

SUN RISE STROLLER

North Tyneside

1.2 MILES



MOSTLY FLAT, OPTIONAL HILL CLIMB



Rising Sun Country Park is an oasis of green space in the heart of North Tyneside.

With a nature reserve of ponds, woodland and extensive grasslands, the facility also plays home to a farm and the Countryside Centre.

Perfect for walkers, cyclists and families of all ages, it offers tranquil surroundings as you while away a relaxing summer day.

THE ROUTE

1. Walk in the Park
2. Cabins and Celts
3. Into the woods!
4. Farmyard fun
5. Hilltop heights!
6. Pondlife
7. Pick your route
8. Back again

HOW TO GET TO THE START

Visit livemap.nexus.org.uk and enter the postcode NE12 9SS.

SUITABILITY



Full route



Full route



Full route



Full route

The route is fully accessible to walkers, wheeled pedestrians and cyclists.

**GoSmarter
GoActive**

www.gosmartergoactive.co.uk

With views over the park's open countryside, the Centre hosts a café and exhibition room with wooden carvings of the park's heritage. Surrounding the Centre are lawns overlooking Swallow Pond, perfect for a picnic.

Let the youngsters burn off energy in the wooden castle play area.

Rising Sun Country Park was once the site of a coal mine and an isolation hospital for infectious diseases.

Head back to the start via the wildflower meadow and past the dipping pond.

A magnet for summer insects and pondlife, how many microbeasties can you spot?

Visitors can choose to detour to Swallow Pond to watch the ducks and herons from the bird hide, or wander through the Woodland Plantation to see the "Hare's Hips" wood carving. Feeling energetic, why not do both?

Head on through Stephenson Field to find a pond bearing the same name.

Can you see the Butterfly Gate? A short walk towards Whitley Road will lead you to it.

A viewing platform offers a perfect location to take in the park and beyond.

Rising Sun Hill is the highpoint of the park and offers some of the most spectacular views in North Tyneside should you opt to venture to the top.

Next stop is Rising Sun Farm, a working farm that looks after 80 hectares of land. It has a drove of pigs, breeding sheep, a DIY livery yard and a wide range of other animals.

Rising Sun Farm produces fresh fruit and vegetables all year round.



BUS STOP



BIKE PARK



METRO

B1505 Great Lime Road

PALMERSVILLE M

Hollystone Way

A191 Whitley Road

A186

Battle Hill Drive

A1058 Coast Road