

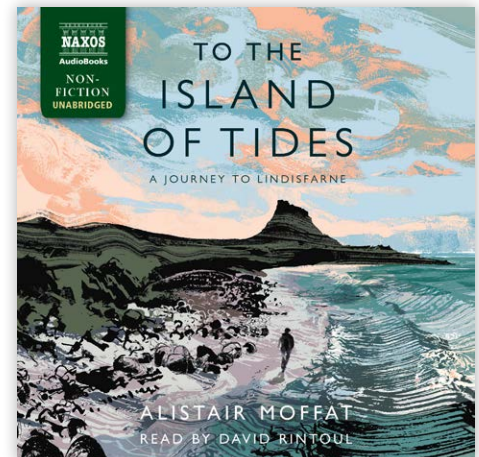
# TO THE ISLAND OF TIDES

A JOURNEY TO LINDISFARNE

**NAXOS**  
AudioBooks  
**NON-  
FICTION**  
**UNABRIDGED**

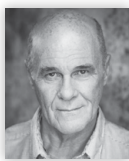
**ALISTAIR MOFFAT**  
READ BY DAVID RINTOUL

In *To the Island of Tides*, Alistair Moffat travels to – and through the history of – the fated island of Lindisfarne. Walking from his home in the Borders, through the historical landscape of Scotland and northern England, he takes us on a pilgrimage in the footsteps of saints and scholars, before arriving for a secular retreat on the Holy Isle. Lindisfarne, famous for its monastery, has long been a place of sanctuary. It is an island rich in history: the Romans knew it as *Insula Medicata*; it reached the height of its fame in the dark ages, even survived Viking raids, before ultimately being abandoned after Henry VIII's dissolution of the monasteries. Today the isle maintains its position as a space for retreat and spiritual renewal. *To the Island of Tides* is a meditation on the power of place, but also a more personal journey; a chance for a personal stocktaking and a reflection on where life leads us.



**Total running time: 10:14:11**

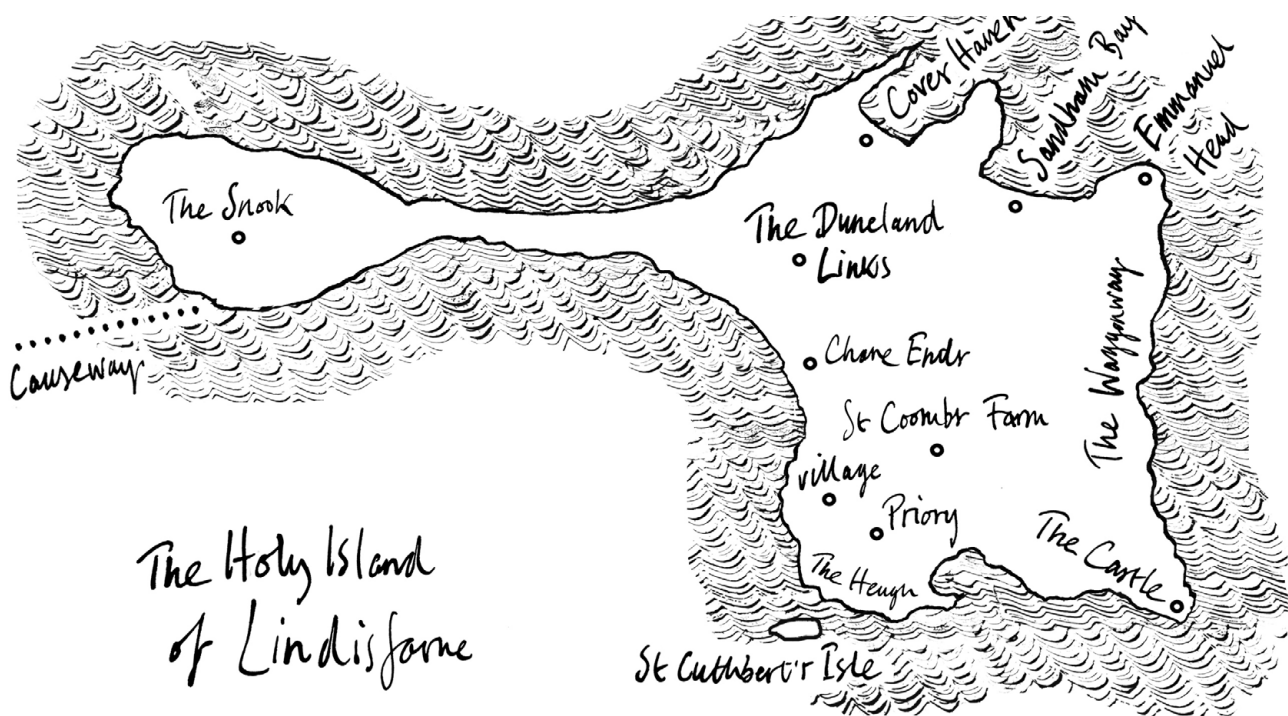
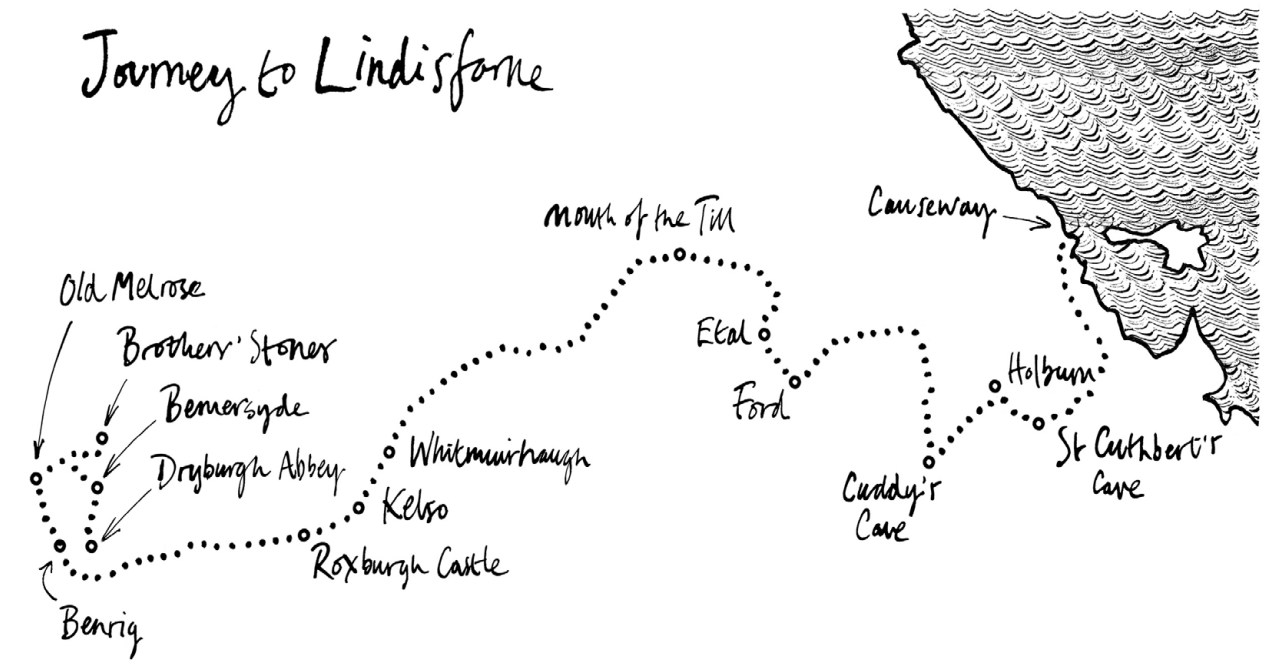
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**David Rintoul** studied at Edinburgh University and won a scholarship to RADA. He has worked in many of Britain's major theatres, including the Royal Court, National Theatre, Shakespeare's Globe and Royal Shakespeare Company. On television he has played Mr Darcy in *Pride and Prejudice* and the title role in ITV's *Doctor Finlay*. Films include *Unrelated*, *My Week with Marilyn*, *The Iron Lady* and Roman Polanski's *The Ghost Writer*.

1	<b>To the Island of Tides</b>	0:12	33	After 1860, Ford was almost entirely rebuilt...	8:19
2	<b>Preface</b>	8:40	34	<b>Chapter 7</b>	9:31
3	<b>Part 1. Chapter 1</b>	10:16	35	The night before I left to complete the last part...	9:01
4	By the time we passed the last of the fenced...	10:36	36	At a place appropriately named Blawearie...	10:47
5	<b>Chapter 2</b>	7:57	37	Near Gatehouse of Fleet, Trusty's Hill seems also to...	8:34
6	What Cuthbert saw, and whether or not it really was...	6:21	38	All that exists to characterise the culture of these...	10:05
7	Having discovered the sign for the real Brotherstone...	10:13	39	<b>Part 2. Chapter 8</b>	11:43
8	Originally, guising at Hallowe'en did not involve...	9:42	40	St Mary's Church is old. Some of its masonry dates to...	12:01
9	<b>Chapter 3</b>	10:17	41	Partly because surviving fragments of classical...	8:49
10	From the farm at Third, the old road began to climb...	9:06	42	Looking down at the ruins of the priory, the red...	8:46
11	Continuity and attachment to place are rarely more...	12:58	43	One of my earliest memories is of my dad...	9:14
12	Some time around 522, before Columba sailed to...	12:22	44	<b>Chapter 9</b>	9:06
13	Beyond the mound, the long straight track...	13:07	45	When I left the shelter of the porch, the wind...	9:05
14	<b>Chapter 4</b>	14:04	46	Aethelfrith's spectacular gains in the north...	11:38
15	Particularly in dry summers, aerial photographs...	8:16	47	Domhnall Ban's nickname of 'Crosd' is a Gaelic...	11:32
16	As I followed Cuthbert through a landscape...	9:23	48	<b>Chapter 10</b>	8:31
17	Keeping the dead close can make the future...	10:32	49	The Pathfinder map of Lindisfarne shows two wells.	10:15
18	On the windswept rock that is Inner Farne...	12:09	50	At the eastern end of the long beach a rudimentary...	11:17
19	Now, this borders on Pythonesque pastiche...	9:24	51	Near the end of the Crooked Lonnen...	2:59
20	<b>Chapter 5</b>	11:03	52	<b>Chapter 11</b>	10:32
21	When I found myself at St Andrews University...	12:52	53	The word 'vellum' comes from velin...	10:38
22	Two bats were feeding, swooping around the porch...	9:21	54	The castle first comes securely on record in 1548–9...	10:29
23	After spending time listening to the sounds...	9:09	55	Raids around the coastal communities continued...	10:59
24	I wanted to walk beside the Tweed near a strange...	13:37	56	Bishop Aldhun was well connected locally with...	12:31
25	Across the busy road that skirts the deep ditch...	11:03	57	<b>Chapter 12</b>	8:12
26	Little more than a mile downstream from Kelso...	11:12	58	As with the great abbeys of the Tweed Valley...	5:44
27	By contrast with me, my wife has led a very...	8:51	59	<b>Chapter 13</b>	11:31
28	Creation looked well that morning, man's as well...	11:03	60	We sailed between Brownsman Island and South...	7:28
29	<b>Chapter 6</b>	9:05	61	Beyond the lighthouse was a sheer drop to the sea...	8:37
30	The map also marks the site of St Cuthbert's Chapel...	10:13	62	<b>Epilogue</b>	8:03
31	As a historian I have always tried, as far as is possible...	8:56	63	As I walked the banks of the Tweed and Till...	8:56
32	At the end of the seventh century, and for some...	6:51			

# Journey to Lindisfarne



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