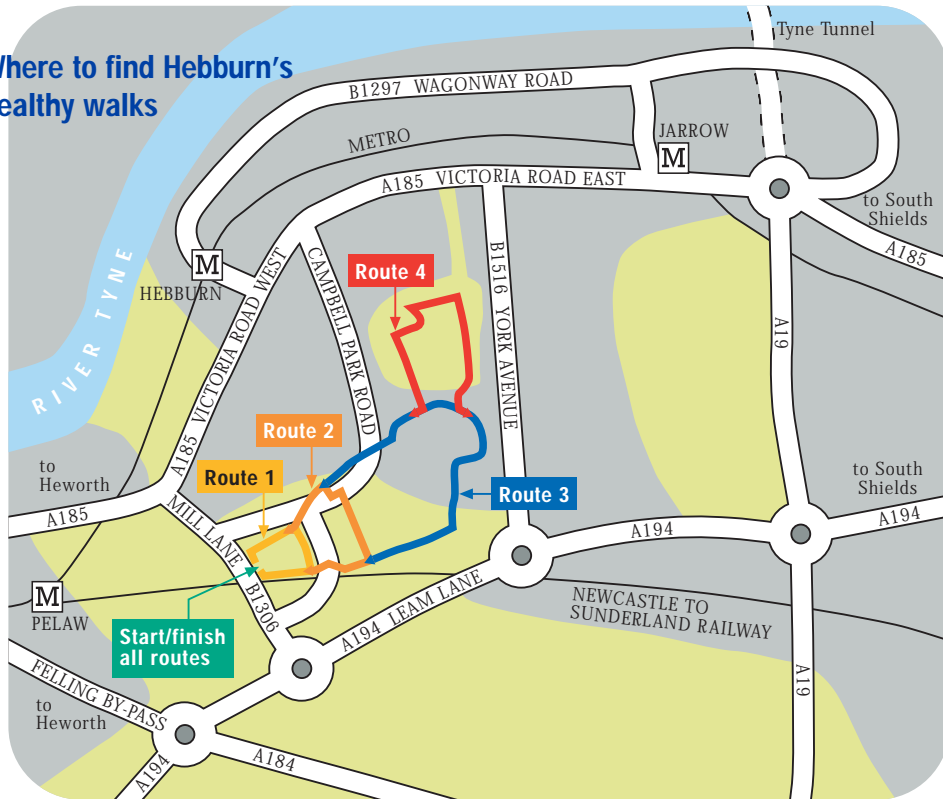


## Where to find Hebburn's healthy walks



## Walk your way to better health

This leaflet offers four healthy walks of varying lengths around Monkton Fell and south Hebburn which have been created to combine the benefits of visiting the countryside with developing a healthier lifestyle. The walks are suitable for all ages and abilities.

It's the ideal way to reduce the risk of coronary heart disease, stroke, diabetes, obesity and osteoporosis. It helps to reduce stress, strengthens your bones, tones your muscles *and* makes you feel good. 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 step around Hebburn's healthy 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.

## Getting to the health walks

All the walks start on Mill Lane near the *Swarm* sculpture, which is near the entrance to the developing Monkton Business Park.

Local buses serve Finchale Avenue and Mill Lane on a regular basis from both Jarrow and Heworth. The nearest Metro Station is at Hebburn, which is about a mile from the start. Contact North East Travel Line 0870 608 2608 for more information.

## Getting around the health walks

The majority of the paths are fairly flat and there are no steps on any of the walks, but there are some steep slopes near the Monkton Burn. The surface is mostly tarmac or loose stone but there is a grass section across the playing field in walk 2.

The walks have been designed with everyone in mind, including people with pushchairs and wheelchair users.

## Monkton Fell Community Environmental Action project

This project was set up to encourage the people of Hebburn to have a greater involvement in their local environment, in particular the area of countryside in south Hebburn known as Monkton Fell. This area of land is now an important gateway into the Great North Forest and includes the former Monkton Cokeworks, now reclaimed as a business park and community woodland. Since the project started in 1999, it has offered schools and other groups practical, educational and art activities and provides events for local residents. The project will continue until March 2002.

## The Great North Forest

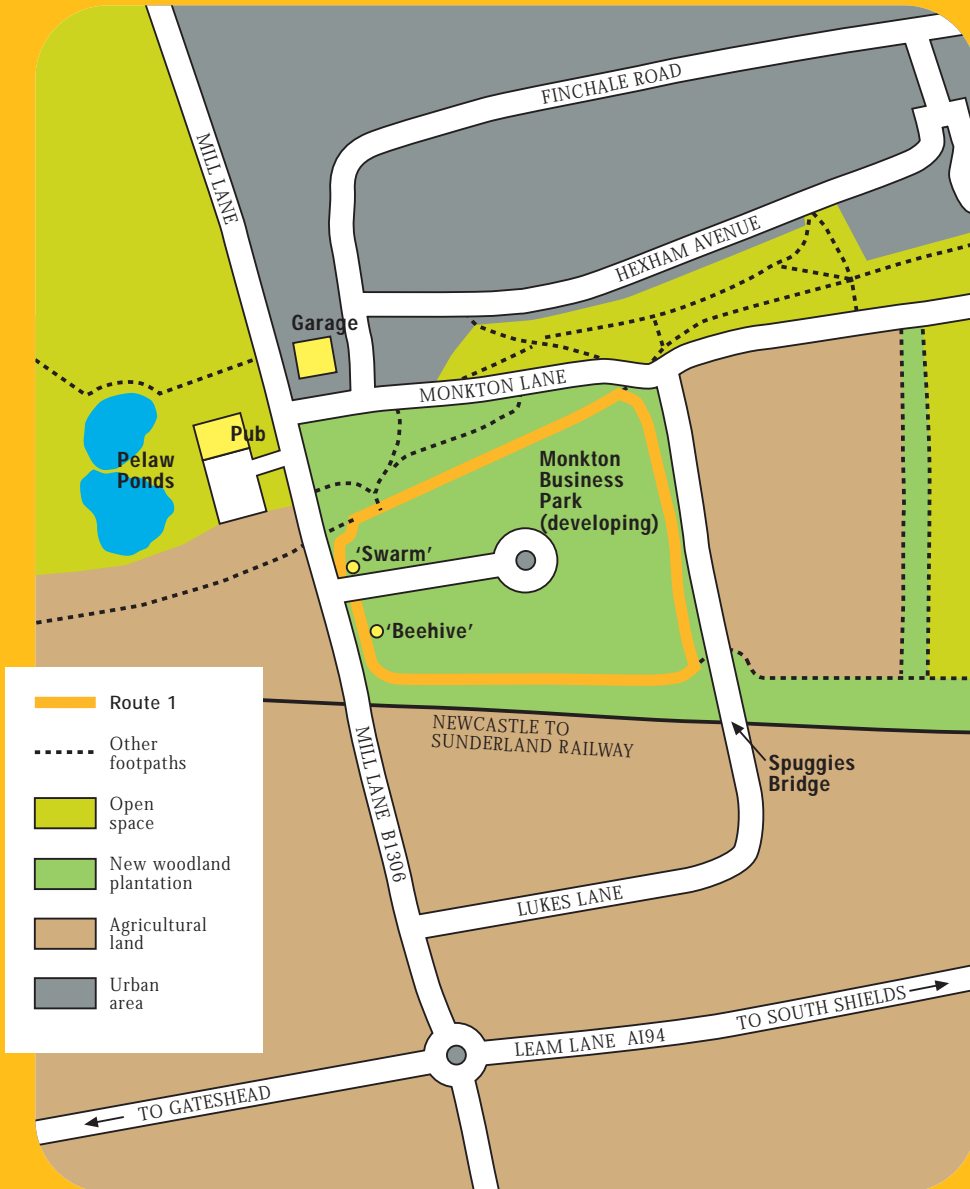
The Great North Forest was launched some 11 years ago as the most ambitious regional environmental regeneration initiative for decades. It covers an area of almost 80 square miles across south Tyne and Wear, and north east County Durham and aims to breathe new life into the local countryside. Already over 1.5 million trees have been planted, new landscapes and wildlife habitats created and hundreds of thousands of people have taken part in this dynamic new initiative.

A major part of the growth of the Forest is the role taken by local people. A team of community outreach workers is providing new opportunities for the local community by helping to shape the Forest's development, ensuring it is relevant to local traditions and meeting today's needs. The aspirations of local people are helping to shape the landscape of tomorrow.

The Forest and its partners have also invested heavily in projects to develop the arts in the countryside - and education programmes - that will rebuild the link between local people and the countryside on their doorstep. This is a Forest growing into the new Millennium - a place for present *and* for future generations to enjoy.

# Walk 1 Spuggies Stroll

Distance: 1.3km (0.8 miles) Time: 30 minutes



## ROUTE

The walk starts and finishes at the Swarm sculpture. To complete this walk follow the **yellow** circular markers.

From the *Swarm* head south towards the railway line, go through the barrier into the former cokeworks and follow the surfaced path running parallel with the railway to the far end of the site near Spuggies Bridge. Here the path splits in two and you need to take the left fork which takes you along the surfaced path running adjacent to the road where you will see another marker to guide you. Continue to follow the path until you reach the north east corner of the former cokeworks where the path meets the Bowes Railway path. Turn left at this junction and follow the Bowes Railway path back towards Mill Lane. Just before you would go under Mill Lane turn left up the surfaced path to Mill Lane, then turn left back to the *Swarm*.

## History of the cokeworks site

Monkton Cokeworks produced coke for the steel industry for nearly 60 years until its closure in 1990. Coal was fired at high temperatures in huge ovens and then cooled with water in cooling towers, producing clouds of steam. Although coke was a valuable commodity, its production was a filthy process with unpleasant by-products such as black dust and foul-smelling sulphurous fumes.

The process of cleaning up the contaminated land took many years and it wasn't until June 2000 that the site was eventually declared open to the public. Now, nearly 40,000 trees have been planted and new footpaths and cycleways created.

## The Swarm and Beehive sculptures

Artist, William Pym, created the sculptures at the entrance to the Monkton Business Park. Working in consultation with local people, William incorporated many thoughts, feelings and memories of the cokeworks into his work. Welding students at South Tyneside College in Hebburn did much of the steelwork.

## Wild flowers

Local children from Toner Avenue, St. James and Lukes Lane schools have planted wildflowers and bulbs in the new woodland. Keep an eye open for species such as Foxglove and Red Campion - these were chosen because they attract butterflies and bees, which will in turn help the flowers to spread.



## Walk 2 Woodland Wander

Distance: 2.2km (1.4 miles) Time: 50 minutes



## ROUTE

The walk starts and finishes at the *Swarm* sculpture. To complete this walk follow the **orange** circular markers.

From the *Swarm* head south towards the railway line, go through the barrier into the former cokeworks and follow the surfaced path running parallel with the railway to the far end of the site near Spuggies Bridge. Here the path splits in two and you need to take the right fork that crosses the road (please take care when crossing). Turn right and follow the path for 30 metres, before turning left along the path running parallel to the railway. Half way along the path you will see a pond on your right and you need to turn left up the edge of the playing field where you will see a marker. Follow the edge of the playing field with a newly planted hedge on the left, until you reach Monkton Lane. Cross the road and turn left along the pavement for about 80 metres before reaching another marker at the entrance to a path on your right. Follow the path up to the junction with the Bowes Railway path. Turn left and follow the railway path, crossing Monkton Lane, and back towards Mill Lane. Just before the path goes under Mill Lane, turn left up the surfaced path onto Mill Lane and then turn left back to the *Swarm*.

## The Pond

The pond is a 'balancing' pond, created to filter surface run-off water from Monkton Business Park before it enters Monkton Burn. It provides a valuable wildlife habitat, as many such ponds are currently being lost to new developments. Look out for weird and wonderful pond creatures such as Great Diving Beetles, Water Boatmen and the beautiful Blue Damsel fly.

There are two platforms to allow access to the pond edges (be careful - they are often muddy and slippery due to the fluctuating water levels). These are used by schools and groups involved in pond survey work.

**Please use extreme care by the pond, as the water is deep in parts.**



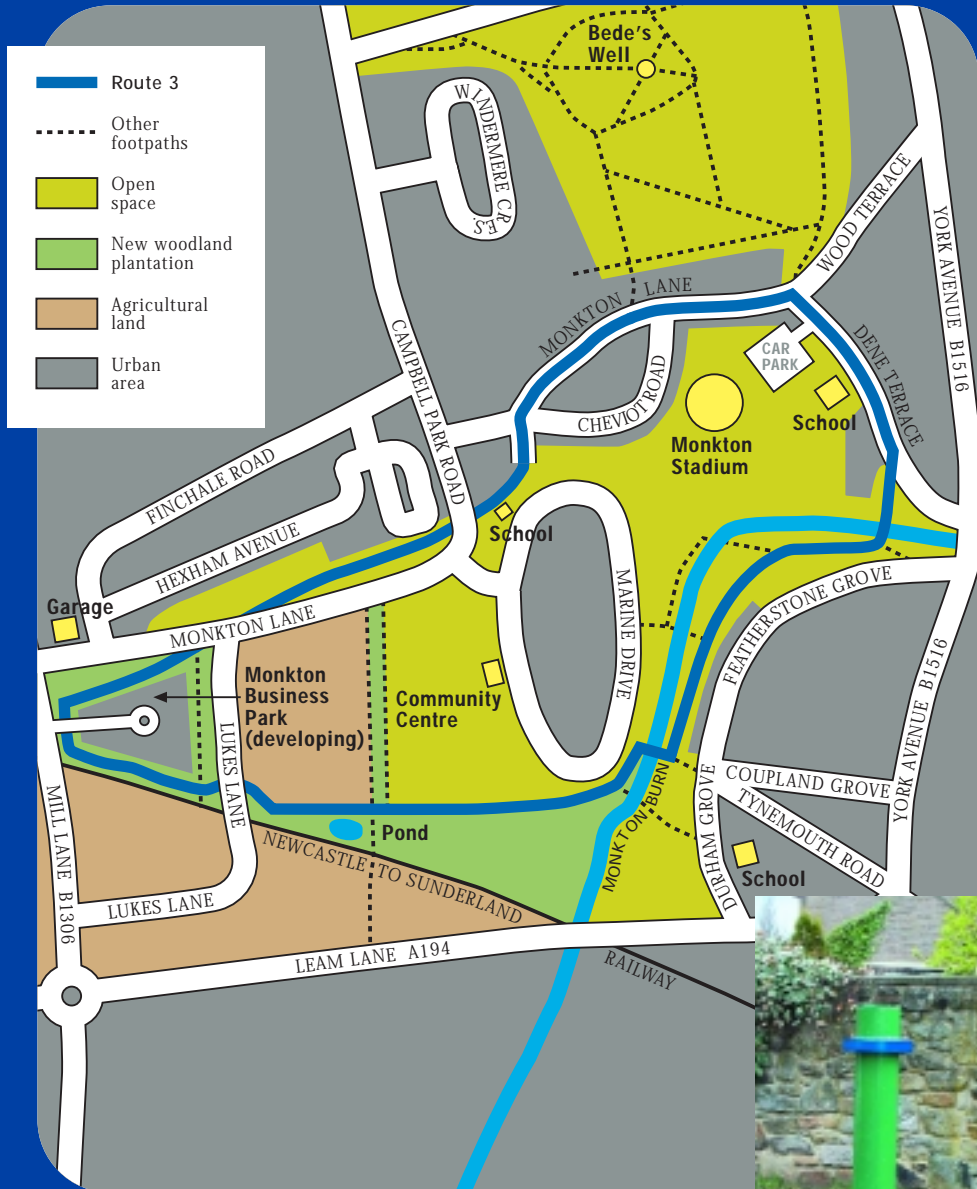
## Wetland Plants

The area of land around the pond is prone to flooding and is wet all year round. Many plants prefer to grow in damp areas and are ideally suited to the conditions here. Children from Fellgate Autistic Unit helped to plant wetland species such as Cuckoo Flower, Ragged Robin and Meadowsweet to create the wildflower meadow that surrounds the pond.



## Walk 3 Monkton Mosey

Distance: 4.2km (2.6 miles) Time: 1hr 40 minutes



## ROUTE

The walk starts and finishes at the *Swarm* sculpture. To complete this walk follow the **blue** circular markers.

From the *Swarm* head south towards the railway line. Go through the barrier into the former cokeworks and follow the surfaced path running parallel with the railway to the far end of the site near Spuggies Bridge. Here the path splits into two and you need to take the right fork that crosses the road (please take care when crossing). Turn right and follow the surfaced path for 30 metres before turning left along the surfaced path running parallel to the railway. Go past the pond on your right and continue along the path until you reach Marine Drive. Remain on the path that leads to a tarmac path running parallel to the road. At the large metal bridge, cross the burn and turn immediately left along the tarmac path running parallel with the burn. Continue along the path until you reach a small bridge prior to York Avenue. Turn left over the bridge and take the left fork up to Dene Terrace, turning left along the pavement past the school until you reach the junction with Wood Terrace near Monkton Stadium. Turn left at the junction along the pavement through Monkton Village, past the pub and hospital (look out for the blue circles on some lampposts). Continue straight along the road, down to the dead-end near Lukes Lane School. Go through the access barrier and follow the Bowes Railway path towards the cokeworks. Cross Monkton Lane and head back towards Mill Lane. Just before you would go under Mill Lane turn left up the surfaced path to Mill Lane, then turn left back to the *Swarm*.

## History of Monkton Village

The earliest known reference to the village dates from 1074, when a settlement was granted to monks reconstructing the ruined church at Jarrow. The Bishop of Durham had called upon their help with the reconstruction and ensured that they had land on which to build their cells, grow crops and graze cattle. This land became known as Monkton Village.

Monkton was predominantly an agricultural village made up of a number of farmsteads, outbuildings and labourers cottages. There were four farms - East Farm, West Farm, Monkton Farm and Grange Farm - the latter reckoned to be the longest-inhabited building in South Tyneside, having been occupied since 1539, just after dissolution of the monasteries. Monkton Village was granted conservation area status in 1975 and has retained much of its rural character

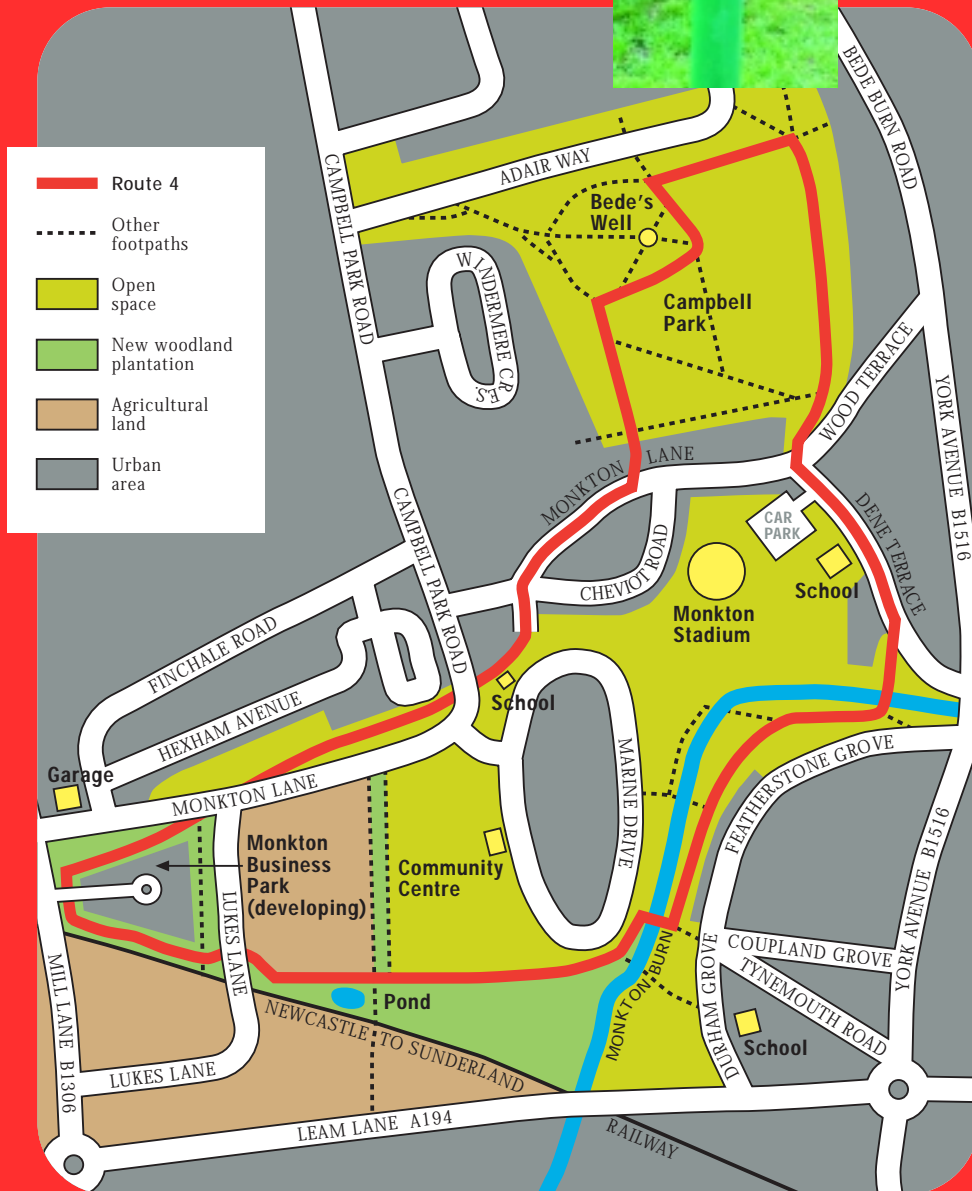
## Campbell Park Road sculpture

In the underpass beneath the road you will discover an art project produced by local artist Christine Hill with help from children of Lukes Lane School. The art piece represents a woodland setting, as will be seen once the plantations have become established. Children of Hebburn Comprehensive School Art Group have also painted the walls of the underpass with woodland scenes.



## Walk 4 Cruise around the Crusher

Distance: 5.5km (3.4 miles) Time: 2hrs



## ROUTE

The walk starts and finishes at the *Swarm* sculpture. To complete this walk follow the **red** circular markers.

From the *Swarm* head south towards the railway line and go into the former cokeworks. Follow the markers across Lukes Lane, past the pond on your right and continue until you reach Marine Drive. Follow the path parallel to the road and, at the first large metal bridge across the burn, turn immediately left along the tarmac path running parallel with the burn until you reach the bridge prior to York Avenue. Turn left over this bridge and branch left up to Dene Terrace. Follow the pavement past the school until you reach the junction with Wood Terrace near Monkton Stadium. Cross the road here to enter Campbell Park and follow the tarmac path along the route of the old railway past the *Train* sculptures to the north east corner of the park. Just before the path exits the park, turn left along the path parallel with Adair Way. Continue along it and turn left around the top of Bede's Well. Follow the path around the well, before turning left along the path parallel to the house. Continue along this path through the cross gate barriers back to Monkton Village. When you reach the road, turn left along the pavement through Monkton Village, past the pub and hospital (look out for the red circles on some lamp posts). Continue straight along the road down to the dead-end near Lukes Lane School. Go through the access barrier and follow the railway path towards the cokeworks. This crosses Monkton Lane and heads back towards Mill Lane. Just before you would be go under Mill Lane, turn left up the surfaced path to Mill Lane, then turn left back to the *Swarm*.

## Pontop and Jarrow Railway

George Stephenson engineered the Springwell Railway between Jarrow Staithes on the River Tyne and Springwell Colliery. The line opened in 1826, and by 1855 it had linked with other collieries as far as Dipton near Pontop to become the Pontop and Jarrow Railway. The line was 15 miles long and had the most extensive system of rope worked inclines in the country.

The name changed to the Bowes Railway in 1932, later becoming property of the National Coal Board. However, the 1960s saw the closure of pits and reduction of the line. By 1974 only the short section from Monkton Cokeworks to Jarrow remained. A section of the line, including an example of a rope worked incline, is preserved at the Bowes Railway Museum at Springwell.

## The Crusher

The area known locally as The Crusher was once a field, through which the Bede Burn ran. In 1857 Palmers shipyard opened in Jarrow. Iron ore was smelted to build ships, and the waste created, known as slag, was dumped on the field to form slag heaps. The Bede Burn was then culverted underground to protect it from pollution.