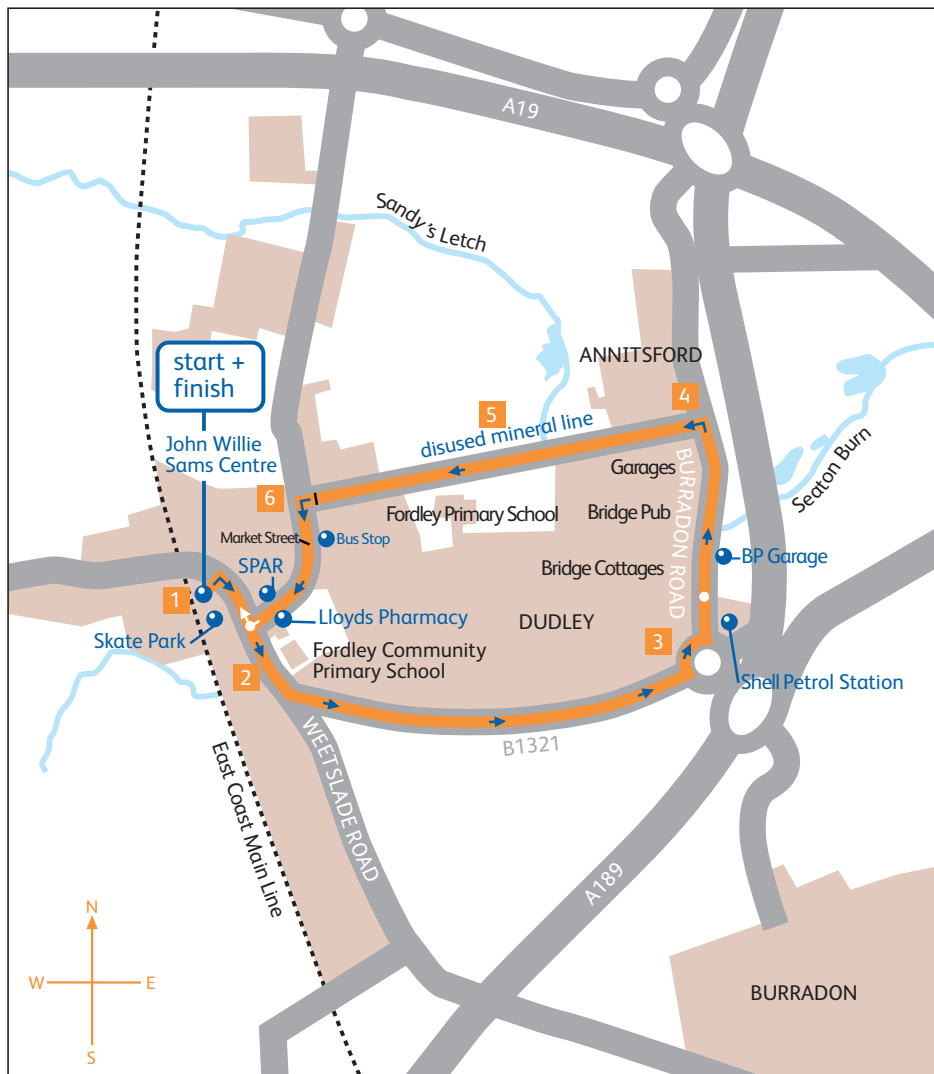


Dudley Mineral Line Meander

Healthy Walks in
North Tyne-side



An easy self-led walk of 2 miles
taking approximately 30-40 minutes.

Map printed with permission of Ordnance Survey

Key to route

- Direction of walk
- Return (if by same path)
- Take care
- Landmark

Dudley

Mineral Line Meander

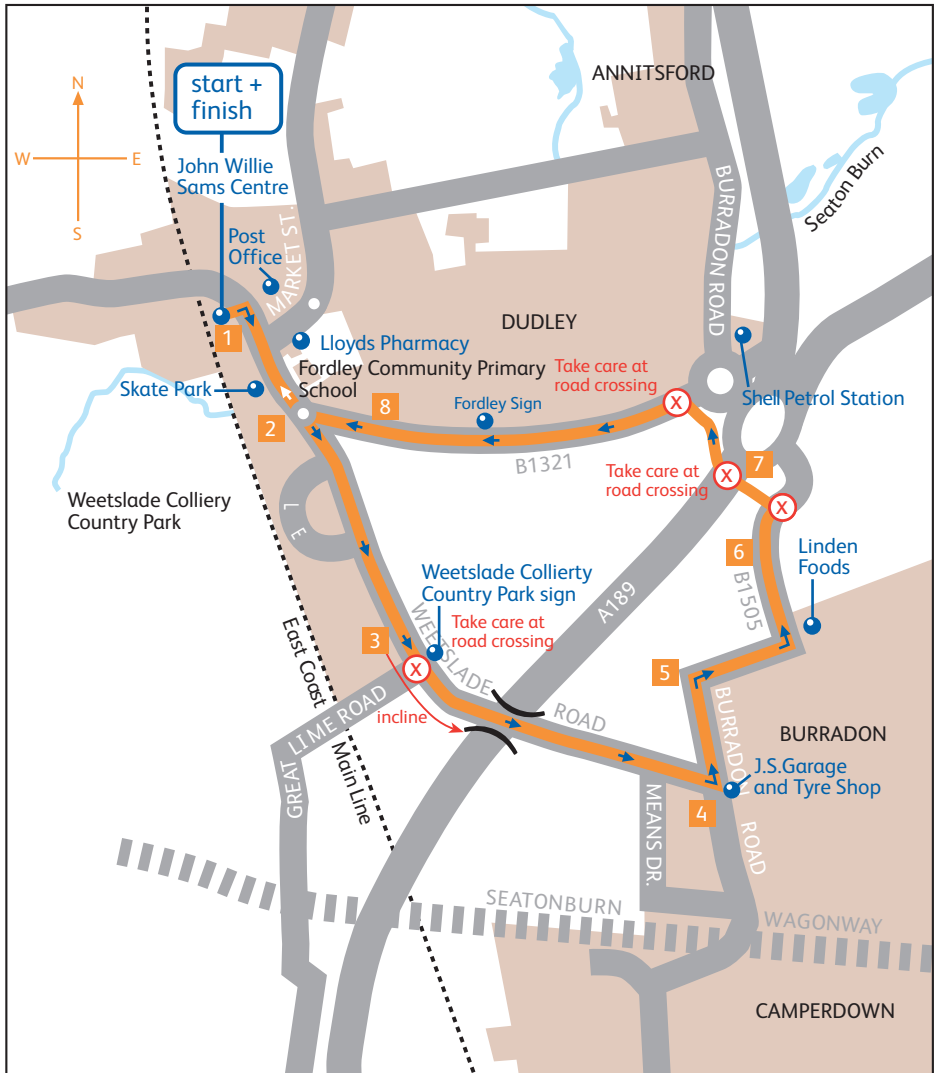
Healthy Walks in
North Tyneside

- 1 Come out of the John Willie Sams Centre entrance, turn right until you reach the main pavement and right onto Weetslade Road. Walking past the Skate Park on your right cross over the road before you reach the mini roundabout.
- 2 Follow this path past the bus shelter (left) and round. You are now walking along the B1321 (lined with trees one side and lampposts on the other). Follow the pavement until you reach a mini roundabout and Shell petrol station.
- 3 Continue left on the path onto Burradon Road and down. (Shell Petrol station to our right and Fern Drive on your left). Walk down past the 2nd garage (BP on your right) and Bridge Cottages (on your left). Cross straight over the next mini roundabout staying on the same route and continue past The Bridge pub and garages.
- 4 After the garages turn left at the 'art of living' sign leading to Jubilee Court and Harrison Court. Walk down this path and head towards the right of way signs until you reach the junction. Take the left path and follow the path sign posted public bridleway.
- 5 Walk along the public bridleway (which is a disused mineral line) with Fordley Primary School on your left. Go through one chicane on this path and at the bollards, turn left onto the main street.
- 6 You are now on the B1319. Walk past the shops on your left (chip shop, supermarket and bus stop). Follow this road passing the Spar, crossing over at the 20 speed limit sign. Continue along the pavement and head down Market Street, passing St Paul's Church and Lloyds Pharmacy on our left. Turn left at the mini roundabout passing Dudley Hotel. Cross over and John Willie Sams is on your right.

Dudley

Sams Centre Saunter

Healthy Walks in North Tyneside



A moderate self-led walk of 2.5 miles taking approximately 40-50 minutes.

Map printed with permission of Ordnance Survey

Key to route

- Direction of walk
- Return (if by same path)
- Take care
- Landmark

Dudley

Sams Centre Saunter

Healthy Walks in
North Tyneside

- 1 Come out of the John Willie Sams Centre entrance, turn right then right again onto the main pavement on Weetslade Road. Walk up towards the small roundabout passing the skate park on your right.
- 2 Continue on the main pavement up Weetslade Road passing Weetslade Crescent on your right.
- 3 Opposite the sign for Weetslade Colliery Country Park cross Great Lime Road (take care crossing!). Continue up the incline on Weetslade Road walking over the bridge and passing the sign for Burradon and Camperdown. Cross over at Means Drive and past the bus stops.
- 4 When you reach the top of Weetslade Road at the T junction cross over. Turn left onto Burradon Road (opposite direction to J.S. Garage).
- 5 Continue along Burradon Road as it bears round to the right passing some bungalows on Cheviot Grange.
- 6 Walking past the sign for Burradon Farm Cottages continue on the main pavement passing Linden Foods on your right. Continue along and down the pavement until you notice a path across the road. This is where you need to cross the B1505 at the dropped kerb. Take care at this crossing point!
- 7 Continue along this small path until you reach the crossing for the dual carriageway (A189). Again, be particularly vigilant when crossing both busy roads. Once across, follow the path which leads you left (away from the Shell petrol station). Keep to the pavement and follow the path/pavement lined with lampposts passing the Fordley sign on the right (this is the B1321).
- 8 This path takes you back to the mini roundabout from the start. Cross over the road back onto Weetslade Road and head towards the skate park. Walk down until you see the sign for John Willie Sams turning left into the Centre.

Riverside

Mark's Bimble to Marina

Healthy Walks in North Tyneside



A moderate self-led walk of 2.5 miles taking approximately 40-50 minutes.

Please note: Crossing at two hydraulic dock gates at Marina.

Map printed with permission of Ordnance Survey

Key to route

- Direction of walk
- Return (if by same path)
- Take care
- Landmark

- 1 From the Parks Sports Centre reception turn right and follow the path around the building keeping the car park on your left and the building on your right. As the parking area ends, follow the path right and walk up to turn left between the bowling greens, crossing the metal footbridge.
- 2 After crossing the bridge turn right and walk up towards Riverside Primary School (pitches on your left). At the top of the path turn left and walk along bypassing football pitches (left) and the school and allotments (on your right). Follow the path along to the exit of the Parks, cross over the road and turn left down Bridge Road South's pavement. Continue on the pavement that leads you right onto Braydon Drive (across from shops and after the houses).
- 3 Stay on this pavement and street until you see black bollards on your left, cross over and this leads you into a park heading towards the subway under Howdon Road. Stay on this path (with offices to your left and Royal Quays Outlet Shopping to your right). Walk through Redburn Dene (used to be one of the main rail routes from Northumberland coalfields and look out for the Rugged Landscape environmental work using reclaimed wooden staithes from the River Tyne). At the bottom of the artwork keep on the main path to the middle heading up to go down to cross over at Wylam Road. (Take care as this is a bus access road!). Follow the footpath down towards Albert Edward Dock.
- 4 Turn right when you reach the dock keeping the houses on your right and the marina on your left, walk around the marina passing the Earl of Zetland floating restaurant and the clock tower (to your right). Look right to the rivers edge to the 'Tyne Anew' monument by the American Sculptor Mark di Suvero. Cross through the car park towards the dock gates, crossing two sets of gates. (At the end of each dock look out for the brogues and stilettos of 'Seadreamers Rest'). Follow the path past the ship repair yards on your left and take a sharp left onto the spilt pedestrian/cyclist path.
- 5 Follow the path where it takes you under Chirton Dean Way before turning left to cross the wooden bridge. Turn right after the bridge and up a steep incline next to the Water Landscape artwork ("The tide is turning").
- 6 Once at the top of the water feature, turn left then first right over the wooden bridge and follow the path around the green grass area. Once round the grass walk up towards and under the subway of Howdon Road.
- 7 Follow the path up to go first right across a small metal footbridge which leads to a gate. Go around the first bowling green (on your left) to return to the Parks Sports Centre.

Riverside

Colin's Canter to Dockland

Healthy Walks in North Tyneside







An easy self-led walk of 1.5 miles taking approximately 25-30 minutes.

Please note: Crossing at two hydraulic dock gates at Marina.

Map printed with permission of Ordnance Survey

Key to route

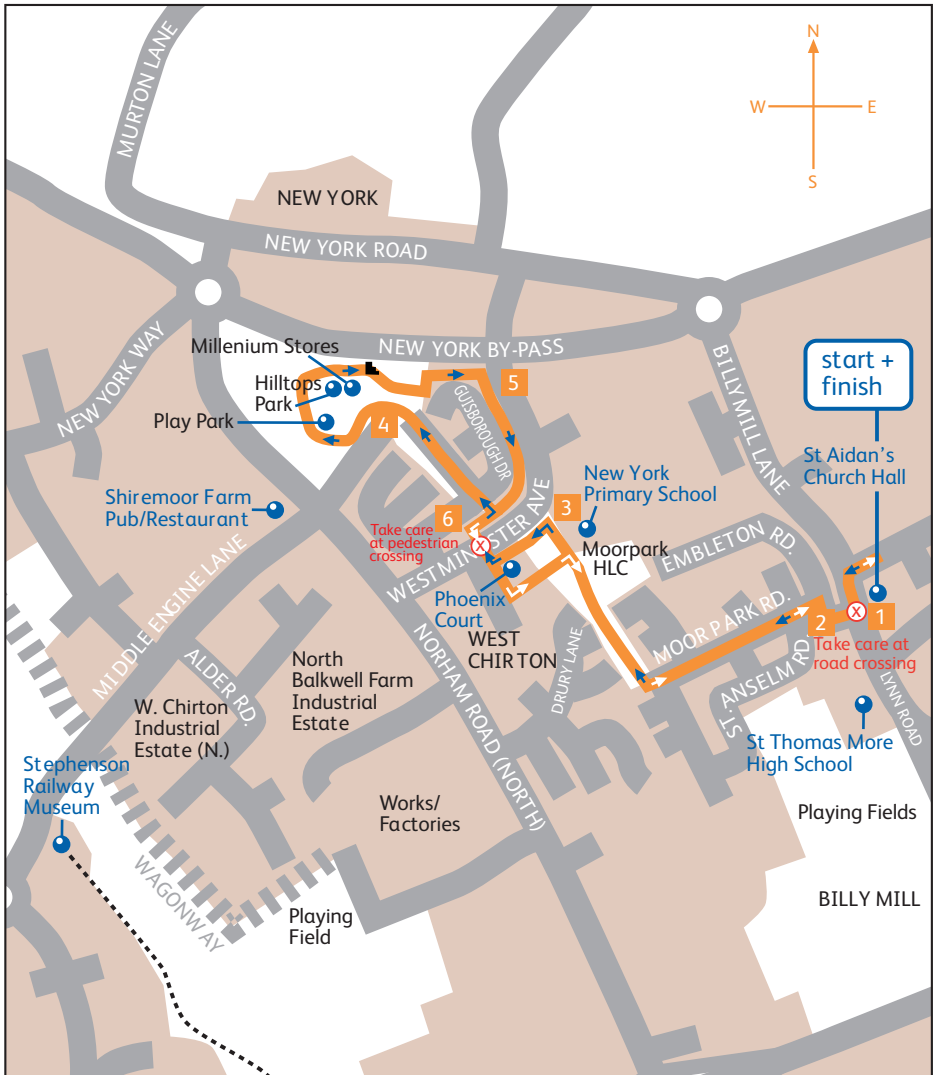
-  Direction of walk
-  Return (if by same path)
-  Take care
-  Landmark

- 1 From the Parks Sports Centre reception turn right and follow the path around the building keeping the car park on your left and the building on your right. As the parking area ends, follow the path right and walk up over the small ramp passing the second bowling green on the left. After the green turn left between green two and three and walk towards the metal footbridge straight ahead walking over it.
- 2 Once over the bridge, take the path sharp left (5-a-side pitches on the right) stay to the left path to go round and down under the subway bridge to walk down towards the Green circular grass area. This path is lined by trees.
- 3 At the grass area turn left to follow the path round, keeping the green to your right (stream and two wooden bridges to your left). Take the last (3rd) brown wooden bridge on your left, before the pond area and walk over round and down to your right. At the end of the pond after the last seat, take a sharp right at the large boulder and follow the path to the larger wooden bridge. Once over the bridge take a sharp left and down a steep decline. Look out for the water landscape artwork on your left with the quotes "If water were words what would the Tyne say?" and the "The tide is turning".
- 4 Walk straight ahead and underneath the high bridge and bear right around the marina. Keeping the Marina to your left and the apartment buildings to your right. Follow the marina path all the way around reaching the Earl of Zetland floating restaurant.
- 5 Turn left after the restaurant passing the Clock Tower on your right. Look right to the rivers edge to the 'Tyne Anew' monument by the American Sculptor Mark di Suvero. Take care walking down to the car park at the Marina to reach the dock gates on your right. Cross over two sets of gates (at the end of each dock look out for the brogues and stilettos of 'Seadreamers Rest').
- 6 Once over the dock follow the path passing the repair yard on your left. Turn sharp left to pick up the main Marina path once again walking under the high bridge. Turn left to walk over the wooden bridge and sharp right to walk up the steep incline next to the water landscape once again.
- 7 Once at the top of the water feature, (ignore the bridge on your right) turn left then sharp right over the wooden bridge to return to the green grass area ahead. Turn left and walk around the grass area until you reach the path lined by trees. Turn left up towards and under the subway of Howdon Road.
- 8 After the bridge take the first small footbridge to your right which leads you up and round left to a gate and archway. Walk through and around the first bowling green. At the end of the bowling green turn right and follow the path back to The Parks.

West Chirton

Don's Wander to Hilltops

Healthy Walks in North Tyneside







An easy self-led walk of 1.5 miles taking approximately 30-40 minutes.

Please note: the area around Hilltops Park is not accessible for wheelchairs or pushchairs

Map printed with permission of Ordnance Survey

Key to route

-  Direction of walk
-  Return (if by same path)
-  Take care
-  Landmark

In loving memory of Margaret Slater who walked this route religiously supporting her loving husband Don and the health walks initiative.
A friend to many who is sadly missed.

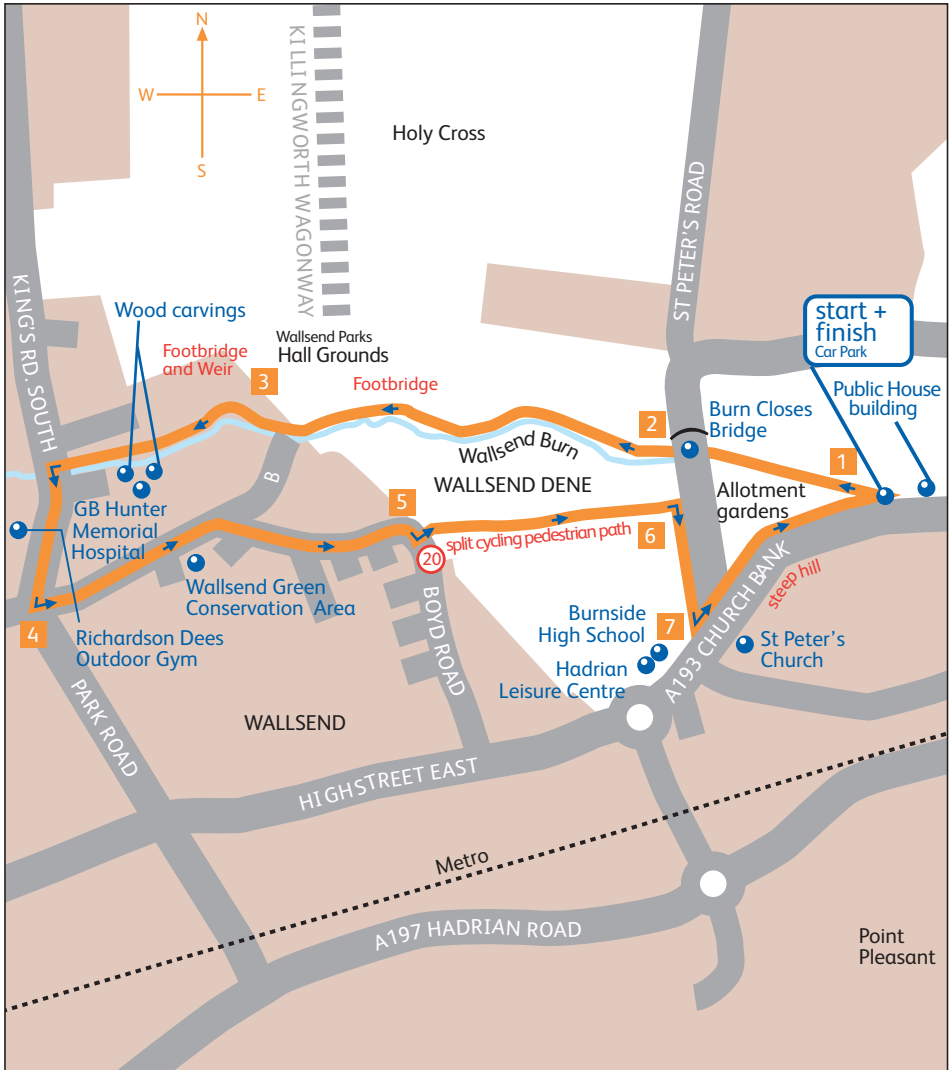
- 1 From outside St Aidan's Church Hall main entrance turn left leading to the church path and onto Lynn Road. Cross over at the pedestrian crossing leading to Billy Mill Lane and over the small road ahead of you. Walk towards the housing estate with the shops on your right hand side. Please note: (the lower pavement is more accessible bypassing the steps at the other side).
- 2 Cross St. Anselm Road at the dropped curb and along Moor Park Road bearing left. Continue along Moor Park Road down when it bears left (to Chirton Hill Drive). Don't go left - instead, at this point, cross over to the right hand side (Garrick Close on your left) of the pavement and head along Drury Lane passing cement bollards on the pavement which will take you past MoorPark HLC (right) and New York Primary School (right). Continue walking around the pavement lined with the green fencing of Phoenix Court on your left.
- 3 Bear left and up a slight incline leading to Westminster Avenue passing the bus stop, cross at the pedestrian crossing and turn right then sharp left (first path) onto the path for Chilham Court. Passing Guisborough Drive on your right, walk ahead.
- 4 Follow the footpath until you reach the main entrance to Hilltops Park on your left (in between bushes). Go through the green barriers into the Park and turn to the path on the left passing the playpark on your right and follow this grey gravel path all the way up and round. At the top carry straight on to follow the path passing the Millennium Stones (right). Continue along the path and down the steps. Follow the path along (watch out for the bushes!) and through the green barrier onto Guisborough Estate.
- 5 Follow the path along and here you have a choice:
Either – turn left and follow the path round (next to the red brick wall and trees), parallel with Westminster Avenue walking on the top pavement. Crossing over at Harleigh Crescent down the steps or follow the path around the corner to cross by the dropped pavement footpath. Continue along past the bus stop and back to Chilham Court until you then reach the crossing on Westminster Avenue (suitable for wheelchairs and buggies).

Or – turn right past Guisborough Drive and then onto Chilham Court and follow the path down to Westminster Avenue.
- 6 Cross Westminster Avenue at the pedestrian crossing and bear left down the ramp towards Phoenix Court, passing it and turning right into the lane between. Take a left between the houses and shops (Premier). Continue until you reach New York Primary School turning right and retrace your steps back to Drury Lane and left to return to the start again.

Wallsend

Discover the Dene

Healthy Walks in North Tyne-side



An easy self-led walk of 2 miles with lots to see taking approximately 35-45 minutes.

Map printed with permission of Ordnance Survey

Key to route

- Direction of walk
- Return (if by same path)
- Take care
- Landmark

Wallsend

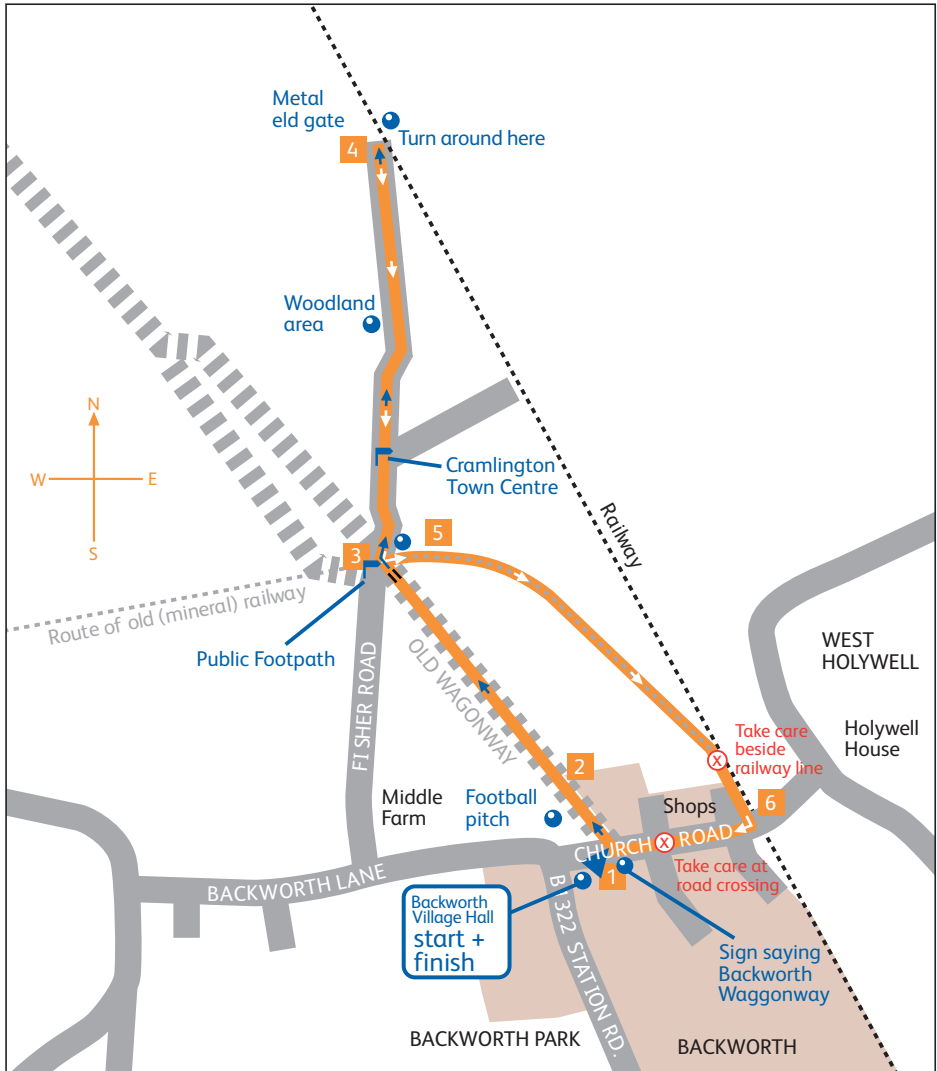
Discover the Dene

Healthy Walks in
North Tyneside

- 1 From the car park near the public house, take the path beyond the black barrier to walk through Wallsend Dene. Keep on the path with the burn to your left and houses high on the hill to your right.
- 2 Walk beneath Burns Closes Bridge and continue along the path until reaching and passing a metal barrier. Head towards the red brick wall and red gates taking you into Wallsend Park Hall Grounds.
- 3 Take the path straight ahead passing the red bridge (to your left). Stay on the low path through Hall Grounds (look out for the wood carvings on your left next to the burn) and continue until you reach the far entrance to the Grounds. Turn left onto and head up King's Road South (with Richardson Dees Park across the street). If you have time it's worth a trip into Richardson Dees Park to see the wood carvings and the outdoor gym!
- 4 At the top of the junction with North Road, turn left to walk through and past Wallsend Green conservation area (GB Hunter Memorial Hospital on your left and give way signs on the road).
- 5 As the road splits take the road to the right down Boyd Road (speed bumps on this road) and Crow Bank is on your left. At the top you will then reach the 20 school safety zone at Burnside Enterprise College. Take the split path straight ahead (pedestrian and cyclist) and continue along the footpath with Burnside High School (right) and Wallsend Dene grass area (left).
- 6 At the end of the footpath this brings you to St Peter's Road, turn right and follow the hill up heading towards the top of the road looking at the church and steeple (The school will be on your right and allotments to your left).
- 7 On reaching Church Bank at the T junction (with St Peter's Church ahead of you) turn left down the steep bank of Rose Hill passing St Peter's Court Care Home on your right. At the bottom of the bank this will be you back to where you began at the car park.

Backworth Waggonway Walk

Healthy Walks in
North Tyne-side



A moderate self-led walk of 2.5 miles taking approximately 45-55 minutes.

Please note: section between 5 and 6 is not accessible for wheelchairs or pushchairs
Map printed with permission of Ordnance Survey

Key to route

- Direction of walk
- Return (if by same path)
- Take care
- Landmark

Backworth

Waggonway Walk

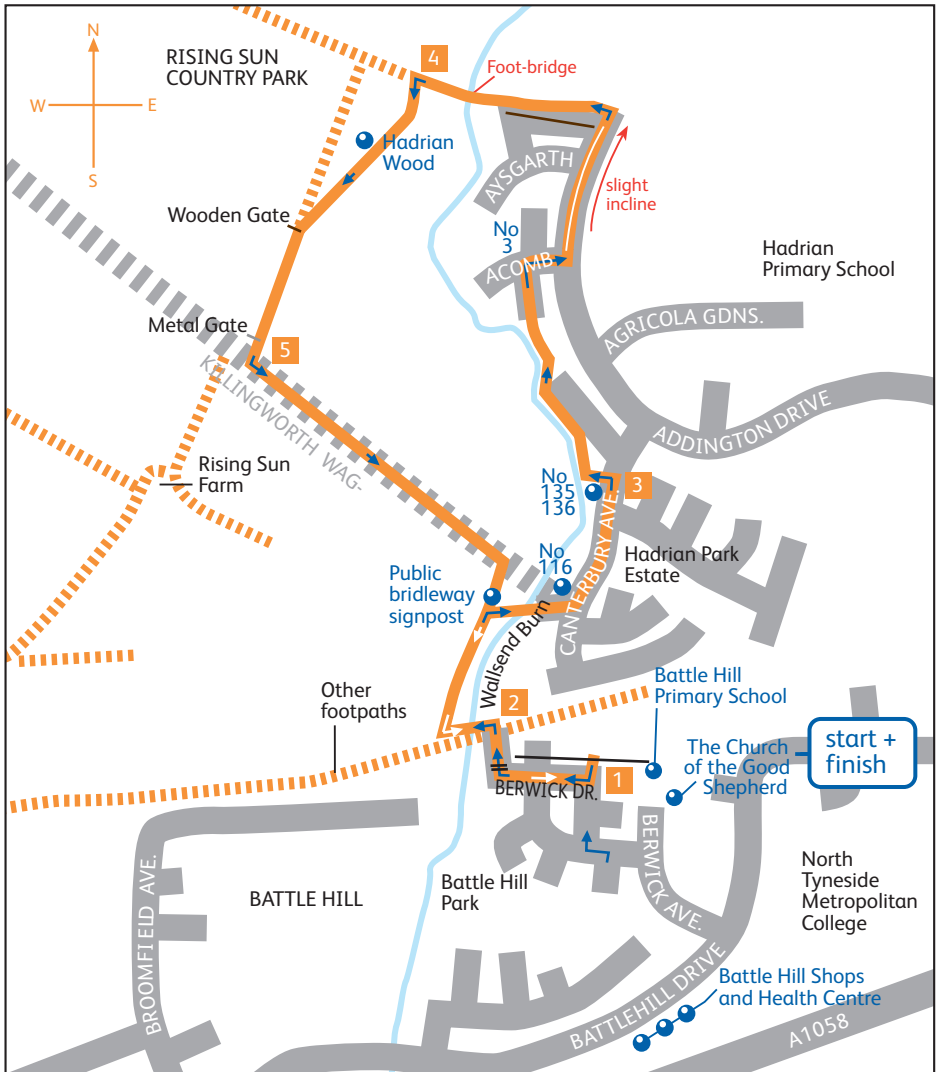
Healthy Walks in
North Tyneside

- 1 From Backworth Village Hall, cross the road and turn right. Then turn left at the sign for 'Backworth Waggonway' just before the new houses.
- 2 Follow this path (a waggonway dating back to 1810) passing a football pitch on your left and cross a farm to go through a metal barrier.
- 3 Continue until you reach the path junction. Ignore the path sharp right (a public footpath) and the path to your left – take the middle path (signposted public footpath) which lies ahead and only slightly to your right. Follow the signpost for Cramlington Town Centre.
- 4 This winding path takes you through pleasant woodland until you reach an area with a metal gate on your right (leading into a hilly field). Turn around here to retrace your steps to the path junction (at point 3).
- 5 This time at the junction, follow the first pathway on your left (the public footpath with the recycling bins at the corner). From this path Earsdon Church can be spotted directly ahead in the distance. Eventually you will walk alongside a railway line, so please stay on the path at all times for safety.
- 6 At the end of the path, turn right onto Church Road and walk past the row of shops on your right. Cross at Church Road (taking care with traffic) to return to the Village Hall and your starting point.

Battle Hill

Alan's Amble





Healthy Walks in North Tyneside



An easy self-led walk of 1.5 miles taking approximately 25-30 minutes.

Map printed with permission of Ordnance Survey

Key to route

-  Direction of walk
-  Return (if by same path)
-  Take care
-  Landmark

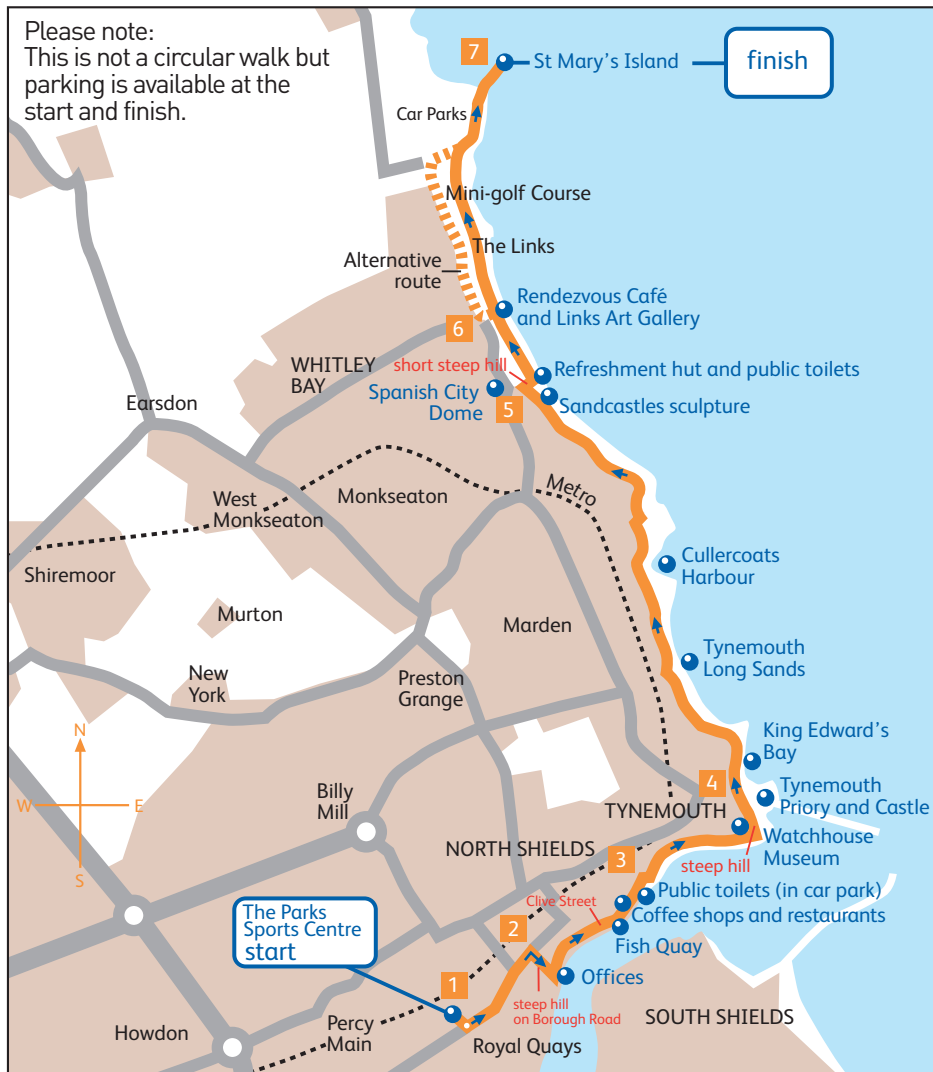
Battle Hill

Alan's Amble

Healthy Walks in
North Tyneside

- 1 Start from The Church of Good Shepherd at the car park at the back of the church on Berwick Drive next to Battle Hill Primary School. With the school straight ahead of you, take the path on your left running alongside the perimeter fence. Turn right at the end through the black bollards and continue to follow the fencing (with the school to your right).
- 2 At the end of the path, walk diagonally left across the car park to join the main path (lined with lamp posts) and follow it past houses (right) and woods (left). When you reach the end of the path turn right and walk up this street (Canterbury Avenue) past no's 115 & 116 on your left. Continue until you reach bungalow 135. Here you must take a sharp turn left onto a pathway between 135 & 136, this is easy to miss!
- 3 This path runs alongside Wallsend Burn (left) and zig-zags towards a brown fence. When you reach the fence, follow the pavement walking through an estate with yellow houses. Walk straight ahead until you see a T-junction and sign for Acomb Avenue. At this point turn right past house no's 3 and at the end of the street turn left onto Addington Road (passing a bus stop and red post box). Continue up this small incline where the path splits at the top. Take the first path to your left (lined with lampposts) by the grass verge, making sure the brown fence is on your left and follow it over a small wooden foot-bridge.
- 4 You are now in the Rising Sun Country Park. Walk straight ahead then take a left turn (gated) to walk through Hadrian Wood. When you reach a green wooden gate, turn left and continue until you reach a green metal gate.
- 5 At this point turn left along Killingworth Waggonway* (at the end of the waggonway ignore a side path that drops down to your right) and continue down a slight bank. At the bottom, turn right onto the footpath, past a row of garages, before retracing the start of your route back to The Church of Good Shepherd.

* Please note: waggonways can be muddy and uneven.



A longer self-led walk of 6.25 miles taking approximately 1 hour 45 minutes to 2 hours.

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Key to route

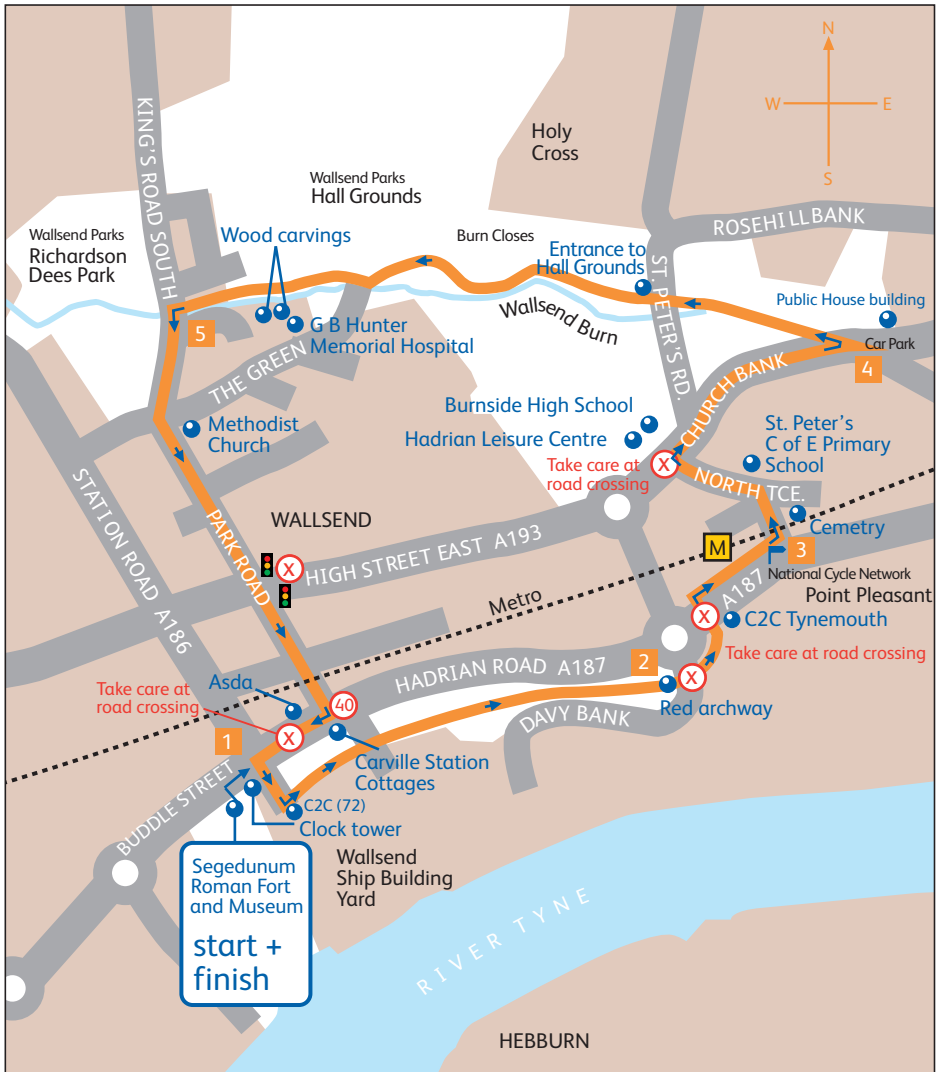
- Direction of walk
- Return (if by same path)
- Take care
- Landmark

- 1 From the Parks Sports Centre, turn left at the roundabout and walk along Howdon Road towards North Shields. Continue along until you reach the traffic lights at the top of Borough Road. (Please take care when crossing all roads throughout this route).
- 2 Turn right here to walk down the steep hill of Borough Road (signposted Fish Quay and Riverside) and the bottom turn left at the offices along Clive Street. Walk past shops, restaurants and coffee shops by the Fish Quay until you reach the Staith House restaurant.
- 3 After the Staith House, take the junction to your right which leads you to the car park and public footpath along the promenade towards the river mouth. Walk the length of the promenade and then follow the route up the hill (furthest path) past the Watchhouse Museum towards Tynemouth Priory (ahead of you).
- 4 At the top of the steep double hill, reaching the Priory Castle, turn right and continue walking all the way along the seafront, passing King Edward's Bay, Tynemouth Longsands beach and Cullercoats Harbour heading towards Whitley Bay.
- 5 When you reach the Sandcastles sculpture (by the Spanish City Dome) turn right down the slope towards the refreshment hut. Walk past the hut and along the promenade next to the sea until you reach the Rendezvous Café.
- 6 From here you can choose between the promenade and footpaths that lead you along the Links by the mini-golf course (please note this coast path is narrow and uneven and close to the cliff edge in places). If you prefer a smoother, wider path, use the alternative route which is the main public footpath by the main road.
- 7 If on the promenade go as far as you can until returning to the footpaths. Continue along until you reach St Mary's Island and the end of your walk.

Wallsend

Carl's Roman Roam

Healthy Walks in North Tyne-side



A more strenuous self-led walk of 4 miles taking approximately 60-80 minutes. Some steep inclines.

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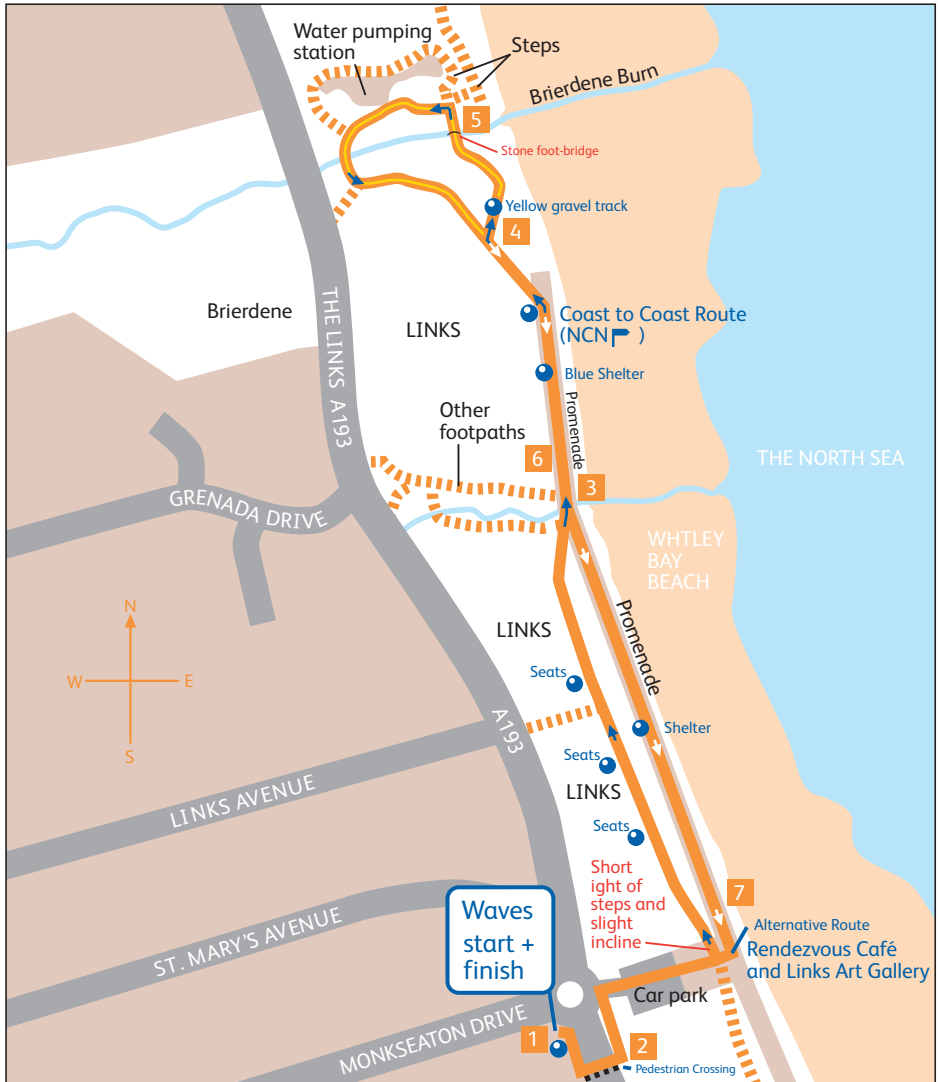
Key to route

- Direction of walk
- Return (if by same path)
- Take care
- Landmark

- 1 From Segedunum Museum, turn right onto Buddle Street and again right at the clock tower and Swans sign. Cross this road and go down the slope, taking the path (Hadrian's Cycle Way 72) to your left. Turn left at the path T-junction (to Royal Quays and North Shields), follow this path then cross a small road to continue on the other side sticking to Hadrians cycleway all the way along.
- 2 Passing through Hadrians Cycleway Red Archway, stay on the path and cross the top of Davy Bank road. After the roundabout, cross left over the road at the traffic island and turn right to follow Cycle Route 72 to Tynemouth (C2C) staying on the split pedestrian/cyclist pavement walking down.
- 3 Continue past the metro sign and fire station until reaching a sign post for the (National Cycle Network sign) where you turn sharp left beneath the metro line. After the bridge follow the path straight ahead, keeping the allotments on your right as the road bears left. Walk up North Terrace, with the cemetery wall to your right. After St. Peter's C of E School and Osbourne House, cross over the road to keep the church on your right and continue to the top of the road. Opposite Burnside High School, cross at the pedestrian crossing, turn right and across St. Peter's Road to head down Church Bank passing St Peters Court Care Home.
- 4 At the bottom of the bank before the public house, take the path to your left into the car park and past the black barrier into the Dene. Walk beneath Burns Closes Bridge and continue along the path until you reach a metal barrier. Head for the red brick wall and red gates taking you into Wallsend Park Hall Grounds. Follow the path passing the metal bridge (to your left). Stay on the low path and look out for the wood carvings on your left next to the burn. Continue on the path until you reach the far entrance to the Hall Grounds.
- 5 Turn left up onto King's Road South (with Richardson Dees Park across the street). Cross over at The Green and continue straight ahead down Park Road with Allen Memorial Church on your left. Walk along to the traffic lights and cross at the double crossing with Wallsend High Street. Continue straight ahead beneath a Metro bridge. At the end of the road and the 40 sign (with Carville Station Cottages facing you) turn right and walk right past Asda. Use the pedestrian crossing to return to Segedunum on your left.

Coast Seaside Stroll





Healthy Walks in North Tyneside



An easy self-led walk of 1.25 miles taking approximately 20-30 minutes.

Map printed with permission of Ordnance Survey

Key to route

-  Direction of walk
-  Return (if by same path)
-  Take care
-  Landmark

Coast Seaside Stroll

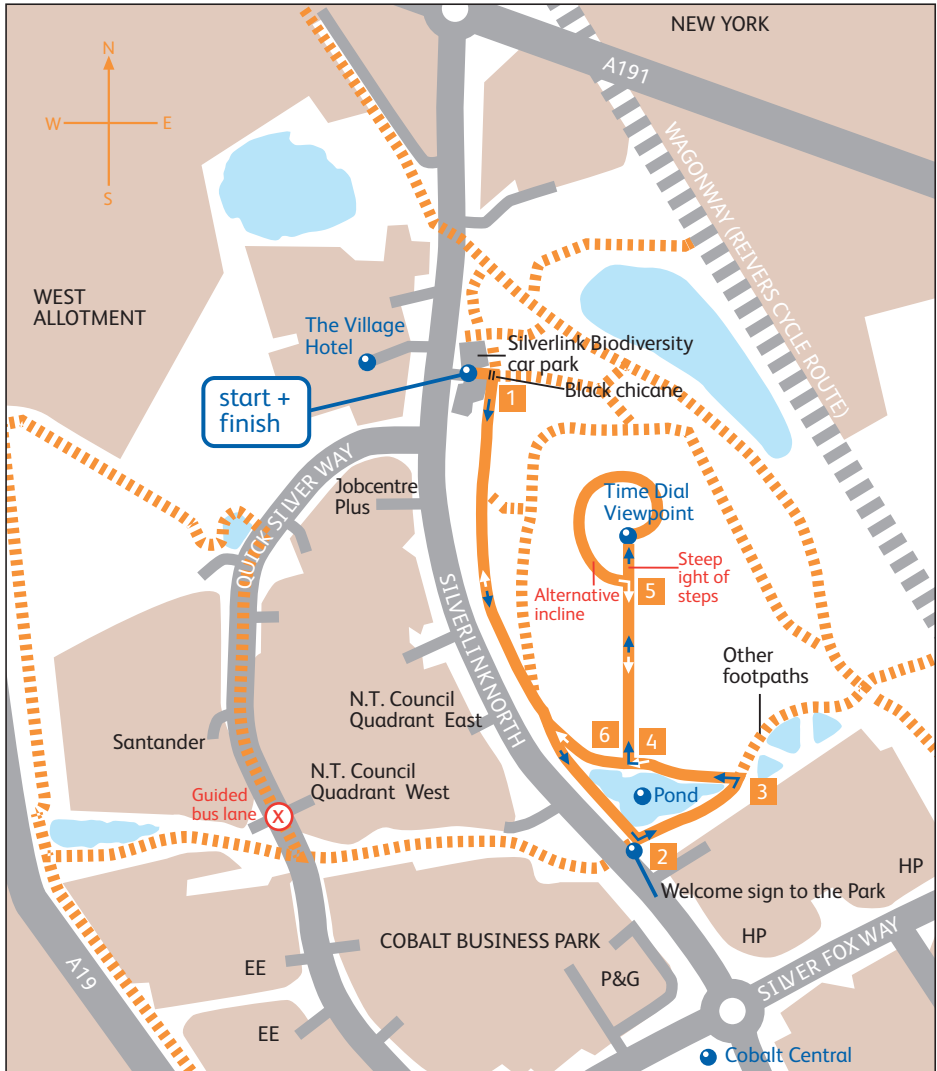
Healthy Walks in
North Tyneside

- 1 Starting at Waves Leisure Centre (just off The Links A193) come out of main entrance and turn left (passing the bike rack). Follow the footpath down crossing at the appropriate lines and walk towards the main pavement. Turn right onto the pavement and walk along until you reach the pedestrian crossing.
- 2 Cross over at the pedestrian crossing and turn left to continue on the main pavement along towards the Links Art Gallery. Turn right passing through the car park and walk under the archway towards the Rendevous Café. Directly after the archway next to the toilets turn sharp left to go up a short flight of steps (10) followed by a small incline. This leads onto a red footpath (lined with benches) on the Links that runs parallel to the Promenade below. (Please note: alternative route being the promenade to bypass the steps). Walk along the top path which eventually drops down a slope and bears right onto the promenade next to the beach (passing a small burn on your left).
- 3 Walk along the promenade, passing a blue shelter on your left. Where the promenade ends, follow the path which bears left up a slope (a blue signpost stands at this point for NCN cycle route). Continue up this path. (Beware of cyclists using this route).
- 4 Continue along this path and at the top of the slope take a right turn onto a yellow gravel track. Walk along, down and round this path (slightly uneven) to walk over a stone bridge (you will see St Mary's Lighthouse directly in front of you).
- 5 Once over the stone bridge take the path up to your left - still the yellow gravel track (before the steps!). Please note this wide path has wooden ridges on it. At the T junction in the path turn left at the water pumping station. Stay on this yellow path and ignore two paths off to your right which lead to the main pavement.
- 6 At the end of the yellow track and at the junction with the main path, turn left and walk towards the sea. Stay on this grey path back down onto the promenade once more. Turn right past the C2C blue sign. Stay on the promenade with the sea to your left and walk past two blue shelters. Continue along until you reach the Rendevous Café once more.
- 7 Before the entrance of the Rendevous Café turn right and walk under the archway (café on your left) and take the path next to the car park back up towards the main road again. Turn left and walk back along the pavement towards the pedestrian crossing retracing your steps back to Waves.

Cobalt

Time-dial Viewpoint

Healthy Walks in North Tyneside







A moderate self-led walk of 1 mile taking approximately 20 minutes.

Please note: Including stairs or steep spiral incline.

Map printed with permission of Ordnance Survey

Key to route

-  Direction of walk
-  Return (if by same path)
-  Take care
-  Landmark

- 1 From the Silverlink Biodiversity Car Park directly opposite the Village Hotel, walk through the black chicane in the centre of the car park and turn right to follow the grey gravel path on the low level, parallel with Silverlink North (on your right). As you walk ignore two minor paths off to your left (by black waymarker posts) and carry along the main path to the end.
- 2 Welcome sign to the Park is here. Turn left at the edge of the pond take the left fork past the pond (with the pond to your left).
- 3 At the end of this path and pond, turn sharp left to walk around the pond edge.
- 4 At the path junction, turn right to head up towards the Time-Dial which you will see straight ahead of you. This is a small incline ahead.
- 5 At the base of the hill you can choose either to climb the 43 steps direct to the top or take the path on your left which winds its way gradually up to the Time-Dial.

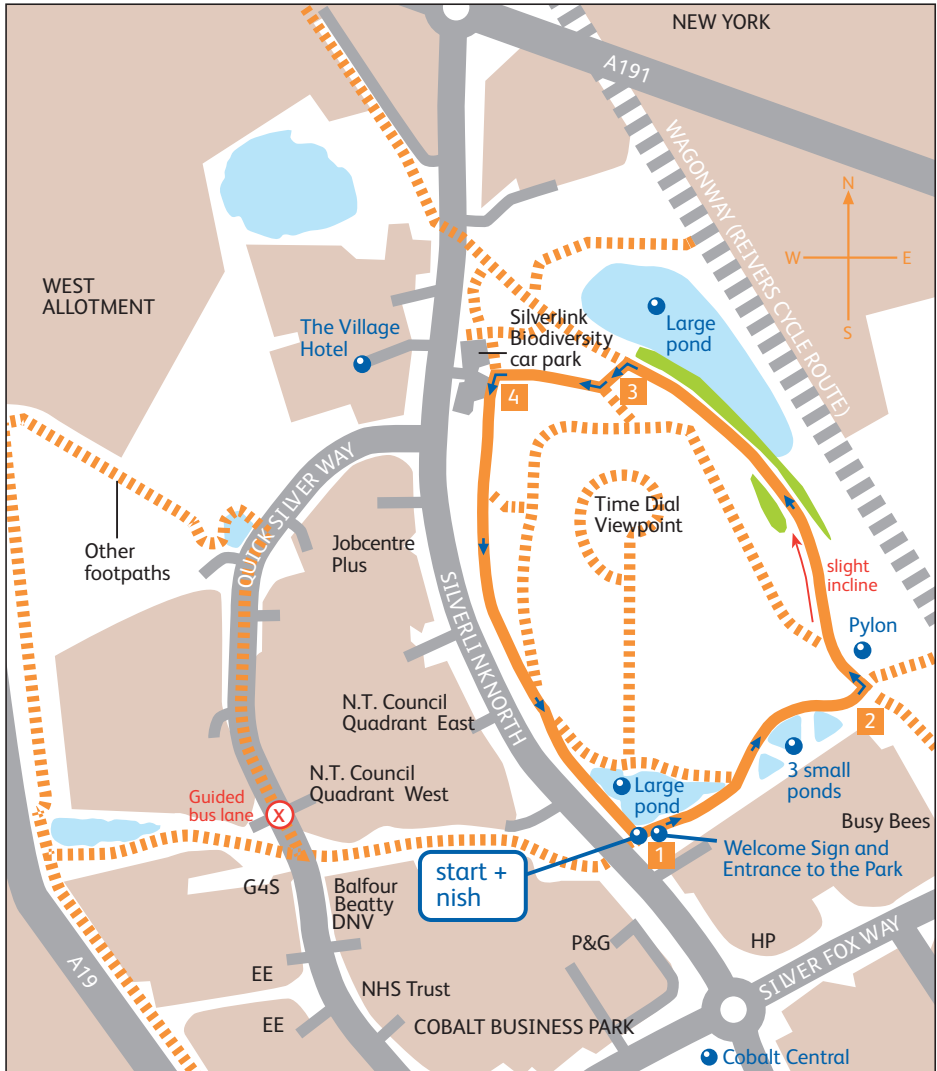
From the top of the hill (reputed to be the highest point in North Tyneside, and certainly an excellent vantage point) take time to enjoy the 360° view. Follow the path which winds you back down on the outside until you reach the bottom path again to walk back down the decline.

- 6 Facing the pond, turn right onto a small path. This will take you back to the low grey gravel path once again where you head right to stay on this path to return to your starting point.

Cobalt





Three-pond Pathway

Healthy Walks in North Tyneside



An easy self-led walk of 1 mile taking approximately 20 minutes.

Key to route

-  Direction of walk
-  Return (if by same path)
-  Take care
-  Landmark

Map printed with permission of Ordnance Survey

- 1 From the entrance to the Silverlink Park, next to the Cobalt 2/HP building and opposite the North Tyneside Council Quadrant East building go through the black posts and follow the wooden sign for the public bridleway. Keep on the grey gravel track straight ahead of you passing a large pond on your left. Stay on this path where you will pass another three smaller ponds on your right.
- 2 After the last pond when you reach the paths cross-road turn sharp left (a tall electricity pylon stands to your right). Walk along keeping to the grey gravel track lined by planted woodland. This path has a very slight incline with shrubbery to your right hiding a large pond.
- 3 After a while you will come to a left turn (not straight ahead to black barriers) which sweeps down and round where you can see The Village Hotel directly in front of you. Walk along this path and turn left. (car park will be to your right).
- 4 Follow the low-level path straight ahead that runs parallel with the road on your right (Silverlink North) to return back to the entrance of the park where you started.

Cobalt

West Allotment Way





Healthy Walks in North Tyneside



An easy self-led walk of 1.5 miles taking approximately 25-30 minutes.

Map printed with permission of Ordnance Survey

Key to route

-  Direction of walk
-  Return (if by same path)
-  Take care
-  Landmark

- 1 From North Tyneside Council Quadrant West entrance next to the road on The Silverlink North (NB: there is no public parking available here so please use the Silverlink Biodiversity car park as shown on the map) turn left and walk along the pavement until you pass a guided bus lane.
- 2 Just after the bus lane, Ⓢspeed limit turn right take care to cross the road (by some concrete bollards) to follow a grey gravel track lined with shrubbery which will lead you past a pond (on your right).
- 3 When you reach a T-junction, take the path to your right up a small incline (a public bridleway) and carry along a more secluded section of path. This path bears round and you should continue along it for about five minutes. It runs parallel to the A19. Ignore a fork to the left where the trees end on the main path. Carry straight on the main gravel track as it becomes more open with houses ahead of you. The path now descends and swings away from the A19 towards West Allotment.
- 4 When you reach a black chicane on the edge of West Allotment, turn sharp right at a path cross-road and down a few steps onto the pavement. Keeping right to pass the end of several terraces and back lanes to your left and open fields to your right. Accenture building ahead of you in the distance.
- 5 Continue along until you reach a grey gravel track ahead of you (with a public bridleway sign post (children's playing area far over to your left and MUGGA). Follow the track as it rises and kinks to the right to lead you past some allotment gardens (on your left).
- 6 When you reach the end of the path (ignore left path) and walk straight ahead and down a small decline to lead you back on to the main pavement, Quick Silver Way, cross over the road. Turn right here to walk along the pavement to return to the North Tyneside Council Quadrant West building where you started.

Whitley Bay Brierdene Bimble

Healthy Walks in
North Tyneside



An easy self-led walk of 2 miles
taking approximately 30-40 minutes.

Please note: Stairs on route B and C into Brierdene.

Map printed with permission of Ordnance Survey

Key to route

- Direction of walk
- Return (if by same path)
- Take care
- Landmark

Whitley Bay

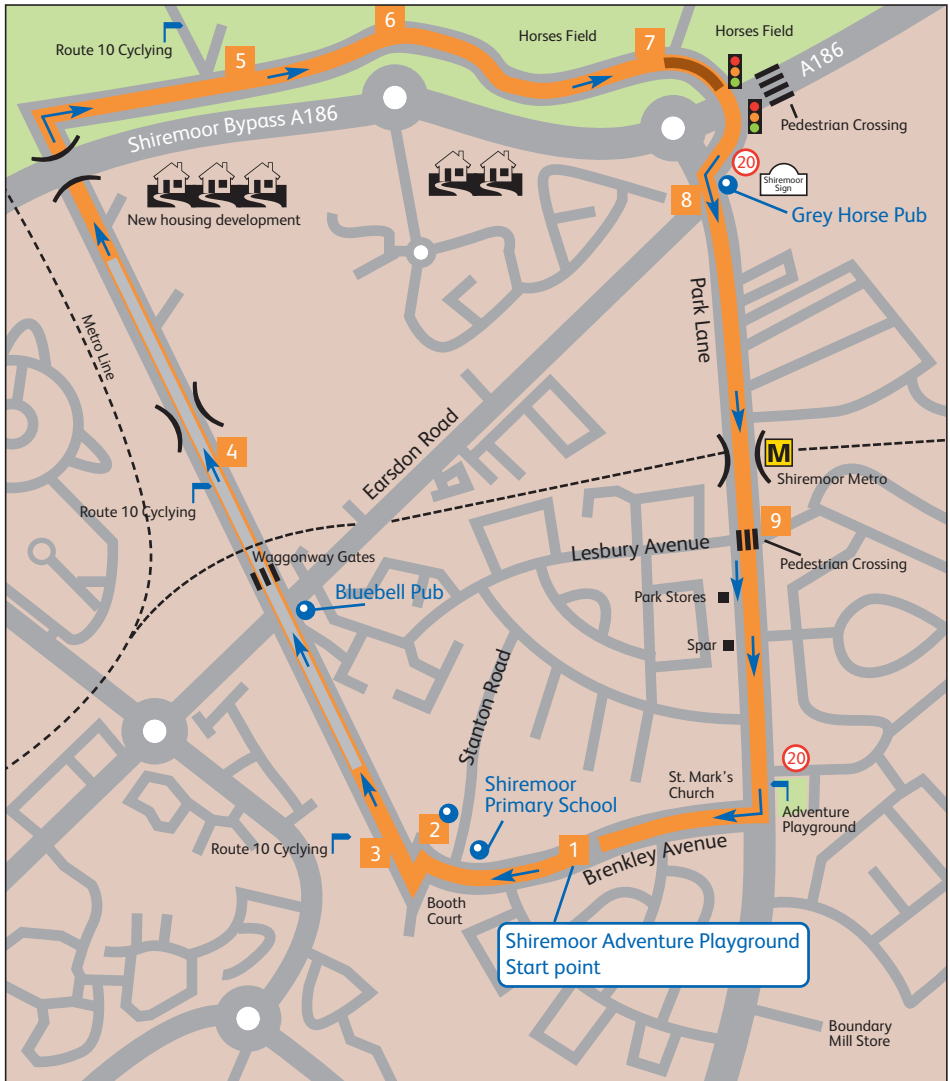
Briardene Bimble

Healthy Walks in
North Tyneside

- 1 From Waves, The Links, follow the path round the side of the building passing the bike racks and the bus parking bays. Use the road markings to cross and onto the main pavement. When on the main pavement turn left to walk towards the mini roundabout.
- 2 When you reach the mini roundabout turn left and walk up Monkseaton Drive to the top of the street.
- 3 Before you reach the mini roundabout, cross on the right hand pavement of Monkseaton Drive and follow the pavement round to the right taking you onto Claremont Road. Passing Foxhunters carpet shop and St Mary's Avenue on your right. Continue to walk along.
- 4 Continue to walk up the street passing The Links Avenue (right), then Kittiwake Pub and Whitley First School on your left hand side.
- 5 When you reach Whitley Bay Golf Club you have two options on your right to take you into Briardene itself or one to take you alongside:
 - a) TO AVOID ANY STEPS - Take the public footpath signposted on your right just after the last house (this will take you walking at the top of Briardene and is fully accessible). Continue along the top path and you will walk past a brown hut on your left. Keep going until you reach Briardene Pub and the main pavement once more. (Then follow point 7 for directions).
OR
 - b) Take the first entrance into Briardene via a large flight of steps down onto the main gravel track (follow point 6).
OR
 - c) Take the second entrance into Briardene at the 20 speed limit sign via a steep decline down the gravel track (take care of your footing here) and onto the main gravel track (follow point 6).
- 6 If taking option (b) and (c) – These routes will continue and lead onto the main grey gravel track all the way along. You will pass 4 small wooden bridges on your right and also a burn. When you reach the end of Briardene you will come to a small grass area with seats and benches. Go to the furthest wooden bridge on your right which leads you onto crazy paving and up steep flights of steps. At the top turn left where it takes you down to Briardene Pub and the main pavement.
- 7 When you reach the pavement turn right taking you onto The Links main road and passing Briardene Pub and car wash on your right hand side.
- 8 When you reach the pedestrian crossing cross over and follow a red path straight ahead of you which will take you down to the seafront and onto the promenade.
- 9 Turn right onto the promenade and walk past the shelter. Keep going until you reach the Rendezvous Café.
- 10 At the Rendezvous Café you will see an archway on your right next to the public toilets. Walk underneath this which takes you out to the car park. Continue walking up next to the stone wall on our right until you reach the main pavement once more. You will see Waves straight ahead of you.
- 11 Turn left along the pavement until you reach a pedestrian crossing. Cross over and a small path will take you back to your starting point again.

Please note this route can be done in reverse.

Point of interest: Briardene is a small coastal dene untouched by agricultural and urban development.



A slightly longer self-led walk of 2.75 miles with lots to see on a clear day taking approximately 50-60 minutes.

Map printed with permission of Ordnance Survey

Key to route

- Direction of walk
- Return (if by same path)
- Take care
- Landmark

- 1 Starting from Shiremoor Adventure Playground on Brenkley Avenue come out of the centre cross over the road walk right and along the pavement. You will see Shiremoor Primary School on your right hand side.
- 2 Keep walking ahead towards the end of the pavement until you reach the signpost for Booth Court, which is on the wall.
- 3 Turn left and follow the pavement down and round until you see a grey gravel track on your left leaving the main pavement then walk down and turn right here onto the main waggonway - this is signposted 'Route 10 cycle route'. Continue up and along this path passing houses on your left until you reach the Bluebell Pub (on your right) you will need to cross over Earsdon Road (take care as this is a busy road!). Continue along and through the black waggonway gates onto the waggonway and over the Metro bridge.
- 4 Stay on the main path (waggonway route) straight ahead you will see houses to your right and a grey railing to your left (Metro line). Please ignore the tracks to the right hand side and keep following signs for Route 10 cycle path. Walk underneath the bridge which is Shiremoor Bypass. As you continue on this path and round look left and you will see a sea view on a clear day.
- 5 Keep to the right hand path and walk upwards with the motorway to your right hand side (hidden by greenery). Please note ignore the two paths to the left hand side and stay to the main path. Stick to the right path!
- 6 Continue along the path closest to the motorway and roundabout where you will see signs for Earsdon and Whitley Bay. (Earsdon View housing estate on your right hand side of the roundabout). Keep walking along this path and look out to your left for the horses in the field and in the distance the Cheviots which are visible on a good day.
- 7 When you reach the edge of the horses fence do not follow the path round but turn sharp right to walk down a small dirt bridleway path through the field with horses in another field to your left. This path leads you directly to a double set of traffic lights (A186) and a pedestrian crossing next to the roundabout. Cross over here and continue on the small grey gravel track ahead.
- 8 You will walk past the 20 speed limit sign and continue to walk up to join the main pavement leading into Shiremoor. You will pass the Grey Horse pub on your left and terraced houses leading onto the main route of Park Lane. Continue to walk up and over the Metro Bridge.
- 9 Cross over at the Pedestrian crossing at Park Stores and turn left to follow the main pavement up and past The Spar shop on your right.
- 10 Follow the pavement along until you see the signpost on the opposite side of the road on your left for the Adventure playground and the 20 speed limit sign. Turn right to walk down Brenkley Avenue passing St Marks Church and the NHS Centre on your right. The Adventure Playground is next on your right hand side where you began.

Please note some points of this route are secluded (points 3 and 4).

North Shields

Woodland to River Circular

Healthy Walks in North Tyneside




A moderate self-led walk of 1.6 miles taking approximately 40 minutes.

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Key to route

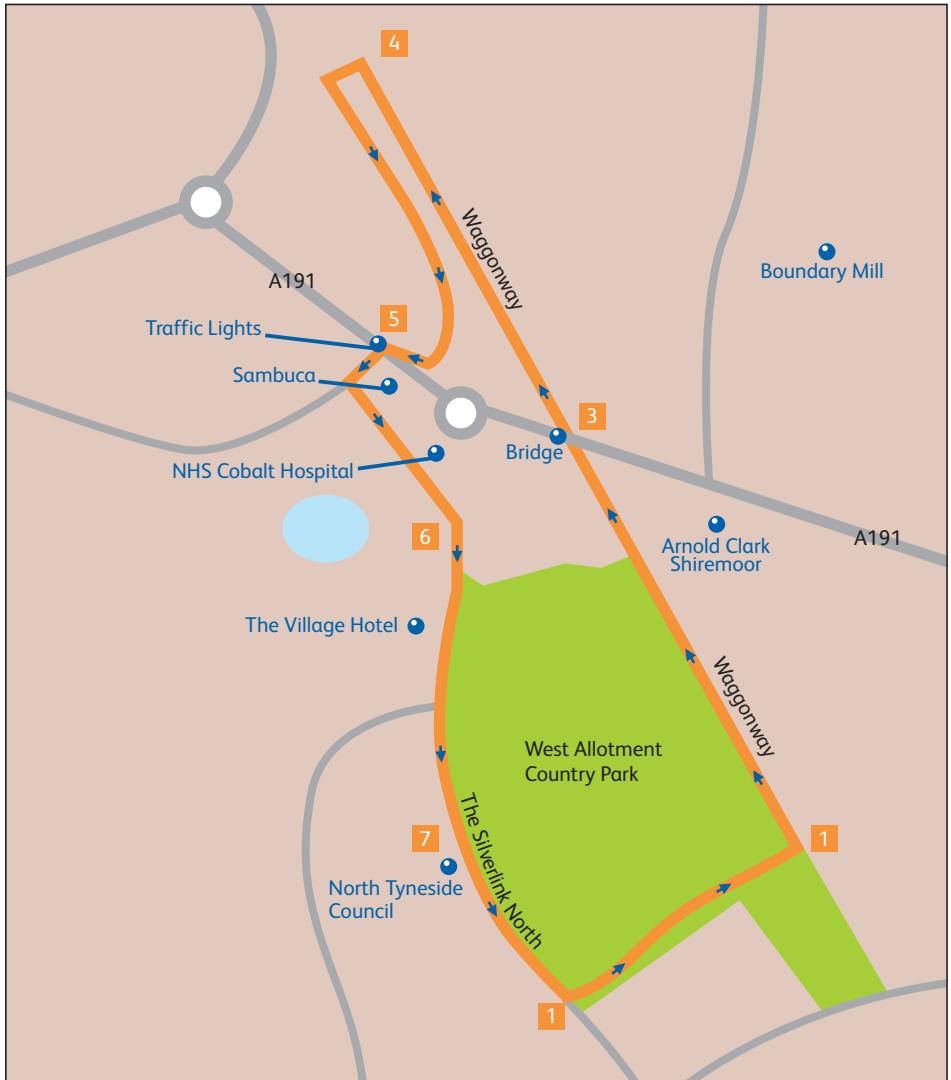
- Direction of walk
- Return (if by same path)
- Take care
- Landmark

1. Start on the pavement facing the Tynemouth Road entrance of Northumberland Park. Turn right, walk downhill on Tynemouth Road and cross the road at the bridge.
2. Walk under the bridge and down the steep incline of Tanner's Bank.
3. At the bottom of the bank, turn left towards the Low Lights car park and head towards the blue buoys statue (take care walking through the car park, toilet facilities are available here). Head towards the coastline.
4. Follow the cement path along the river.
5. Take the first path you see on the left, which leads to the accessible ramp and onto a black path. This black path has a steep incline and is slightly uneven, so take care.
6. You will reach Knotts Flats at the top, then walk through Seaview car park and up past the allotments on your right. This takes you onto Oxford Street and past Mariner's Point flats on your left.
7. At the top of the street, turn left and walk down Tynemouth Road, passing Kinder Castle Nursery. Continue along the pavement.
8. At the first  sign, cross the road and take your first right hand street onto Mariner's Lane.
9. Walk down this street and when you reach the end (at St Aiden's Court), turn left onto King Edward Road
10. Walk down this street until you reach the entrance to Northumberland Park.
11. Take this entrance into the park and turn immediate right towards the sign for St Leonard's Hospital and Bowls Pavilion. Follow this path down which leads onto the wider main path into the park grounds (please note there are alternative paths within the park and lots of seating areas, so feel free to explore!).
12. Continue along the wide path down towards the visitor centre (with toilet facilities during opening hours) and Glasshouse Tea Room, past the pond and gardens. Stay on the path to the right hand side for the most direct route out of the park, passing the children's play area on your left and then back up the incline to finish at the front entrance of the park where you started.

Cobalt Waggonways

Matty's Waggonway Wander





Healthy Walks in
North Tyneside



An easy self-led walk of 1.9 miles
taking approximately 35 minutes.

Map printed with permission of Ordnance Survey

Key to route

-  Direction of walk
-  Return (if by same path)
-  Take care
-  Landmark

Cobalt Waggonways

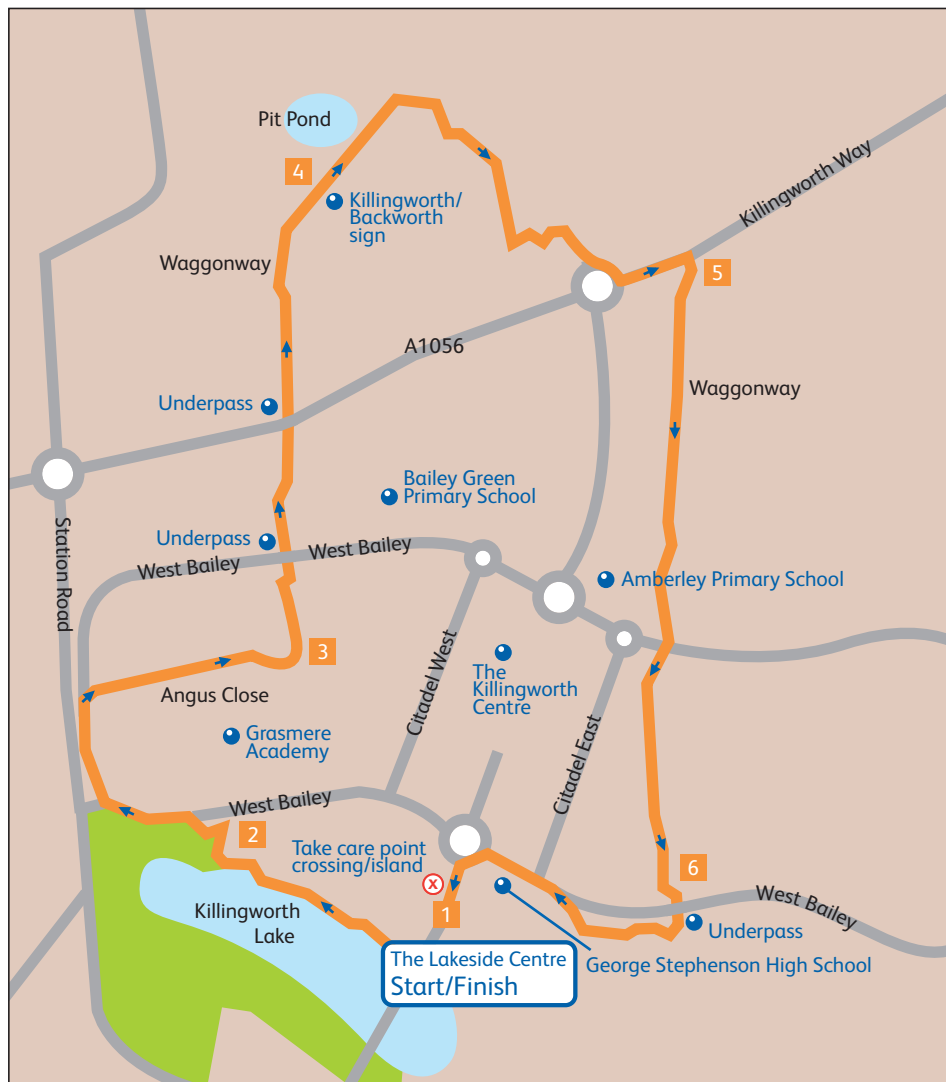
Matty's Waggonway Wander

Healthy Walks in
North Tyneside

1. Start from North Tyneside Council's offices on Silver Fox Way (with public café and toilet facilities available during opening hours). As you exit the building, turn right and walk to the first crossing island, next to the park entrance.
2. At the park entrance, go straight ahead and walk past the large pond on your left side, you will then pass three smaller ponds on your right side. The waggonway path will be ahead of you.
3. When you reach the waggonway path, turn left onto the dual path (pebbled/flat). Head along the track, there will be a pond on the left. Walk to the bridge and continue to cross the path onto the waggonway.
4. Turning left, follow the waggonway path round to the left, passing houses on your right, and follow it until you get to the road at the traffic lights. Cross at the traffic lights, pass Sambuca's on your left and take the next path to the left. Once at the end of the path, follow the pavement and then turn right towards the Village Hotel.
5. Finish at the Village Hotel (with public café and toilet facilities available) or continue straight on to the North Tyneside Council offices.

Killingworth Lakeside Stroll

Healthy Walks in North Tyne-side



A moderate self-led walk of 3 miles taking approximately 60 minutes.

Map printed with permission of Ordnance Survey

Key to route

- Direction of walk
- Return (if by same path)
- Take care
- Landmark

Killingworth Lakeside Stroll

Healthy Walks in
North Tyneside

1. Start from The Lakeside Centre (toilet facilities and refreshments available during opening hours). Walk through the centre gates and to the crossing on the left. Go through the barrier and follow the path around, with the lake on your left. Walk to the garage block and take the small path to the right.
2. Follow the path until you reach the car park next to Derwent Way. Walk around Derwent Way until you get to Angus Close and then walk up to the path that leads to the underpass.
3. Turn left and follow the path to go under, past Riverdale School. You will then pass Bailey Green Primary School on your way to the underpass at Killingworth Road. Keep following the path on to the waggonway sign and continue.
4. On this path you will come to a sign for Backworth/Killingworth Road, follow this onto Killingworth Road. Then cross the road at the lights and head left towards the waggonway track.
5. Follow the waggonway path (bridleway) straight ahead until you pass Amberley Primary School and continue on to the underpass.
6. Continue on this path to the last underpass, then turn right when you get to the top of the path. Follow along round past George Stephenson High School and finish back at The Lakeside Centre.