

South Tyneside Family Discovery Trails

Fun walks exploring the area's rich history and nature, featuring maps and fun family activities



#LoveSouthTyneside

www.southtyneside.gov.uk/walking



South Tyneside Council

Spread the word!

**THIS IS
SOUTH
TYNESIDE**



Department
for Education

No better place to stretch your legs, get some fresh air and enjoy some family time

Whether you live in South Tyneside, or are visiting, there is no better place to stretch your legs, get some fresh air and enjoy some family time while walking along our beaches and coastline, in our parks and over our hills.

South Tyneside has a wealth of opportunities for walking so put on your walking shoes, pack your picnic and enjoy!

Don't forget your phone or camera to take pics of your walk and post them on @LoveSTyneside on facebook.

#LoveSouthTyneside

KEY2Life for families in South Tyneside

This initiative is run in partnership with KEY Project, supported by South Tyneside Churches. Together they run the KEY2Life food bank, the longest-running foodbank in South Tyneside, which plays a crucial role in supporting some of the most vulnerable within our community.

If you are, or know of, a family in South Tyneside that would benefit from a free picnic pack, contact KEY2Life on 07833 613 393 or get in touch via their Facebook page: @key2lifesouthtyneside.

For more information about KEY Project visit: keyproject.org.uk

You can also call Hebburn Helps on 0191 489 9707.



Seafront Saunter – Sandhaven and beyond

Distance 1.75 miles (shorter version 1 mile). Time 1 – 1.5 hours.

The walk is on tarmac and paved paths with a couple of gentle slopes and on the longer walk there is a short stretch of uneven path on the pier.

Start from Pier Head car park (pay & display). The E1 bus stop at Pier Head is a few minutes' walk and there are public toilets along the route.

If starting in the car park, cross at the lights over towards Haven Point. Go straight ahead, keeping Haven Point on your right. If you look carefully to the gardens on the left you will spot the Tommy Silhouette, an outline of a soldier. Continue along the side of Haven Point.

Q1 What is the name of the theatre opposite?

Turn right along the front of Haven Point.

Q2 How many lanes/starting blocks are there in the swimming pool?

Turn right after the main entrance and follow the path around the building, look through the windows and see the life-size wire swimmers hanging from the ceiling, The Wavemaker by Michelle Castles.

Go through the gap at the end of the main building and down the path onto Sea Road. Cross here and turn left along the pavement. Continue along then turn right into the car park after the toilet block, at the end of the path cross the road to the left and go up the sloped path towards The Eye artwork. You can look through The Eye across the harbour and see the Herd Groyne Lighthouse and the North and South Piers, look out for ships, sail boats and if you're lucky you might spot dolphins.

Q3 What colour is the Herd Groyne Lighthouse (on the short pier to the left)?

Continue along past the steps down on either side and take the second downward sloping path towards the car park, follow it round to the right at the bottom to The Conversation Piece (or The Weebles to locals).

Q4 How many statues are there?

Take the sloped path up onto Littlehaven Promenade and head back towards the car park. As you walk along you'll see a wall to the left with a stage area and a war memorial to the Gallipoli Campaign behind it.

Q5 What colour is the memorial?

At the end of the promenade is The Sail sculpture and this is the end of the shorter walk.

To continue, turn left onto the South Pier (short section of uneven path) until you come to the Watch House then turn right and head along the promenade behind the fairground. Turn right after Smugglers Cove adventure golf, cross at the lights and go in the corner gates to South Marine Park (Bents Park is also ideal for picnics and is usually quiet unless there is an event taking place). Follow the path around the lake to the right, passing the miniature steam train station.

Q6 What is the name of the railway?

Continue along until you can cross the railway through the gap in fence and take the path to the left, take first right out through the gate and cross the road to the lifeboat memorial next to North Marine Park.

Q7 What is the name of the lifeboat?

This is the end of the walk.

MAP KEY

- | | |
|----------------------|-----------------------|
| 1 Pier Head Car Park | 9 Fairground |
| 2 Haven Point | 10 Crazy Golf |
| 3 Westovian Theatre | 11 Conversation Piece |
| 4 North Marine Park | 12 The Eye |
| 5 South Marine Park | 13 The Sail |
| 6 Bents Park | 14 Watch House |
| 7 The South Pier | 15 Lifeboat Memorial |
| 8 Herd Groyne | PT Public Toilets |



Riverside Ramble - Hebburn

To access the walk from Hebburn Metro station:

This route is 2.5 miles. Time 1.5 – 2 hours.

Walk westwards along Station Road down towards the River Tyne. At the roundabout continue straight ahead down Prince Consort Road. The road will bend sharply to the left and where it turns sharp right you need to continue straight ahead onto the riverside footpath to the information board.

To access the walk from the riverside car park:

This route is 1.25 miles. Time 45 mins – 1 hour.

Walk back up Prince Consort Road for a short way to where the riverside footpath meets the road, turn right onto the footpath where there is an information board – this is the start of the trail. The main path running from Prince Consort Road is tarmac but it's bumpy in places and there is a fairly steep bank to get back down to the road along the river.

The trail begins by following the tarmac riverside footpath up the slope to the first wooden carving of an acorn, which illustrates one of the many tree seeds to be found in the Riverside park. Keep following this path as it runs parallel to the river and discover the second wooden carving, which represents the history of boating on the river.

Along the route you will see a wide variety of wildlife depending on the time of year. A wide range of wildflowers can be found within the park. Goatsbeard is like a dandelion but has an enormous clock of seeds. Bird foot trefoil has leaflets in threes and seedpods like birds' feet. The white trumpet-shaped blooms of great bindweed are the biggest wild flowers in Britain.

Many attractive butterflies can be seen during fine weather. Look for the tiny common blue and others including the small tortoiseshell (with its striped forewing), the peacock (named after the eyes on its wings) and the red admiral (which is black and white with vivid red markings

There are many ideal spots for a picnic with views over the River Tyne.

Continue along the path for about 250 yards until you reach the third wooden carving which represents one of the numerous wild birds that live and feed along the river. Carry on until the junction of four paths near the fourth wooden carving. It illustrates the wild mushrooms that emerge through the grassland in autumn.

Turn right down the fairly steep slope to the road and then follow the grassy path alongside the road, back along towards the car park. When you reach the wooden jetty on your left you will see a series of panels in groups of three which are set into the fence. They were designed by local school children in 2004.

Can you see which school they were from?



Riverside Ramble – From car park



MAP KEY

- 1 Prince Consort Road
- 2 Station Road
- 3 Car Park
- 4 Sculpture Post
- 5 Sculpture Post
- 6 Sculpture Post
- 7 Sculpture Post
- 8 Fence with art panels

Riverside Ramble – From Metro



MAP KEY

- 1 Prince Consort Road
- 2 Station Road
- 3 Car Park
- 4 Sculpture Post
- 5 Sculpture Post
- 6 Sculpture Post
- 7 Sculpture Post
- 8 Fence with art panels

Whitburn Wander – Souter Lighthouse

Distance 1.5 miles (can be varied). Time 1 – 1.5 hours.

Paths vary between wide tarmac and narrow gravel so are not accessible for pushchairs or wheelchairs, however the main coastal path from the car park to Souter Lighthouse and beyond is accessible. Full details can be found on the National Trust/Souter Lighthouse website.

There is a café and toilets at Souter Lighthouse. You can also visit the lighthouse which is a National Trust property and charges apply.

The car park is pay & display, free to National Trust members. The E1 bus stops within a few minutes' walk. Please check their website for opening times.

This walk starts in Whitburn Coastal Park car park, signposted from the A183 Coast Road.

If using public transport walk down grassed path alongside road down to the car park. Start your walk on the gravel path to the right, half way down car park. Turn left at the information board for the Local Nature Reserve and follow the main gravel path stopping off at the viewing screens for a spot of bird watching across Whitburn Nature Reserve. Continue along until you reach a stone wall with a wide gap, from here you have stunning views down the coast to Seaburn, Roker and beyond. Go through the gap and take the narrow path immediately to your left, continue straight to the end and rejoin the coastal path by turning left. As you head towards the lighthouse you will see arches, stacks and caves formed in the Magnesian limestone cliffs. Look out for nesting seabirds such as cormorants, kittiwakes, fulmar and herring gulls. Continue along the main path passing The Wherry where there is an information board.

On a clear day you can see for miles up the coast towards Whitley Bay and Blyth, **can you spot the wind turbines out at sea?**

Just before the gap in the fence (with Souter Lighthouse up to your left) double back to your left up the wide grass path.

If you are heading back to the bus stop or you wish to visit Souter Lighthouse/café/toilets then go through the gap in fence and take narrow grass path to the left. Head towards lighthouse and enter foghorn field through the green gate, continue up through the field to the steps and at the top of the steps turn right and follow the building around to the main entrance. There's a narrow road opposite the main entrance which takes you back to the coast road for bus stops.

Otherwise continue onto the tarmac path uphill towards the Souter Lighthouse car park then take the left hand fork. Continue along this path back to the car park where you started, enjoying the panoramic views of the coast.

Kittiwake



Herring Gull



Cormorant



Fulmar



Whitburn Wander from bus stops



MAP KEY

- 1 Souther Lighthouse
- 2 Car Park
- 3 Bird viewing screen
- 4 Toilets / Cafe

Whitburn Wander from car park



MAP KEY

- 1 Souther Lighthouse
- 2 Car Park
- 3 Bird viewing screen
- 4 Toilets / Cafe

Meadow Meander - Temple Park

Distance 2.5 miles. Time 1.5 – 2 hours.

Mainly tarmac paths, some slight inclines, one short stretch of flat grassed path. One area of uneven path with detour available.

There is a chargeable car park at the leisure centre, accessed from John Reid Road.

Local buses serve King George Road, Nevinson Avenue and Whiteleas Way on a regular basis from South Shields.

The walk starts and finishes at the Health Walk information board outside the entrance to Temple Park Leisure Centre. To complete this walk follow the blue circular markers.

From the start take the path along the side of the centre with the five-a-side pitches on your left. Where the path splits into two take the right fork around the back of the centre and follow the path up the short slope to the next crossroad. Turn right heading towards John Reid Road and just before you reach the road take the second path on your left that goes around the rear of the new fire station.

Continue past the station to the next junction where you need to take the right fork up the small hill to the next junction by the pond. Carry straight ahead towards Whiteleas Way and when you reach the road turn left along the pavement for about 200 metres until the next path into the park on your left. Turn along the path and at the next junction turn right to Manet Gardens and look out for the large stone 'Fossil' sculpture at the end of the path.

Turn left up Manet Gardens to the grey metal fence, look out for the large stone 'Frog' sculpture, turn left here and re-enter the park. After about thirty metres you will see a wide grass path on your right. Take this path until you reach the far end of the fenced playing field. Turn right along the tarmac path down to Nevinson Avenue, turn left along the pavement until you reach the bus stop, then turn left back into the park.

Continue along the path with the large grassed area (ideal for picnics) on your left. Carry straight ahead at the next two junctions until you reach a fork in the path with a stone sculpture (up ahead you can see the Water Tower on Cleadon Hills from this path). Look out for the carving on the back of the large stone.

The next path is very uneven so for a more accessible route continue straight ahead until you reach the pavement, turn left and continue along past two bus stops and take the next path on the left into the park and head past the children's play area back to the leisure centre.

To stay on the main route bear left along the eastern side of the park. When you reach the next junction take the right fork and the next right fork heading down a small slope to a junction near the road, then turn left along the path past the children's play area back to the centre.





MAP KEY

- 1 Car Park
- 2 Bus Stop
- 3 Fire Station
- 4 Fossil Sculpture
- 5 Frog Sculpture
- 6 Stone Sculpture

Jarrow Jaunt – River Don Saltmarsh and St Paul’s Church

Distance 0.5 – 0.75 mile. Time 30 – 45 minutes.

There is a free car park down the lane at the side of the church, off Church Bank and there are bus stops on either side of Church Bank with buses coming from Jarrow and South Shields.

Mainly tarmac paths with a small steep slope and some narrow parts so the full walk isn’t accessible. However, the play area and picnic area are accessible from the bus stops and the car park via tarmac paths and pavements. A short walk suitable for younger children.

Starting from the car park you can go over to the river bank and depending on the time of year you might see swans, ducks and various wading birds on the River Don Saltmarsh.

Facing the river, head right and go through the large boulders onto the footpath. Follow the path along to the old Jarrow Bridge where there is an information board. Do not cross the bridge but continue straight along the path, bearing right at the fork. On your right you will be able to see the ruined monastery through the trees. The path bends to the right and comes out onto Church Bank near the entrance to St Paul’s Church and the monastery ruins. You might like to have a wander through the church grounds and visit the ruins to the right.

Continue up Church Bank, straight across the lane and turn right through the entrance of the play park. There is also plenty of space to play on the large grassed area and several picnic tables around the park. Follow the path past the play area to the far side of the park and head down the shallow steps back to the car park.

You may also wish to add a visit to Jarrow Hall or The Hive Coffee Company (café) to your trip, behind the play area just a little further up Church Bank. See www.jarrowhall.org.uk for more information.



MAP KEY

- 1 Car Park
- 2 Saint Paul's Church
- 3 Monastery Ruins
- 4 Play Area
- 5 Hive Coffee Company
- 6 Jarrow Hall

Windmill and Water Tower Walk – Cleadon Hills

Distance 1 mile. Time 45 minutes – 1 hour.

Lanes and some fairly steep grass and gravel paths plus a stile and a narrow gate.

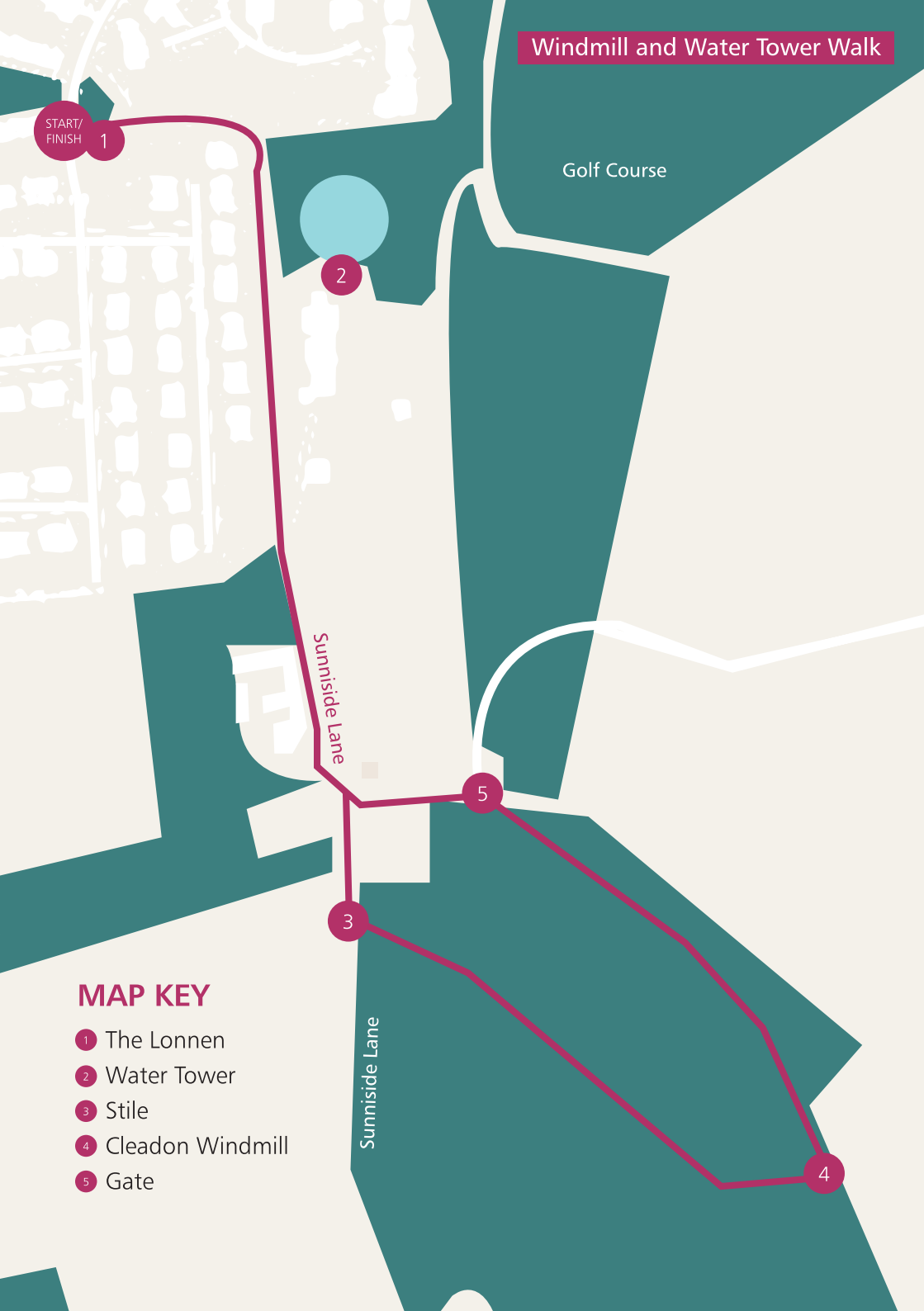
On-street parking at The Lonnen, off Quarry Lane (signposted for South Shields Golf Club). Just past the golf club there is a bus turning circle, this is the start point for the walk. The number 12 bus stops here.

Head up the lane from the turning circle then turn right alongside the high wall around the Water Tower, carry on to the right at the end of the wall and continue until the stile in the wall on your left. Cross the stile and head up the path towards the disused windmill and information board. The field around the windmill is of national importance because of the wildflowers which grow there due to the shallow magnesian limestone soil. From here there are spectacular panoramic views across the area.

Can you spot the cranes on the River Tyne, the wind turbines at the Nissan Factory, Penshaw Monument, the Northern Spire Bridge across the River Wear and Roker Pier?

You can also see for miles down the coast to the south. A perfect place for a picnic! There are various other paths which can be taken if you wish to explore further.

Next follow the path beside the wall along, back towards the Water Tower with its 100ft chimney that is one of the region's most prominent landmarks. Branch left on the diagonal path towards the gate and leave through the pedestrian gate to the side. Don't forget to lock it after you. Head left down the track and turn right back into the lane to return to your starting point.



Windmill and Water Tower Walk

START/
FINISH

1

2

Sunnyside Lane

5

3

Sunnyside Lane

4

Golf Course

MAP KEY

- 1 The Lonnen
- 2 Water Tower
- 3 Stile
- 4 Cleadon Windmill
- 5 Gate

Colliery Wood Way - Boldon Colliery

Distance 2 miles. Time 1 – 1.5 hours.

Mainly level, gravel paths, some tarmac plus riverside grass/soil track with kissing gates.

Start at Boldon Community Association Sports Ground car park off Cotswold Lane (behind The Shack).

Regular bus services run from South Shields and Jarrow to the junction of New Road and Cotswold Lane at Asda, a five-minute walk away.

Can you spot the four metal sculptures along the way?

The sculptures were designed and created by local artist Jim Roberts with the help of pupils from Boldon Church of England School and East Boldon Junior School. Each sculpture looks like the trunk of a tree, with a steel leaf mounted on the top.

Leave the car park onto main road and head right along the gravel path, continue straight ahead at crossroads following red markers on posts. At the next junction look out for the first sculpture on the right, take the left hand fork and head down path towards the River Don.

Turn right just before the bridge and follow the riverside path, under railway bridge and through the metal kissing gate. Continue along this path and through another two kissing gates, turning right after the second gate (do not cross the river). At this junction you should spot the second sculpture. Continue along the path through the kissing gates and then go through the short tunnel, bear right up the slight slope and turn left onto gravel path (red marker and Bede's Way sign). Turn right at the next junction and you'll pass the pond, the third sculpture is on the right, near the pond.

The pond holds a multitude of life, including frogs, dragonflies and great diving beetles. Continue on past the pond and along the path to the next junction, just before the junction you will find the fourth sculpture on your left. Turn left at this corner where there are some large concrete spheres. Continue until you come to the corner of a field and turn right, signposted public footpath. Head along this path, taking the left hand fork (lower path) then turn right along the side of sports field. Carry on beyond the sports field and take the left hand turn. You are now retracing your steps back towards the car park.

Tick off the four sculptures that you see along the route

- Fish and a dragonfly
- Leaf with a hedgehog and a snail
- Beech leaf shape with a snake and bat etched upon it
- Sycamore leaf with a Viking long boat and an axe etched on it
- Squirrel and frog
- Spider and fly

MAP KEY

- ① Car Park
- ② Sports Ground
- ③ Boldon School
- ④ Sculpture
- ⑤ Sculpture
- ⑥ Sculpture
- ⑦ Sculpture



#LoveSouthTyneside

Don't forget to post pictures of your walk on Facebook @LoveSTyneside

Key Project

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 @key2lifesouthtyneside

For more information about KEY Project visit: keyproject.org.uk

 @ST_KEYProject

 @SouthTynesideChurchesKEYProject

You can also call Hebburn Helps on 0191 489 9707.

Information correct at time of going to print (March 2021)

Attractions may not be open at the time of print.

If you or anyone else you know would like this information in a different format please call 0191 427 1717 or email marketing@southtyneside.gov.uk

