

Where to find the Hebburn and Jarrow urban health walks



Key to map symbols

-  Access Barrier
-  Bus stop
-  Car parking
-  Cross slope
-  Hazard
-  Information
-  Metro station
-  Public house
-  Public telephone
-  Seat
-  Shops
-  Slope up/down
-  Steps up/down
-  Stile
-  Toilets

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 urban history 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

The Urban History Walks all start at Metro Stations where frequent bus services connect, making access to the walks easy. Contact North East Travel Line on 0870 608 2608 for more information or 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, slopes and location of steps - all of which are indicated on the maps to help you decide if you can negotiate a particular walk before ever leaving home. Finding your way round is easy, as the Urban Walks use street names as a guide. At certain points, you will find markers fitted to lampposts and signposts to keep you on track.

Walking Works Wonders in South Tyneside

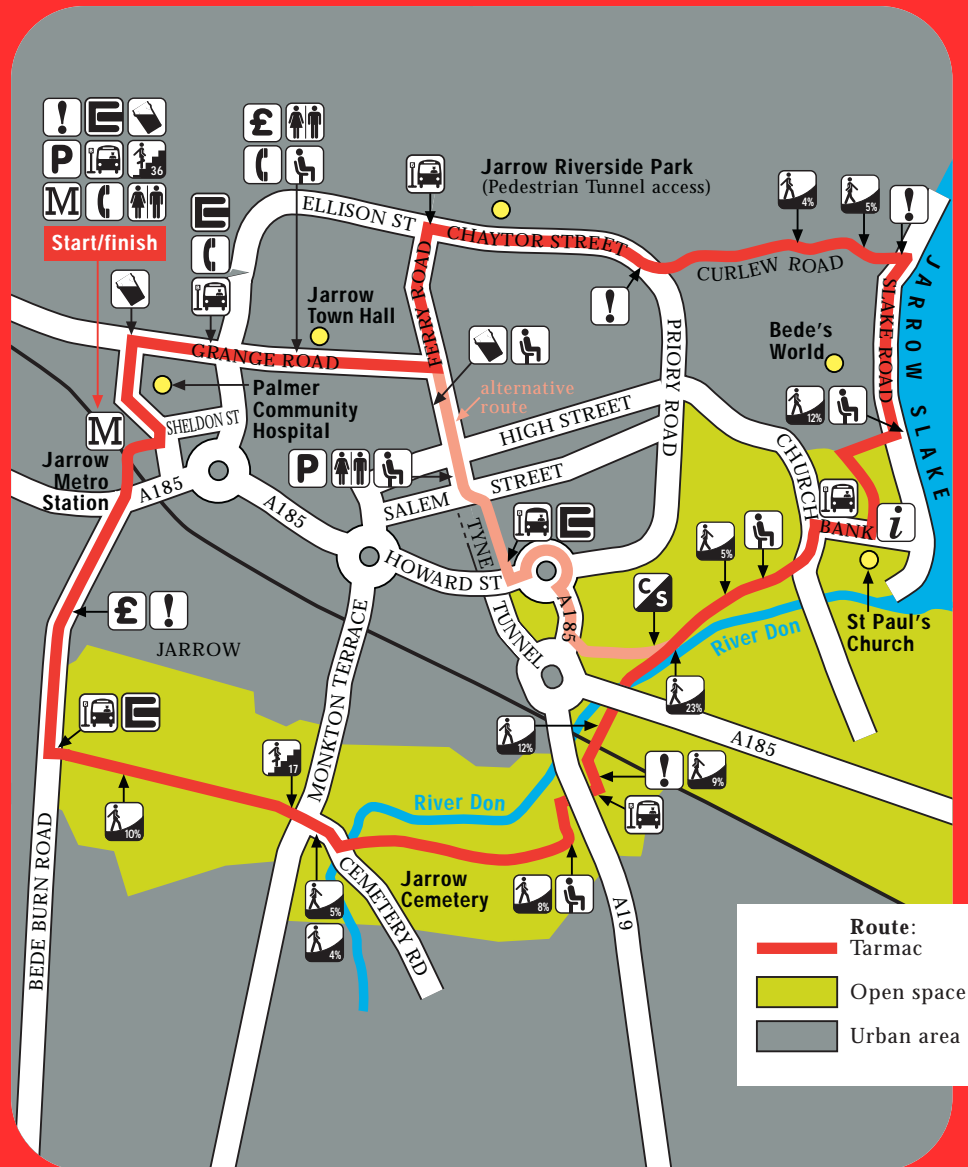
These Urban History Walks - in South Shields and in Jarrow and Hebburn - build on the success of the Monkton, Temple Park and Coastal Health Walks. As even more health walks are created around the Borough, each will be waymarked to a very high standard and have a self-guided booklet. The walks are being 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 is also developing a network of volunteer walk leaders, to lead health walks throughout the year along the newly-established routes. If you are interested in becoming a volunteer walk leader, contact Ruth Nolan on (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.

Walk 2 - Jarrow Jarrovian Journey

Distance: 5km (3 miles)



Introduction

The earliest recorded settlement at Jarrow was the Roman Station built to guard the mouth of the River Don at Jarrow Slake. Even in Bede's time 'Donmouth' as it was known was merely a small hamlet. The opening of the Alfred Pit in 1803 began the growth of Jarrow, whose population was to massively expand later, with the arrival of shipbuilding.



ROUTE

The walk starts and finishes at Jarrow Metro Station, on the side of the bus station.

Turn left along Sheldon Street with **Palmer Community Hospital** on your right. Charles Mark Palmer opened the Palmer Memorial Hospital, which was partially funded by employees of Palmer's Works, in 1871. The hospital was dedicated to the memory of his wife Jane, who was involved in charitable works throughout their married life. The original hospital was demolished in the 1970s, but a magnificent stained glass window was saved and incorporated into the new modern complex

Turn right along Grange Road, past the Ben Lomond pub to your left and Christ church to your right, where the Jarrow marchers held a service before their famous march to London in 1936. Cross over Ellison Street and continue along Grange Road past the **Town Hall** on your left. Sir Charles Mark Palmer, who had been the town's first mayor, opened the Town Hall in 1902



THE 'BATOUM', LAUNCHED 1893, IN PALMERS YARD
© South Shields Libraries and Museums

Charles Mark Palmer began shipbuilding in Jarrow in 1851 and quickly expanded his business to include all the necessary elements of shipbuilding including his own collieries, iron ore mines and steelworks. Through his industries the population of Jarrow grew and the town prospered. The eventual closure of the yard in 1933 had a

devastating effect on the town; 80% of the working population being put on the dole.

Continue along Grange Road until you reach Ferry Road / Staple Road junction.

For a shorter route, turn right into Staple Road. Cross over High Street, continue along to Salem Street, then turn left and follow Stothard Street to Howard Street (A185). Follow A185 towards the Tyne Tunnel and at A19 / A185 roundabout under the mineral line, turn left onto the public footpath. Follow the path to the left and rejoin the main route on the River Don Footpath.

For a slightly longer route, turn left into Ferry Road towards the River. At Chaytor Street turn right. On your left is **Jarrow Riverside Park**. The park provides access to the **Pedestrian Tyne Tunnel**, which allows you to cross the Tyne to Howdon and is worth a visit if you have not been before. It was opened in 1951 and consists of two parallel tunnels, each 300 yards long - one for pedestrians and one for cyclists. The escalators are 186 feet long, the world's longest wooden escalators at the time - a record they still hold.



THE FAMOUS JARROW MARCH OF 1936
© South Shields Libraries and Museums

If you visited the Pedestrian Tyne Tunnel, return to Chaytor Street and continue towards the Shell Oil Terminal on Priory Road. At the terminal, turn left into Curlew Road, following the River Don Cycleway to Slake Road and Jarrow Slake.

Jarrow Slake, originally 'Jarrow's Lake', was once a sheltered



JARROW IN 1862
© Ordnance Survey Licence LA076341. 2003.

basin at the mouth of the River Don, which flooded at high tide. One infamous mention of Jarrow Slake is as the murder scene of local magistrate, Nicholas Fairles, in 1832 and of the subsequent gibbeting there of William Jobling who was tried for his murder and executed in Durham. Part of the Slake was used to create

Tyne Dock, which was opened in 1859. Coal was shipped from here and goods, such as iron ore, came in. This somewhat smaller area of inter-tidal mudflat is an important site for wildlife.

Turn right along Slake Road, following the River Don towards **Bede's World** which celebrates the life and times of the Venerable Bede who came to the monastery at Jarrow during the 7th century. The museum hosts regular exhibitions throughout the year, and displays a reconstructed Anglo-Saxon demonstration farm. **Jarrow Hall** played an essential part of industrial development in Jarrow and now houses a pleasant café/restaurant. For more information on entrance charges and events, contact Bede's World on (0191) 489 2106 or at www.bedesworld.co.uk.

Follow Slake Road and turn right into Drewett's Park, signposted towards Jarrow Museum, and cross the park towards **St. Pauls Church**. In memory of Drewett Ormonde Drewett, a former resident of Jarrow Hall, Alfred Henry Chaytor gave Drewett's Park to the town of Jarrow in 1910. Benedict Biscop founded St. Paul's Church and monastery in AD 681, and it was here that Bede lived, worked and worshipped until his death in AD 735. The Vikings sacked the monastery in AD 794 and it was not until 1074 that the church was restored. The church is open to visitors Monday to Saturday 10am - 4.30pm and Sundays 2.30 - 4.30pm.

From St Pauls Church, follow Church Bank to the main road. Cross over near the bus stops and follow the River Don Footpath through the open space towards the Tyne Tunnel. Continue following the River Don Footpath under the A19 and A185 towards Cemetery Road. On your left you will notice **Jarrow Cemetery**. The Bishop of Durham consecrated Jarrow cemetery in 1869.

Turn Right along Cemetery Road. Cross over Monkton Terrace, continue up steps and follow the path towards Bedeburn Road. Built in the late 19th century for the middle classes, Bedeburn Road has remained largely unchanged.

Turn right along Bedeburn Road, cross over Kent Street and turn left at Albert Road. Continue along Albert Road and cross the A185 at the pedestrian crossing into Railway Street back to the Metro Station.

ST PAUL'S CHURCH
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