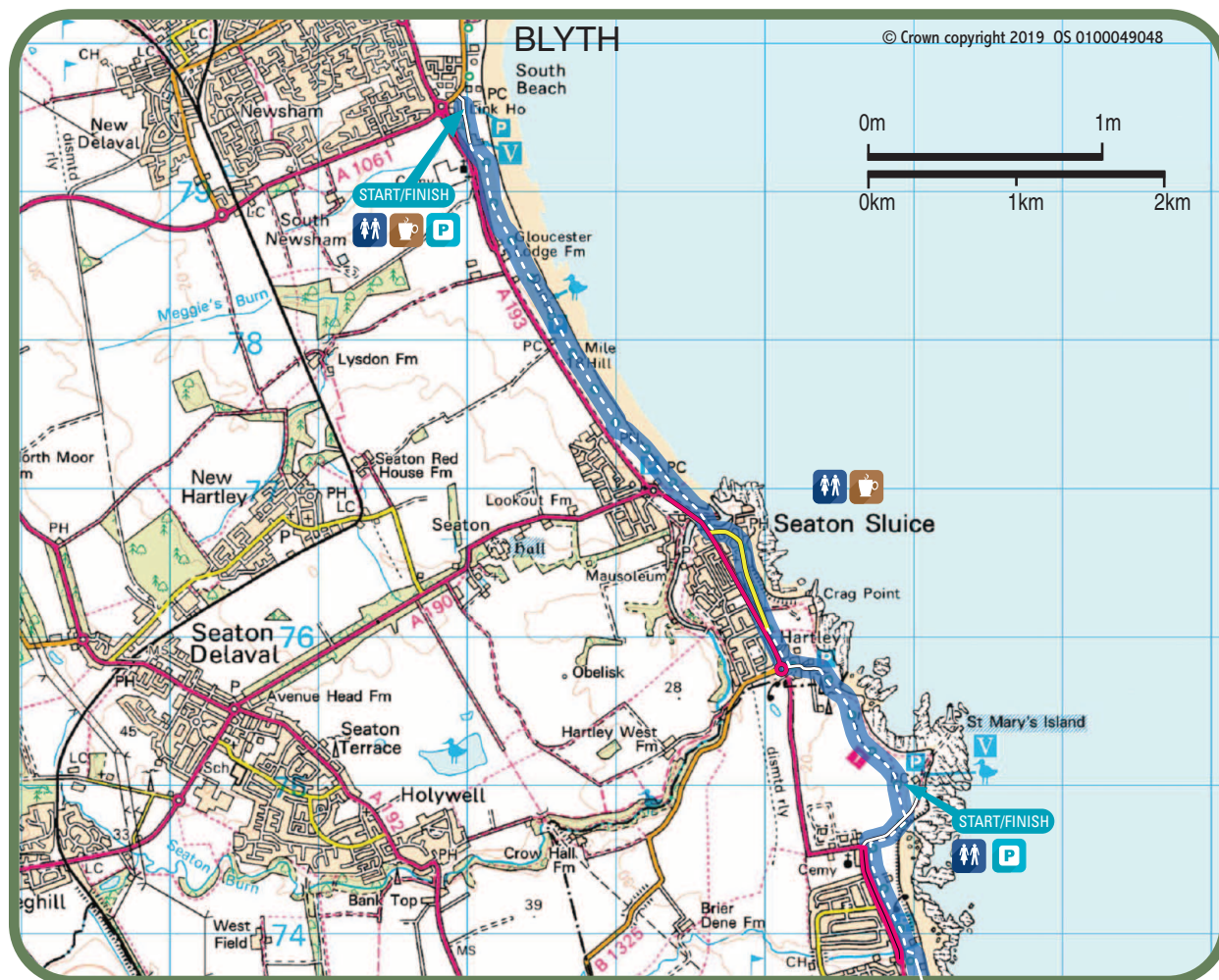




Winter Warmth, Blyth beach huts. Photo: © Nathan Atkinson



Produced by: The Cyclepad Ltd., Design: Ian Scott Design.

Route continues next page

Cycle traffic free along the National Cycleway, through the dunes from South Beach in Blyth, home to 20 brightly coloured beach huts, to the vibrant and historic village of Tynemouth.

Start/ End point car park: Blyth South Beach, St Mary's Lighthouse car park, Old Hartley (Seaton Sluice), Spanish Battery (Tynemouth)

Distance: lots of options depending on how far you would like to cycle

Blyth South Beach to Tynemouth 7.5 miles (one way)

Blyth South Beach to Seaton Sluice Harbour 2 miles (one way)

Seaton Sluice Harbour to St Mary's Lighthouse 1.5 miles (one way)

St Mary's Lighthouse to Tynemouth 4 miles (one way)

Bike hire: yes, Cullercoats

Toilets: Blyth Beach, St Mary's, Cullercoats Bay, Longsands, Whitley Bay (by the Dome)

Where to eat: lots of options in Blyth, Seaton Sluice, Cullercoats, Whitley Bay and Tynemouth

Things to look out for: Blyth south beach and beach huts, Charlie's Garden, Seaton Sluice Harbour; dolphins (summer), Spanish City in Whitley Bay, Tynemouth Priory

Make a day of it: Blyth Battery, National Trust Seaton Delaval Hall, Blue Reef Aquarium, Tynemouth Park, Brierdene, Longsands Beach, Tynemouth Priory, Waves Leisure Centre, Whitley Bay Water Park

More information at: www.visitnorthumberland.com/blyth
www.visitnorthtyneside.com

Cycle map: Scale 1:50 000 - 2cm to 1km - 1 1/4 inches to 1 mile based on Ordnance Survey 1:50 000 scale mapping.

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3b

Link to the Lighthouse and River Tyne
1.5 miles (2.4km) to 15 miles (23.3km) - one way

Blyth to Tynemouth



Cycle advice

- Give way to pedestrians, wheel chair users and horses, smile and say hi!
- Pass slow and wide, to a walking pace or stopping completely if necessary, especially when approaching or passing horse-riders.
- Ride at a speed you are comfortable with so you know you can stop easily in an emergency.
- Watch out for and anticipate others at junctions, bends, entrances onto the path, or any other 'blind spots'.
- Let other trail users know you're coming; a friendly 'Hello', or ringing your bell will let people know you are there.
- If there is a dividing line separating cyclists from pedestrians, try and keep to the appropriate side.
- Put your lights on when it's dull or dark so that people know you're there.
- Always follow the countryside code.



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