

North Shields

Woodland to River Circular

Healthy Walks in
North Tyneside




A moderate self-led walk of 1.6 miles taking approximately 40 minutes.

Map printed with permission of Ordnance Survey

Key to route

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

1. Start on the pavement facing the Tynemouth Road entrance of Northumberland Park. Turn right, walk downhill on Tynemouth Road and cross the road at the bridge.
2. Walk under the bridge and down the steep incline of Tanner's Bank.
3. At the bottom of the bank, turn left towards the Low Lights car park and head towards the blue buoys statue (take care walking through the car park, toilet facilities are available here). Head towards the coastline.
4. Follow the cement path along the river.
5. Take the first path you see on the left, which leads to the accessible ramp and onto a black path. This black path has a steep incline and is slightly uneven, so take care.
6. You will reach Knotts Flats at the top, then walk through Seaview car park and up past the allotments on your right. This takes you onto Oxford Street and past Mariner's Point flats on your left.
7. At the top of the street, turn left and walk down Tynemouth Road, passing Kinder Castle Nursery. Continue along the pavement.
8. At the first  sign, cross the road and take your first right hand street onto Mariner's Lane.
9. Walk down this street and when you reach the end (at St Aiden's Court), turn left onto King Edward Road
10. Walk down this street until you reach the entrance to Northumberland Park.
11. Take this entrance into the park and turn immediate right towards the sign for St Leonard's Hospital and Bowls Pavilion. Follow this path down which leads onto the wider main path into the park grounds (please note there are alternative paths within the park and lots of seating areas, so feel free to explore!).
12. Continue along the wide path down towards the visitor centre (with toilet facilities during opening hours) and Glasshouse Tea Room, past the pond and gardens. Stay on the path to the right hand side for the most direct route out of the park, passing the children's play area on your left and then back up the incline to finish at the front entrance of the park where you started.