



# Marsden Circular Walk

## Section 1 - South Bents to Cleadon Hills

A spectacular seven mile walk over Cleadon Hills and along the sea cliffs passing Windmill Field, Marsden Old Quarry and Marsden Rock.

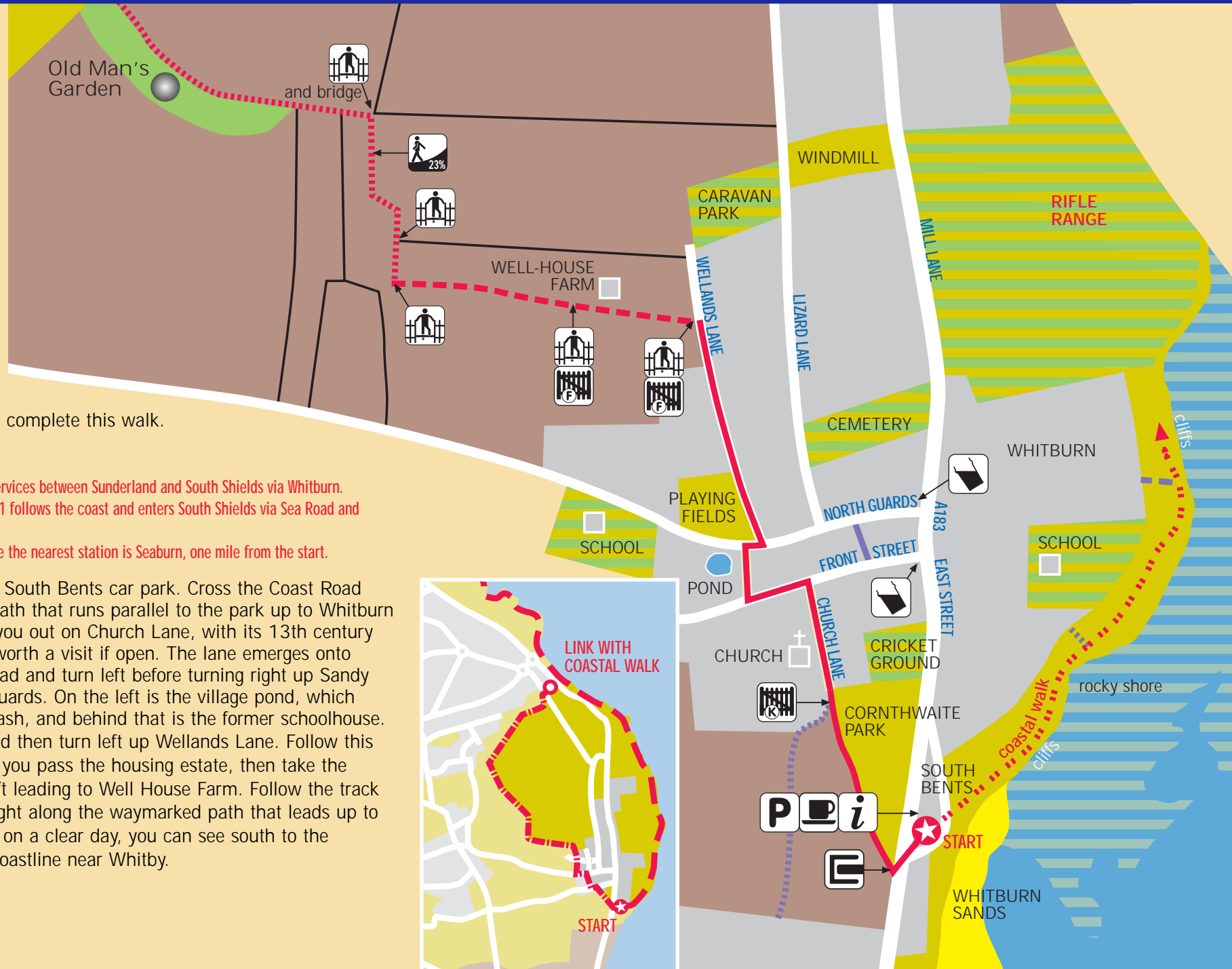
The instructions below describe the route over Cleadon Hills and through Marsden Old Quarry to the Coast. Follow the instructions detailed in the Coastal Walk sections 2 and 3 to complete this walk.

### ★ GETTING TO THE START

There are a number of bus services between Sunderland and South Shields via Whitburn. From Roker Harbour View service E1 follows the coast and enters South Shields via Sea Road and Ocean Road. If you are travelling from Newcastle the nearest station is Seaburn, one mile from the start.

▲ This walk starts from South Bents car park. Cross the Coast Road and take the public footpath that runs parallel to the park up to Whitburn Village. The path brings you out on Church Lane, with its 13th century parish church, which is worth a visit if open. The lane emerges onto Front Street. Cross the road and turn left before turning right up Sandy Chare and on to North Guards. On the left is the village pond, which originally was a coach wash, and behind that is the former schoolhouse.

▲ Bear right though, and then turn left up Wellands Lane. Follow this for a third of a mile until you pass the housing estate, then take the public footpath on the left leading to Well House Farm. Follow the track past the farm and turn right along the waymarked path that leads up to Cleadon Hills. From here on a clear day, you can see south to the Cleveland Hills and the coastline near Whitby.



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## Section 2 - Cleadon Hills to Marsden Old Quarry



▲ Continue along the path past 'Old Man's Garden' until you reach Cleadon Windmill, then follow the path next to the stone wall up to and through the kissing gate. On your left is Cleadon Water Pumping Station.

▲ Continue following the stone wall until you reach another kissing gate, which gives you access to the golf course. Cross the course and go through the stone stile on the far side into Marsden Old Quarry. From here on a clear day, you can see north to the coast near Blyth and the Cheviot Hills.

### Cleadon Windmill and Field

The windmill was built during the early 19th century. It was used for target practice by an artillery unit during the 1914-18 war, was restored by Groundwork South Tyneside in 1992 and is now a listed building.

The field is of national importance for its wildflowers, which are present because of the shallow magnesian limestone soils. Look out for beautiful plants such as greater knapweed, salad burnet and autumn gentian.





## Marsden Circular Walk Section 3 - back to the coast

▲ Turn right along the wall and follow the path that runs at the top of the old quarry towards the coast until you reach Lizard Lane. Cross the road and take the path between the Caravan Park and the golf course, which will bring you onto the Coast Road just south of Marsden Rock.

○ FROM THIS POINT  
Follow the instructions detailed in the Coastal Walk, south from Marsden Rock. This will return you to the car park at South Bents, to complete this circular route.

### Marsden Old Quarry

This site has a fascinating range of habitats including cliffs, woodland and grasslands. The cliff tops support a host of magnesian limestone grassland wildflowers such as wild thyme, common rockrose and blue moorgrass. During the autumn the site is a magnet for migrating birds and birdwatchers.

*Be careful not to go too close to the cliff edge - it is very steep!*

