When it comes to grandiose views, Earl Grey - former Northumberland MP and Prime Minister - has got it spot on. He's the fellow perched atop 1. Grey's Monument, casting his gaze down the street which he gave his name to. Grey Street (voted the most beautiful in the country by the listeners of Radio 4 and the Commission for Architecture and the Built Environment CABE) is indeed a magnificent sight and the work of visionary property developer Richard Grainger (1797). Starting in 1834, Grainger set about transforming Newcastle, with his classically designed streets all part of his "City of Palaces" blueprint. Grey's Monument itself is regarded by many as the centre of modern Newcastle and was erected in 1838 to commemorate Earl Grey's achievements in passing the Great Reform Bill of 1832.

Behind the Earl is Blackett Street and the Emerson Chambers building, a fine example of the Art Nouveau style. If you cut down between this building and the Newcastle United clubshop (a black and white scarf is optional at this stage), you'll discover 2. Brunswick Methodist Chapel, one of the earliest of its type in North East England. Back onto Blackett Street, turn right, and continue along and you'll find 3. Old Eldon Square on your right. This houses the city's war memorial: a bronze statue of St. George - the patron saint of the Northumberland Fusiliers - slaying a dragon. Continue along Blackett street, and under the bridge, and you'll see 4. St. Andrew's Church, on Newgate Street. Structurally the building contains more 12th century work than any other in the area making it "the oldest church of this town" and to the rear of it you can see a short stretch of the medieval town wall (more of which, later).

Continue along Newgate Street and you cannot miss the arresting façade of the Right hand side. In the open courtyard of the centre are the remains of a corner of a Roman milecastle. The Arts Centre is also a great place to pick up a gift and houses a gallery and a potter's studio.

5. Co-op building (which originally housed the Co-operative Wholesale movement), a great example of the Art Deco style, popular in the 1920s and 1930s. Pop into the North or South tower and take a look at the stairwells with the little human figures carrying the handrails, another superb Art Deco touch. Adjoining the Co-op is 6. The Gate, home to a plethora of swish bars and restaurants. You'll notice the glass and steel sculpture 'Ellipsis Eclipses' by Danny Lane on the corner outside. Between The Gate and Tiger Tiger (opposite), head down beneath the glass pedestrian bridge (it has The Gate written on it) and turn right onto Dispensary Lane which will bring you to 7. Blackfriars and a real step back in time. The first thing you'll notice is the noise. There is none. This little haven is one of Newcastle's hidden gems and, befitting the quiet air, was once home to Dominican friars who arrived here in 1239. The church that was once here was destroyed during Henry VIII's Dissolution of the Monasteries, but its outline is still visible today. The building the friars used as their eating area is now an award-winning bistro/restaurant, Blackfriars, which also has tables outside on the greenery, so you can grab a bite to eat in the tranquil air of this delightful square. Alternatively bring your own sandwiches for a picnic.

Following through a little archway towards the top end of Blackfriars (straight ahead from where you entered it), takes you onto Stowell Street, home to Newcastle's Chinatown. You'll be greeted by a wonderful array of aromas as their eating area is now an award-winning bistro/restaurant, Blackfriars.

Finally, just before Grey's Monument and Monument Metro station, you'll see the beautifully tiled Edwardian 13. Central Arcade (1906) on your right hand side. This is another of Grainger's creations and the perfect way to end your stroll through Newcastle's "golden heart".