

The Trails

All the trails are marked with coloured bands applied to posts along the course.

3km trail (indicated by green vinyl bands)

Start on the promenade just in front of the Sand Dancer public house and head up towards Trow Quarry past Mango's pub. Upon reaching the yellow traffic calming barrier take the left hand trail past 'Target' rock, up the steep "black path" and at the top of the rise follow the dolomite path around the coast reaching "Frenchman's Bay". At this point keep an eye out on your right hand side for a path of worn grass and pink gravel across the Leas, this is your turning point! Follow the worn grass across to the Coast Road. Upon reaching the Coast Road turn right and head back towards the New Crown roundabout. The public house is your finish point.

5km trail (indicated by blue vinyl bands)

Start on the promenade in front of the Sand Dancer public house and follow the promenade path up towards Trow Quarry, bearing left beyond the traffic barrier up the black tarmac bank. Once on the yellow dolomite coastal path you stay on this all the way along the coastline, passing Frenchman's Bay on your left. Continue up towards Marsden Bay and at the bottom of Marsden Bank turn right at the ice cream kiosk. This is the deceptively long homeward leg of approximately 1.75km of the Coast Road path back down to the finish line opposite The Bamburgh public house.

10km trail (indicated by red vinyl bands)

Start on the promenade in front of the Sand Dancer public house and head towards Trow Quarry. Turn left at the traffic barrier and head up the "black path bank" you will find yourself on the yellow dolomite coastal path. This will lead you all the way along the coastline passing Frenchman's Bay on left up towards Marsden Bay. Once you reach the ice cream kiosk at the bottom of Marsden bank turn left back towards the cliff edge and follow the dolomite path until you come to Marsden Grotto and head through the car park rejoining the grass coastal path towards Souter Lighthouse. Follow the path which leads just beyond the lighthouse on your right hand side. Take the tarmac path through the car park and exit through the car park entrance before turning right onto the Coast Road path. You are now heading homeward, follow the Coast Road past the Bamburgh pub down to the New Crown public house roundabout before turning right down to the finish at Gypsies Green Stadium.

Points of Interest

- 1 Start- South Shields promenade, sun sea and sand! Popular holiday resort, with a fairground, plenty of pubs and clubs and beautiful parks and beaches.
- 2 Frenchman's Bay once popular with smugglers and was named after a French ship that ran aground here in the 17th century.
- 3 "Blackberry Hills" the most northern site in Britain for perennial flax, a beautiful deep blue flowered plant that is nationally rare.
- 4 Marsden Bay, home of the impressive Marsden Rock, and the largest seabird colony in the North East Kittiwakes, cormorants, herring gulls, fulmars, shags, razorbills and lesser black backed gulls can regularly be seen here.
- 5 The Limekilns were built in the 1870s, taking advantage of a nearby colliery which provided fuel for burning the locally quarried limestone to make quick or unslaked lime (calcium oxide). Quicklime was used to neutralise soil, and to make cement and concrete. It was transported to South Shields via the "Marsden Rattler" train.
- 6 Souter Lighthouse designed by James Douglass and opened in 1871, was the first lighthouse specifically constructed to use electric light which was powered by a coal fired generator. This coastline was the most dangerous in the country with an average of around 44 shipwrecks per every mile of coastline.

Useful Contacts:

South Tyneside Sports Development Team

0191 424 7998

South Tyneside Tourist Information

0191 454 6612

Souter Lighthouse

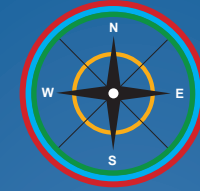
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www.southtyneside.info

www.visitsouthtyneside.co.uk

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www.evocreative.co.uk



SOUTH TYNESIDE COASTAL TRAILS

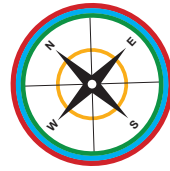


Walking and running trails where you can get fit whilst discovering South Tyneside's beautiful coastal scenery.



South Tyneside Council

North Sea



SOUTH TYNESIDE

COASTAL TRAILS

Route Key

- 10k**
- 5k parkrun**
- 3k**
- GNR Mile**
- Cycle Path**



South Tyneside Council

In partnership with:



Route times (estimated)

10k	Walk	2hrs
5k parkrun		1hr
3k		36mins
GNR Mile (1mile)		20mins

Points of interest:

PH	Public House	i	Tourist Information
P	Parking	U	Information Point
WC	Toilets	☕	Refreshments

Cycle Path to Seaburn Pier Skew (10km return)