at the graffiti of two men, one arresting the other, tangled up in the Olympic rings, right next to The Eagle Pub.
8. Go round the back of the Life Centre and Central train station. Back up past these few bars, round the back of the Life Centre, past the orange mob bikes, and under the railway bridge you can see. Keep to the left, don't go down the big hill to the river, but hug the train station wall. You'll pass the police station. You might spot the Banksy style policeman on the other side just beyond the car park. Cross over. Carry on past the Gin Bar and stop when you get to the big hoardings around the building site for the Stephenson Quarter Development. You should see a row of big photographs on those hoardings. The first one is a picture of George Stephenson's famous Rocket train engine.
9. Straight ahead, past the Royal Mail building and the Telegraph pub. Past the vestiges of the old town wall, and what lurks behind it, the Genting casino. Carry on straight, past all the new shops and cafes opened up under the railway arches. When you get to the end you'll see the street sign Clavering Place. Go left, under the railway bridge. At the end, turn right and to the next corner. The castle is in front of you. We're going right, and onto the High Level bridge, with the Bridge Hotel on your left. When you're on the bridge, stop when you get to the mass collection of padlocks hung on the gratings of the bridge's side.
10. Let's carry on along the bridge and then past the café on the left, over the road and we're heading up into Gateshead. Pass the Central bar on your left and pass the ceremonial fountain donated to the city by John Maccoy. Go under the railway bridge and over the main road, straight across the traffic lights and up the hill heading towards Wilko's. Stop when you get past the small clock tower on your left and the rusty ring sculpture on your right. You're stopping at the next building on your left, still just before Wilko's, and the plaque commemorating Thomas Bewick.
11. Carry on up West Street, past Wilko's all the way to the top of West Street, with the transport interchange on your right. Turn left down Jackson Street past the Tilley Stone Wetherspoon's pub, and then left again, onto the High Street. On the other side of the road is St Edmund's church. Now just on your left will be Newbridge. This is the end of our journey. Stop here. Go to the right side of the front of Newbridge, between its windows and the Hive next door, and have a look at whose name is on the founding stone.