**Vegan & Vegetarian in the City:**
**Newcastle - Provisional Itinerary**

**Day 1: Thursday 25 November 2021**

1500: Please meet your group and tour representatives.

Group to check into the hotel and meet the TUCO Representatives at Hotel Reception ready to depart on tour.

- **Hotel:** Motel One; Newcastle 15-25 High Bridge, Newcastle upon Tyne NE1 1EW.
- **Luggage:** Should your room not be available at the time of check in, you will be able to leave your luggage in their luggage storage room and time will be made later this day to check into your room.
- **Board:** Double room, single occupancy, bed only

If you are arriving by car, Motel One recommends the following public car park: Dean Street Multi Storey Car Park
Address: Dean Street, Newcastle Upon Tyne, NE1 1PG (0.3 km, 5 minutes on foot to the hotel).
Prices: Mon - Sat £1.50 per hour from 8am – 5pm. Free to park after 5pm until 8am the following day.
If you are arriving on the train, you can reach the hotel from the Central Station stop which is 0.31km, 5 minutes on foot.

TUCO Representative: Mandy Johnston TBC (Procurement Manager for the vegetarian framework)
Sarah McLoughlin (Head of Academy)

Vegetarian Express: Rebecca Harman (National Account Manager)
LWC: Adam Alexander (Channel Controller)

The list below is not exhaustive and there may be opportunities to visit more than the sites stated or a site may be changed, subject to availability.

1530: Visit Above

“Above is a dazzling, all-new, all-weather rooftop bar from creators Gainford Group, Newcastle’s most renowned hospitality operator behind award winning venues such as Aveika, Livello, Vermont and more.....

Located on the roof of Newcastle’s famous Vermont hotel, ABOVE is second to none like anything that the UK has to offer, with a 360-degree backdrops of the Newcastle city skyline and interior design that competes with the world’s best.”

Plant based canapes are on offer at Above, a beautiful new venue for the skyline of Newcastle, served with some innovative cocktails. A unique way of being inspired to create pre-dinner menus for your events.

Lower, Dean St, Newcastle upon Tyne NE1 3JE (approx. 6 minutes walk from Motel One)
1700: Visit Purple Peacock

“Welcome to the decadent world of the Purple Peacock. With luxurious interiors, delicious Asian fusion cuisine, and a drinks menu that will excite your taste buds — we know how to make your evening with us extraordinary..... Cross the threshold and being gulf player world of glamour and extravagance, with cocktails and delicious meals that will have you mesmerised. We offer small plates and larger sharing platters, all of which have roots in traditional Asian dining but have been given a special purple Peacock twist. Enjoy the delicacies of Japan, North and South India, Vietnam, Korea, China, Indonesia, and Sri Lanka

This is a look at how Asian cuisine is heavily influenced by plant-based ingredients. This part of the tour will see guests sampling a range of dishes from their vegan menu and match with drink choices from LWC.

55 Degrees North, Pilgrim Street Newcastle Upon Tyne, NE1 6BJ (approx. 5 minutes from Above)

1830: Visit Fat Hippo

Born in 2010 with roots in Newcastle Upon Tyne, Fat Hippo are renowned for the best burgers in the North. Recognised for their quirky flavours a proper decent Vegan range, gluten free too.

Dirty vegan junk food at its best an opportunity to sample some proper vegan.

Dirty burgers in funky setting.

2-6 Shakespeare St, Newcastle upon Tyne NE1 6AQ (approx. 3 minutes walk from Purple Peacock)
2000: Visit The Stack

Stack is a creative social hub for entertainment, culture, work and play. Wander in, to sample some of the best street food and outdoor, informal dining.

Our final stop for this evening sees us at stack a way to get inspired to create street food brands and an immersive eating experience.

Pilgrim Street, Newcastle upon Tyne NE1 6QG (approx. 3 minutes walk from Fat Hippo)

Return to Motel One (approx. 3 minutes walk from the Stack) Overnight in Newcastle.
Day 2: Friday 26 November 2021

0900: Please meet your group and Tour representatives in the foyer of Motel One; Newcastle 15-25 High Bridge, Newcastle upon Tyne NE1 1EW. You will be able to leave your luggage to be picked up later for the hotel if required.

Vegetarian Express will provide plant-based breakfast items ahead of the LWC presentation.

1000: Presentation from LWC

_LWC will showcase their vegan products._

*TBC (approx. X-minute walk from Motel One)*

1100: Visit Journey Café Bar

“The Journey Café Bar is a creative casual dining spot at Higham House just around the corner from the Laing Art Gallery. Journey Cafe Bar is an independent, casual dining café bar in Newcastle city centre famed for its Middle Eastern flavours and vegan and vegetarian dishes. Pop in for breakfast, brunch, lunch, snacks and dinner with complementary cocktails, wine & beer, locally roasted coffee and ethically sourced tea.

Whether you’re grabbing a coffee to takeaway or enjoying lunch catching up with a friend, Journey Cafe Bar is a great choice. Tuck into fresh food with Middle Eastern flavours and sharing dishes which make an excellent accompaniment to your next catch up with friends.”

_These guys are all about sustainability and a chat with the creators will be part of the visit._

Higham House Newcastle upon Tyne NE1 8AN *(approx. 7 minutes walk from Motel One)*

1230: Travel back to Motel One to collect luggage. (7 minutes walk or 9 minutes to the car park)

_This is the end of the Study Tour._

_Please make your own way home._
Further Information:

What’s included?
Everything detailed on the itinerary is included in the cost of the study tour. This includes 1-night accommodation, travel whilst on tour, visits, food and drink whilst on the study tour.

What’s not included?
Any additional costs not mentioned on the itinerary, such as room service and additional food and drinks are not included in the package price.

Dietary/Access Requirements:
Please advise TUCO of any dietary or access requirements that you may have in advance of travelling on the Study Tour so that we can be sure to cater and accommodate for you correctly. Any requirements that you have mentioned on your booking form have been taken into consideration.

COVID Restrictions / Risk Assessment:
Please do not attend if you feel unwell or you have been advised to isolate. We will be encouraging delegates to wear facemasks whenever possible, by being considerate of other’s personal space and making use of hand sanitizer stations or washing hands frequently.
Venues may request delegates to take extra precautions and we ask that you follow and respect the rules of each venue, this may include ‘checking in’ using the track and trace app.
A full risk assessment will be available with the Final itinerary posted a week before the tour.

Dress Code:
Please dress business-casual for the duration of this tour. Please pack appropriately for the weather and for walking.

Prior to the date of this study tour, should you have any questions, please contact Academy@tuco.ac.uk

TUCO representative:
Your TUCO Rep will be Mandy Johnston TBC but you can contact Sarah McLoughlin during the tour:

Mobile: 07497312463
Email: Sarah.McLoughlin@tuco.ac.uk