



A longer self-led walk of 6.25 miles taking approximately 1 hour 45 minutes to 2 hours.

Map printed with permission of Ordnance Survey

Key to route

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

- 1 From the Parks Sports Centre, turn left at the roundabout and walk along Howdon Road towards North Shields. Continue along until you reach the traffic lights at the top of Borough Road. (Please take care when crossing all roads throughout this route).
- 2 Turn right here to walk down the steep hill of Borough Road (signposted Fish Quay and Riverside) and the bottom turn left at the offices along Clive Street. Walk past shops, restaurants and coffee shops by the Fish Quay until you reach the Staith House restaurant.
- 3 After the Staith House, take the junction to your right which leads you to the car park and public footpath along the promenade towards the river mouth. Walk the length of the promenade and then follow the route up the hill (furthest path) past the Watchhouse Museum towards Tynemouth Priory (ahead of you).
- 4 At the top of the steep double hill, reaching the Priory Castle, turn right and continue walking all the way along the seafront, passing King Edward's Bay, Tynemouth Longsands beach and Cullercoats Harbour heading towards Whitley Bay.
- 5 When you reach the Sandcastles sculpture (by the Spanish City Dome) turn right down the slope towards the refreshment hut. Walk past the hut and along the promenade next to the sea until you reach the Rendezvous Café.
- 6 From here you can choose between the promenade and footpaths that lead you along the Links by the mini-golf course (please note this coast path is narrow and uneven and close to the cliff edge in places). If you prefer a smoother, wider path, use the alternative route which is the main public footpath by the main road.
- 7 If on the promenade go as far as you can until returning to the footpaths. Continue along until you reach St Mary's Island and the end of your walk.