











Where to find the Primrose urban health walks



Key to map symbols

-  Access Barrier
-  Bridge/boardwalk
-  Bus stop
-  Hazard
-  Information
-  Public house
-  Seat
-  Slope up/down
-  Steps up/down
-  Stile

Getting to the Health Walks

All the walks start at the front of Primrose Hill Community Hospital (St Clare's Hospice) on Primrose Terrace, making access to and from walks easy, with frequent bus services from Heworth Metro and South Shields running to St Clare's Hospice. Contact North East Travel Line on 0870 608 2608 for more information. Alternatively you can obtain a bus timetable from Nexus Travel Shops.

Getting around the Health Walks

The walks have been designed with everyone in mind, including people with pushchairs and wheelchair users. Each route has been fully surveyed to identify surface types, any slopes and the location of steps. This information is indicated on each map to help people decide if they can negotiate a particular walk before leaving home. For a longer walk, why not link some of these walks together?

Walk your way to better health

Half an hour of brisk walking on most days can:

Improve - weight control, stamina, confidence, community spirit, life expectancy, posture, energy and self-esteem.

Reduce - heart disease, stroke, diabetes, high blood pressure, bowel cancer, arthritis, anxiety and osteoporosis.

Furthermore, almost everyone can do it, you don't need any special equipment, it's easy and it's free! So why not take the first steps along the Primrose walks, but remember not to overdo it.

Start slowly and build up gradually. Aim to walk for half an hour on most days, at a pace that makes you breathe a little faster, feel a little warmer and have a slightly faster heart beat. Walking doesn't have to be 'hard' - you should be able to carry out a conversation quite easily as you go, so why not go with a friend or your family?

The potential benefits of walking are far greater than any risks but if you haven't been active for some time, or are concerned about your health, check with your doctor before you begin.

Walking Works Wonders in South Tyneside

Plans are to build on the success of the Monkton, Temple Park, Coastal and Urban History Health Walks to create additional sets of health walks around the Borough. Each walk will be waymarked to a very high standard and for each; a self-guided leaflet is being created. Most importantly, the walks are being developed in partnership with the community. So why not take the first step towards a healthier lifestyle and walk your way to better health?

The project will also develop a network of volunteer walk leaders who will offer a range of led health walks throughout the year along the newly established walks. For further information about becoming a volunteer walk leader Contact Ruth Nolan (0191) 456 6903.

The project is a partnership between South Tyneside Council, South of Tyne and Wearside Mental Health Trust, South Tyneside Primary Care Trust, Age Concern, Health Action Zone and Groundwork South Tyneside.



left hand, using another wooden boardwalk as you pass by the farm and back to the bridge crossed near the beginning of the walk. Turn right back up the hill and back to the hospital the way you came (via Burnside and Simonside View).



Primrose Local Nature Reserve

South Tyneside Council created this Nature Reserve in 1990 and has worked with local people since then to enhance the area for wildlife. The ponds, reedbeds and grasslands provide a valuable wildlife habitat, while during the summer months you can see many attractive wild-flowers such as yellow iris, meadowsweet and wild angelica. The reserve is home to a variety of wildlife including mallards and moorhens, frogs and dragonflies and the rare and threatened water vole.





which leads to a sign saying 'River Don Footpath'. Follow this undulating footpath with the river on your right, eventually leading back to Primrose Bridge. Follow back the way you came originally, across the road back to the footpath and cross the first bridge you come to across the River Don. After crossing the bridge continue straight ahead and uphill, after a few hundred yards take the left fork and continue to follow the path. Where there are two markers close together, turn left and follow the path towards the River Don, crossing the bridge and continue up the hill and back to the hospital the way you came (via Burnside and Simonside View).

The Robin Hood Pub

The Robin Hood pub dates back to 1824. Originally known as the Little John and Robin Hood this former coaching inn would have stood on its own, offering a welcome break during the journey from Newcastle to South Shields. The pub is now the home of the famous Jarrow Brewery and an Italian restaurant.

The River Don

The origins of the River Don are from the end of the last ice age when many large lakes were formed from the waters of the melting ice.



One such lake was thought to occupy the area between Boldon Hill and Gateshead Fell, which eventually burst its banks and formed a course to the River Tyne. Several small burns also feed the River Don, including Calf Close Burn, Monkton Burn and Bede Burn.

The River Don would have been much more substantial than it is now, with large areas of marshland along its banks. This made



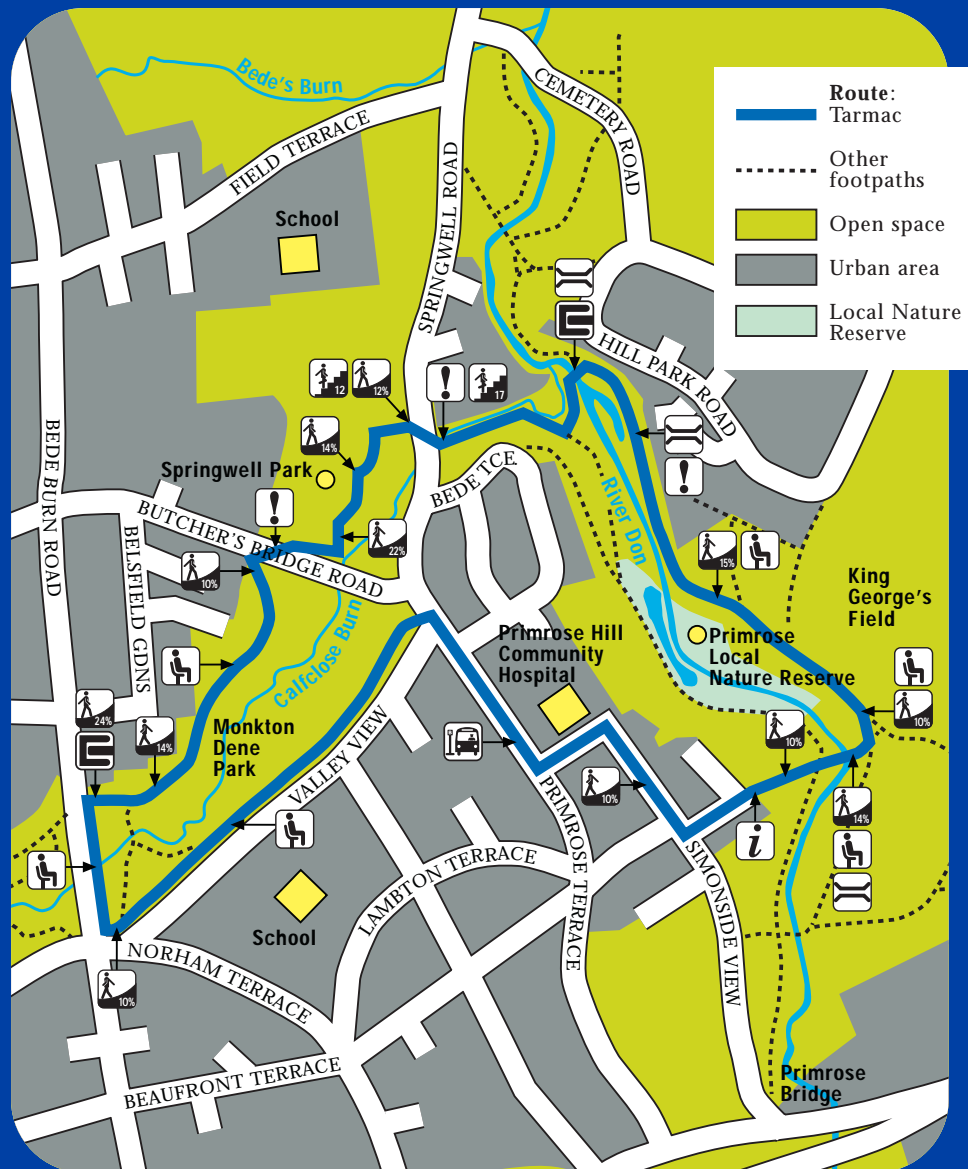
it unsuitable for settlement but would have provided good hunting grounds for the many species of wildlife that lived there.

These would have included elk, red and roe deer, wild cattle and even wolves.

The Don Valley was not really inhabited by humans until about 300 years ago when the marshlands would gradually have been drained.

Walk 3 Calfclose Canter

Distance: 2.8km (1.7 miles)



ROUTE

This walk again starts and finishes at Primrose Hill Community Hospital (St Clare's Hospice), to complete the walk follow the **blue** markers.

Take a left turn out of the hospital gates, followed by the first left onto Simonside View, which leads to another left turn onto Burnside. Walk straight on to meet the footpath, leading downhill to a small footbridge. Cross the footbridge and follow the left fork, walking with the river on your left. Continue till you see the next marker leading you to take the left fork in the path down the hill towards the river.



Continue along the footpath, which leads to a wooden boardwalk, and a bridge, which takes you to the other side of the river again. Once across the bridge follow the right fork in the footpath and the signposts 'Monkton Park' and 'Monkton Burn Cycleway'. This path eventually leads past a few houses on your right and some steps, take the steps to the top here (those



who cannot manage the steps can take a left fork in the path which leads up a bank and out of the park area, then turn right and meet back at the top of the steps).

At the top of the steps cross the road, taking you into Springwell Park. Continue straight on through the park until you take a left fork that takes you down a bank and below street level, before curving round a flower bed and heading to the

park exit. At the exit, cross the road and enter Monkton Dene Park, following the pathway indicated by the marker, on your left side you should see basketball and football courts. Follow the path leading straight through the park (on high ground) and eventually taking the right fork before the bridge. Following the



path indicated by the marker will take you up a bank to exit the park. After exiting the park turn left, keep the wall on your left and walk alongside until entering the park again at the next entrance.

Head towards the playground, 300 yards ahead and the bowling greens slightly further on, until the parks next exit. Cross Springwell Road and head right, along Primrose Terrace, heading back to Primrose Hospital.








The Water Vole

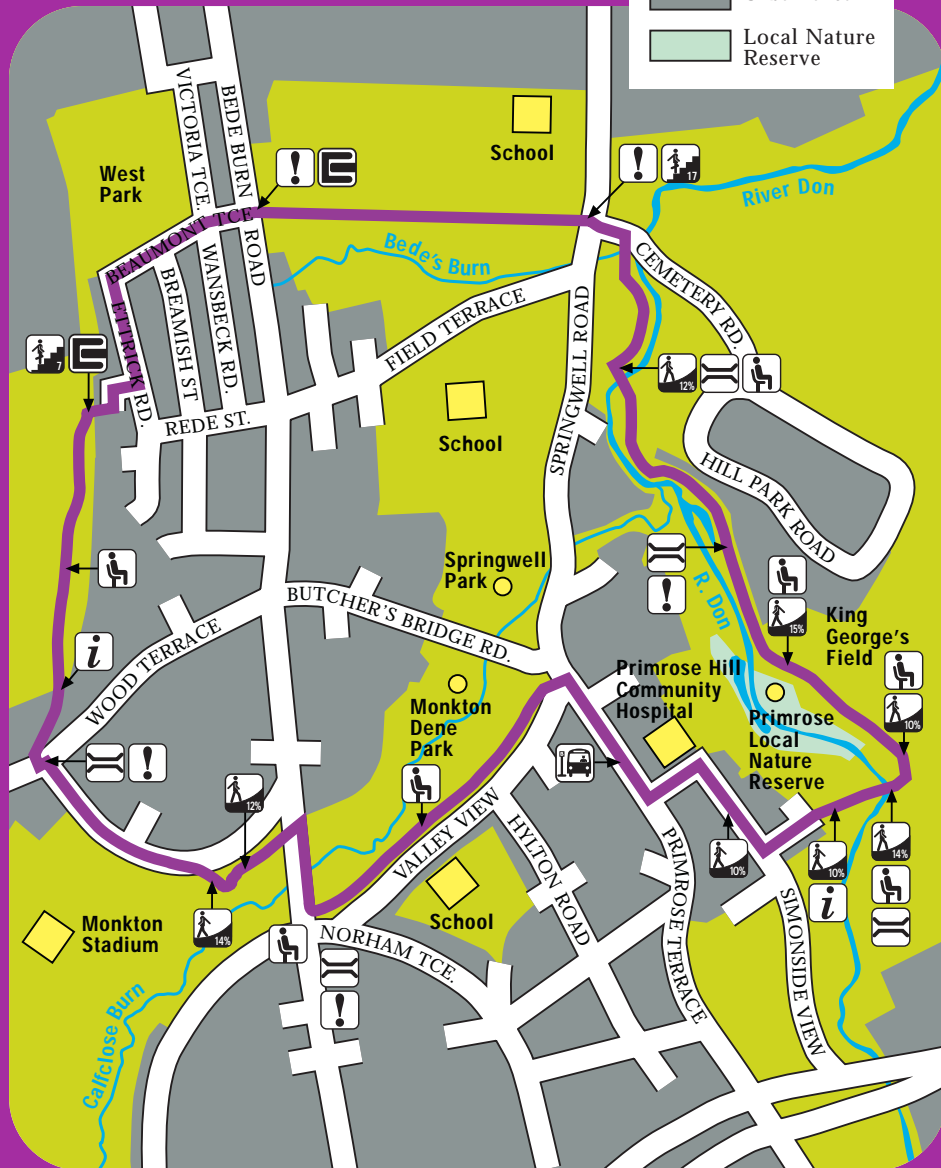
The water vole is now a rare sight, but one that can still be seen along the River Don. Active by day, it feeds on waterside plants and nests in burrows dug into the riverbanks. It has many natural

predators such as herons and mink, but also suffers persecution from people probably due to it often being mistaken for a rat. It is about the size of a rat but has a blunt nose, tiny ears and a shorter tail. Work is now being done along the River Don to help protect the water vole and keep them safe from predators.

Walk 4 Hospice Hike

Distance: 4.2km (2.6 miles)

	Route: Tarmac
	Other footpaths
	Open space
	Urban area
	Local Nature Reserve



ROUTE

The walk starts and finishes at Primrose Hill Community Hospital (St Clare's Hospice) to complete the walk follow the **purple** markers.

Take a left turn out of the hospital gates, followed by the first left onto Simonside View, which leads to another left turn onto Burnside. Walk straight on to meet the footpath, leading downhill to a small footbridge. Cross the footbridge and follow the left fork, walking with the river on your left. Continue till you see the next marker leading you to take the left fork in the path down the hill towards the river.



Continue along the footpath and wooden boardwalk, which leads to a bridge to the other side of the river. Continue on past the bridge along the footpath, looking out for the next marker situated just before another small footbridge. Cross the bridge and take a right turn at the next marker, follow the semi-circular pathway to Cemetery Road, then left to Springwell Road. Use the bollard crossing areas, to head to the other side where

the allotments are located. Take the steps up to a narrow footpath, which continues past the allotments on your left side. Follow the path to Bede Burn Road, cross the road and continue straight ahead along Beaumont Terrace towards another park. Follow this road keeping the park on your right side, until its end where it continues to the left into Ettrick Road. Take the next right turn (still Ettrick Road) turning into a cul-de-sac, pass the garages and join the path between the two corner houses at the back of the cul-de-sac. On this path you will see some wheel shaped designs, ahead, climb the steps and turn left immediately after the wheels.



Follow this path with lampposts on your left side; there are also plenty of seats along this pathway for those who need to take a rest. Continue straight on, watching for the marker leading you on to the left fork in the path. You will reach the roadside with Monkton Stadium in front of you and a board displaying the



Monkton Fell and South Hebburn Walks. Cross the road passing Monkton Stadium and the school on your right, follow the path till its end leading you into Monkton Burn Park. Follow the path into the park about 20 yards downhill, then take a left turn and follow this pathway, which runs adjacent to Dene Terrace.



After only a short spell in this park you will reach the main road, cross over here, turn right and follow the pavement keeping the wall of Monkton Dene Park on

your left side. Walk alongside the wall until entering the park at the next entrance.

Head towards the playground, 300 yards ahead and the bowling greens slightly further on, until the parks next exit. Cross Springwell Road and head right, along Primrose Terrace, heading back to Primrose Hospital.

For those looking for a longer walk, this walk links into the Jarrow Urban History Health Walk and one of the walks around Monkton Fell. Booklets are available from South Tyneside Council on (0191) 424 7498.

The Parks

Monkton Dene Park is a pretty park set on the slopes of a natural valley, with Monkton Burn running through the heart



of it. The parkland was acquired in 1922 from the Ecclesiastical Commissioners and the Dean & Chapter of England. The adjacent Springwell Park was acquired from a William King in 1924.