

NuGO week 2018 – Mitochondria, Nutrition and Health
Tuesday 4th September
Social Event

We will be offering 4 tours of Newcastle on Tuesday 4th September. A display board will be available from registration on Monday 3rd September for you to select which Tour you wish to go on. The Tours are as follows:

Newcastle Castle & The Black Gate, Newcastle upon Tyne, NE1 1RQ

<http://www.newcastlecastle.co.uk/visit-us>

Open Daily 10am-5pm (last entry 4.15pm)

Entry charge: Adult £7 (£8 with gift age)

Group discount available (£6/adult) if ticket office informed that you are part of the NuGO Conference.

Map grid reference D6. Maps will be provided in delegate packs.

Discovery Museum, Blandford Square, Newcastle upon Tyne, NE1 4JA

<https://discoverymuseum.org.uk/about-us/about-discovery-museum>

Open Daily 10am-6pm

No Entry Charge.

Map grid reference A6. Maps will be provided in delegate packs.

Laing Art Gallery, New Bridge Street, Newcastle upon Tyne, NE1 8AG

<https://laingartgallery.org.uk/about-us>

Open Daily 10am-5pm

No Entry Charge. Map grid reference E4. Maps will be provided in delegate packs.

Quayside Walk & Baltic Centre For Contemporary Art, South Shore Road, Gateshead NE8 3BA

<http://baltic.art/visit>

Open Daily 10am-6pm

Talk a leisurely walk along the Quayside and cross over at the Millennium Bridge to visit the Baltic Art Centre.

Map grid reference G6. Maps will be provided in delegate packs.

For further information on things to do whilst in Newcastle, please go to the **NewcastleGateshead Initiative** website which holds extensive information. The website address is

<https://www.newcastlegateshead.com/explore>