

Day 1: Tuesday 15 March 2022

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: 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.

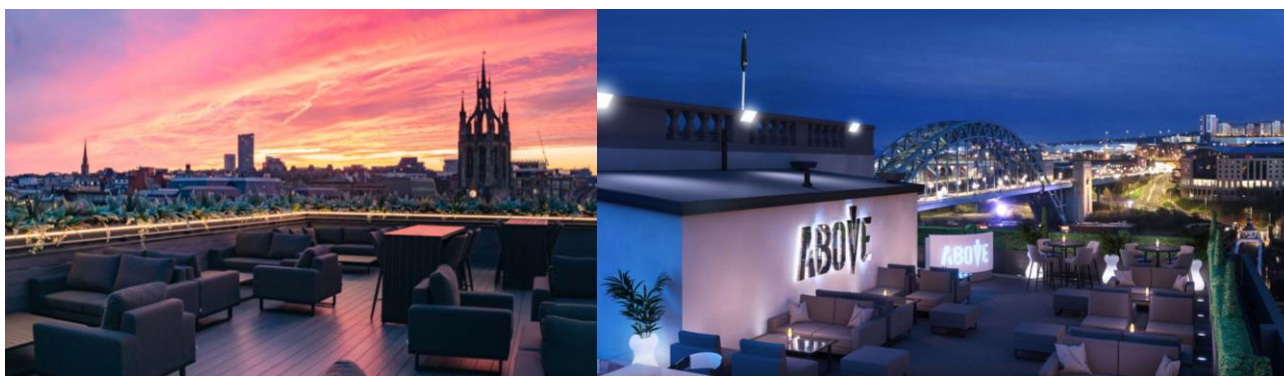
1530: Visit Above

“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 backdrop 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 Horticulture

“Peter Breckon, born and bred in Newcastle, grew his understanding of food at Newcastle College, developed his detailed understanding of gastronomy under the likes of Heston Blumenthal, Mark Hix and Jamie Oliver’s flagship London eatery ‘Fifteen’, he then came back to Newcastle to ply his trade with Terry Laybourne.

All of this culinary knowledge and yet no kitchen and no menu to call his own, until now! Taking all of his refined cooking practices, taste combinations and his own love for hearty tasty social food, he has put together a phenomenal casual small plates menu together with a delightful brunch offering that not only combines all his love and creativity but does so in an environmentally friendly, organic, locally sourced way as possible. In summary, our menu is modern British cuisine with international flavours, delivered in a relaxed social environment. Small plates designed for sharing, 90% naturally gluten free, over half the dinner menu is vegetable based and almost all of the food is organic and locally supplied the North’s finest farmers fishermen and butchers.”

1-3 Market Lane, Newcastle Upon Tyne, NE1 6QQ (approx. 8 minute walk from Above)



1830: Träkol

“Träkol showcases seasonal & ethical cooking with a fresh focus on preservation, dry ageing and cooking over fire. Our food reflects the seasons, is created in the moment and is ever changing.”

Hillgate Quays, Gateshead, Tyne and Wear, NE8 2FD (approx. 10 minutes drive by minibus from Horticulture)

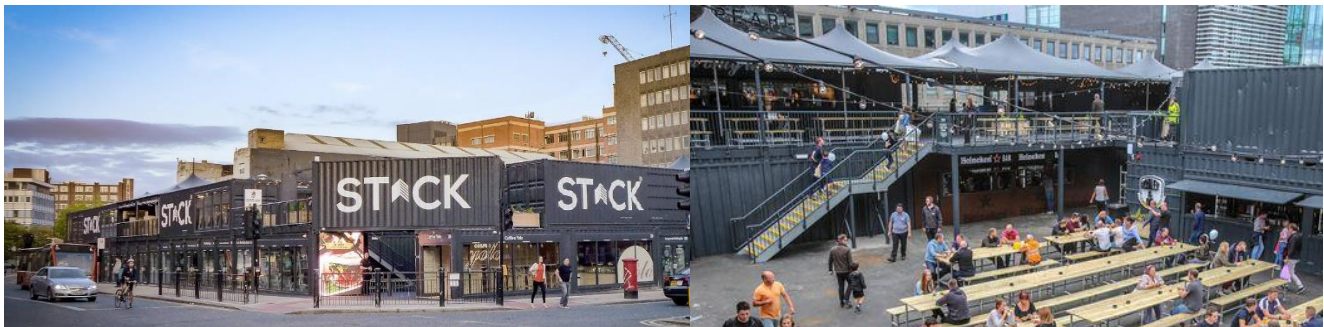


2000: Visit The Stack

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. 10 minutes drive by minibus walk from Träkol)



Return to Motel One (approx. 3 minutes walk from the Stack) Overnight in Newcastle.

Day 2: Wednesday 16 March 2022

0830: 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 a light breakfast of vegan croissants and acai.

1000: Visit Supernatural Café Bar

"Super Natural is a cafe, bar, restaurant dating back to 1978 specialising in vegan food and drink Everything from our amazing breakfasts to sandwiches, pizzas, lasagne, curries and daily specials are all hand made including our breads and our cakes."

29 Grainger Street, Newcastle upon Tyne, NE1 5JE (approx. 5 minute walk from Motel One)



1200: Travel back to Motel One to collect luggage. (5 minute walk or 8 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 Sarah Mcloughlin during the tour:

Mobile : 07497312463

Email : Sarah.McLoughlin@tuco.ac.uk