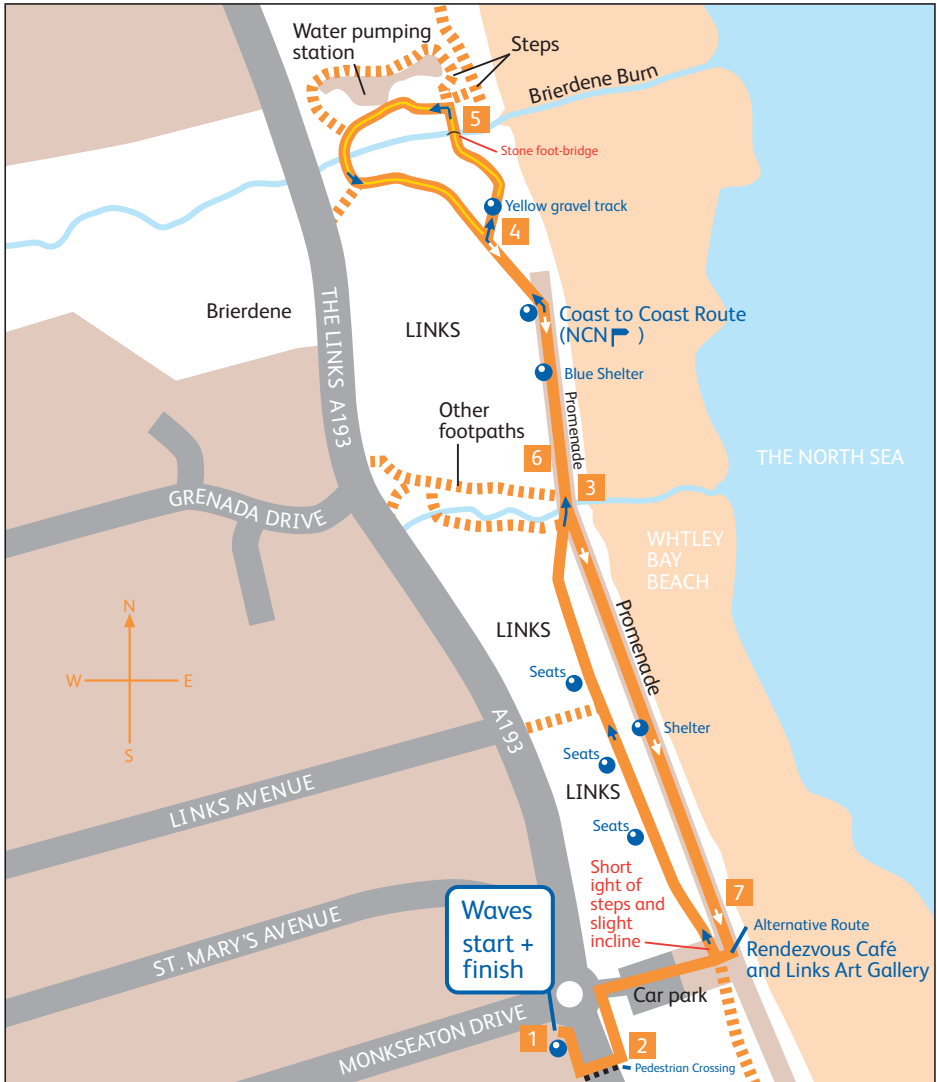


Coast Seaside Stroll

Healthy Walks in North Tyneside



An easy self-led walk of 1.25 miles taking approximately 20-30 minutes.

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Key to route

- Direction of walk
- Return (if by same path)
- Take care
- Landmark

- 1 Starting at Waves Leisure Centre (just off The Links A193) come out of main entrance and turn left (passing the bike rack). Follow the footpath down crossing at the appropriate lines and walk towards the main pavement. Turn right onto the pavement and walk along until you reach the pedestrian crossing.
- 2 Cross over at the pedestrian crossing and turn left to continue on the main pavement along towards the Links Art Gallery. Turn right passing through the car park and walk under the archway towards the Rendevous Café. Directly after the archway next to the toilets turn sharp left to go up a short flight of steps (10) followed by a small incline. This leads onto a red footpath (lined with benches) on the Links that runs parallel to the Promenade below. (Please note: alternative route being the promenade to bypass the steps). Walk along the top path which eventually drops down a slope and bears right onto the promenade next to the beach (passing a small burn on your left).
- 3 Walk along the promenade, passing a blue shelter on your left. Where the promenade ends, follow the path which bears left up a slope (a blue signpost stands at this point for NCN cycle route). Continue up this path. (Beware of cyclists using this route).
- 4 Continue along this path and at the top of the slope take a right turn onto a yellow gravel track. Walk along, down and round this path (slightly uneven) to walk over a stone bridge (you will see St Mary's Lighthouse directly in front of you).
- 5 Once over the stone bridge take the path up to your left - still the yellow gravel track (before the steps!). Please note this wide path has wooden ridges on it. At the T junction in the path turn left at the water pumping station. Stay on this yellow path and ignore two paths off to your right which lead to the main pavement.
- 6 At the end of the yellow track and at the junction with the main path, turn left and walk towards the sea. Stay on this grey path back down onto the promenade once more. Turn right past the C2C blue sign. Stay on the promenade with the sea to your left and walk past two blue shelters. Continue along until you reach the Rendevous Café once more.
- 7 Before the entrance of the Rendevous Café turn right and walk under the archway (café on your left) and take the path next to the car park back up towards the main road again. Turn left and walk back along the pavement towards the pedestrian crossing retracing your steps back to Waves.