Tees Valley Map 2 and the second Walking & cycling in Hartlepool



Hartlepool Public Rights of Way and cycle routes



Public Rights of Way are paths we can use to explore our countryside. They offer vital links between town nd country; create local circular walks and often form part of longer distance routes such as the England Coastal Path. You will find these marked on this map.

HARTLEPOOL

You can also use this guide to enjoy ycling along local paths and parts of the National Cycle Network and North Sea Cycle route.

As well as being fun, both cycling and walking are great for your health. Choosing to walk or cycle for everyday travel is not only good for you but helps you save money too!

For information on greener, healthier and cheaper ways to travel in Hartlepool including cycle and walking maps, cycle training, and public transport information contact the Hartlepool Active Travel Hub. managed by Hartlepool Borough Council on (01429) 523259 or email safeonthemove@hartlepool.gov.uk.

Produced for Hartlepool Borough Council in partnership with:



Places of interest

Ward Jackson Park K5

Let's Go May 2018

P & ∞ & E ↓ L ⊟ ♥ ♀ 🗺 i i S 🐲 A Victorian park covering 17 acres. Situated on the west side of the town, it has a lake, bandstand, fountain, clock tower, bowling green and colourful formal bedding displays. Enjoy a snack or refreshments in The Place in the Park near the children's play area.

B Burn Valley Gardens L6

Covering 21 acres, this linear park stretches from York Road to Catcote Road. It has three bowling greens; one in the lower portion of the gardens, and two in the upper area. A cycleway runs through the gardens. The gardens boast two play areas; for children and teenagers



C Rossmere Park L8 હ ખઽ ૯૬ E 🖬 🗖 🛱 S

Situated on the south side of the town, this park covers 10.5 acres. The park is close to the A689 main road into Hartlepool from the south. In the park is a large lake, children's play area and a large grassed open space.

D Seaton Park 08

P & & E ↔ ⊟ ↔ S 🀲

This park covers 8.5 acres. Situated close to the seafront of Seaton Carew. It has a bowling green, tennis courts, ornamental garden and a children's play space close to the car park off Station Lane.

Reasons to cycle

- Cycling can save you money.
- Cycling improves your strength, stamina and aerobic fitness with little risk of over-exertion.
- At 10-20mph door to door, it is the fastest travel mode in urban peak hours.
- According to the British Medical Association (BMA), cycling five miles four times a week can cut risks of coronary heart disease by up to half. Regular activity also reduces chances of strokes, colon cancers and osteoporosis.
- Riding your bike to work is a great way to make two aerobic workouts part of your daily routine.
- Cycling produces no atmospheric pollution and virtually no noise.
- Cycle instead of going by car and you'll help cut congestion • Around three quarters of all journeys made in the UK are less than 5 miles. Many of these journeys could be made by bicycle.

Reasons to walk

Regular walking has been proven to provide many health benefits, particularly if undertaken for five 30-minute sessions each week. There are both long- and short-term benefits to regular walking. In the long term it can reduce the risk of coronary heart disease, strokes, high blood pressure, type II diabetes, bowel cancer and reduce the development of osteoporosis.

- Walking peps you up, gives you more energy and enthusiasm for your leisure when you finish work.
- Walking can help you live longer, protects you from heart disease, diabetes, cancer, osteoporosis and much more
- Walking boosts your brain power, making you mentally sharper, refocuses your mind and improves your concentration.
- Walking can activate the happy hormone which makes you feel good. improves your mood and reduces stress.
- Walking can help prevent gaining weight, or help you to lose weight. You will build healthy lean muscle, lose inches of fat and pump up your metabolism.
- Walking need not require any special equipment, does not produce any additional polluting waste and the only fuel you'll need is a healthy
- People in cars suffer three times as much pollution as pedestrians as they are sitting in the line of exhaust fumes from the car in front.
- Walking one mile in fifteen minutes burns about the same amount of calories as running a mile in 8.5 minutes.
- Doing 10,000 steps per day will contribute to the recommendation of moderate-intensity physical activity for at least 30 minutes on 5 or more days of the week.
- You can start slowly, build up gradually and do it anywhere and at any time.

E Summerhill Country Park K6 ₽₭┉₭ৠ₽₮₳Ѕ患Е₽₽Ĺ◢ѾҔ‰।₯₽₽₽

A 103.5 acre site for conservation and outdoor sports within the Tees Valley. It provides a multi-activity environment, supporting a wide range of programmes and activities for recreation, wildlife, work and education. Key features developed within the site include a visitor centre, routes for walking, off-road cycling, horse riding and crosscountry running, facilities for rock climbing, orienteering, archery, ropes course and a BMX cycling track. The park also has two play spaces for young and older children.

F Art Gallery & Tourist Information Centre M5 wc 🖑 🗶 M 🖑 & E L 🗔 i

The Art Gallery is situated inside the renovated Christ Church building in Church Square. The art displays are changed frequently showing a range of artwork material. The Tourist Information Centre is situated near the entrance to the building.

G St. Hilda's Church 04 wc PSM ¥

Described as one of the most important churches in the north of England. It dates from 1190 AD. Open from Easter until September. The Church centre is open on Wednesdays, Saturdays and Sundays between 2.00 pm and 4.00 pm.





Cycling advice

Advice for riding on-road • You must follow the Highway Code.

• Be aware of what is happening around you at all times.

• If riding with children, ride behind them and slightly further out away from the kerb – this will ensure that cars overtaking will not drive too close to them.

Use clear signals so other road users know exactly what you are doing.

• At night you must have at least one white front light and one red rear

• Consider the weather conditions; just like driving, different riding skills will be needed.

Advice for riding off-road

• There are many off-road areas classified for use by cyclists. Some of these areas may also be designated for use by pedestrians and horse riders such as public and permissive bridleways.

• If there is a marked path for cyclists keep to that path.

• Be prepared to give way or slow down for others, particularly near bends, gateways etc.

• Be aware of the needs of others, especially those with more limited mobility, such as the mobility impaired, very young children and infirm or elderly people.

Countryside Code

Respect - Protect - Enjoy

Respect other people

• Consider the local community and other people enjoying the outdoors

• Leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment: • Leave no trace of your visit and take your litter home

- Keep dogs under effective control
- Enjoy the outdoors:
- Plan ahead and be prepared
- Follow advice and local signs
- NB. To check, please go to www.gov.uk/natural-england or www.gov.uk/government/publications/the-countryside-code

Let's Go Tees Valley

Let's Go Tees Valley wants to get people out of cars and into life. We work with the Hartlepool Borough Council's Active Travel Hub to encourage more people to walk, cycle, car share and use public transport. Our travel advisors help people travel greener, healthier and cheaper wherever they are going.

We'd like you to try: walking, cycling, travel by bus and train or car share more often. Together we can be healthier, happier, live in cleaner and quieter towns, and save money.

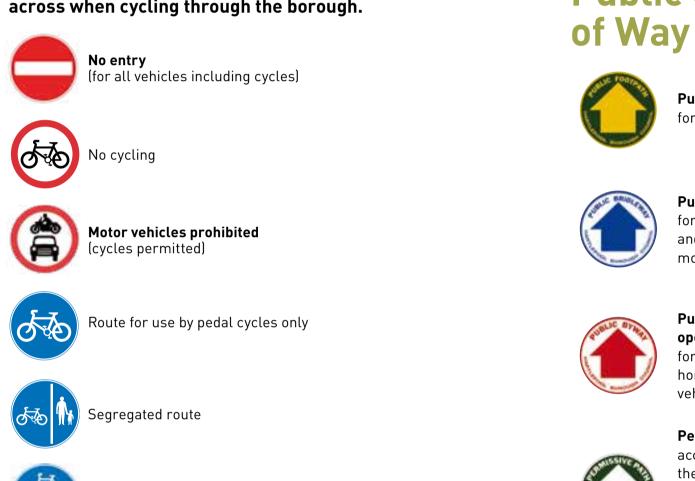


Visit our website **www.letsgoteesvalley.co.uk** for information on ways to travel, tips and resources.



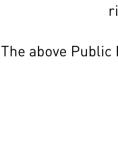
Common signs

Common road signs and markings that you may come across when cycling through the borough.



Shared route for cyclists and pedestrians

With flow cycle lane



Countryside sites

Hartlepool Headland 04

Steeped in history and much loved by bird watchers, the Headland is also a wonderful place for rockpooling or a simple seaside stroll. Visits to St. Hilda's Church and the Heugh Gun Battery (check opening times for both) are strongly recommended. The Headland is well signposted with the England Coast Path National Trail running along its perimeter promenade.

B Dalton Batts 17

Situated to the southeast of Dalton Piercy village, the Batts is an attractive open area adjacent to Dalton Beck. It is of great benefit to

local wildlife and enjoyed by both villagers and ramblers. **Greatham Creek & Saltern Wetlands M11 & M12**

The Creek is now well known for being the most observable of Teesmouth's seal haul out sites, as well as providing wonderful bird watching opportunities. Parking is available at Cowpen Marsh car park situated on the A178 Tees Road, which is also useful for visiting the nearby Seal Sands (M12).

D Spion Kop Cemetery Local Nature Reserve M3 ● P と と CA E ♥ (01429 853325) This historic cemetery now supports species-rich dune grassland with habitat of such quality that it is unique in Hartlepool and rare within the Tees Valley. Access is via Old Cemetery Road, near the junction with West View Road, at the roundabout, on the approach to the Headland.



♥ ♥ ♀ (01429 853325) Hart to Haswell Walkway or Crimdon.

F Summerhill Country Park Local Nature Reserve K6 ∃ ^FMs 🐖 🗾 👬 🖌 🍪 💙 🔵 🌫 科 🦁 🥢 P & ₩ C & ₩ = i A S & E 📈 L 🛃 (01429 853325)

parking.

G The Howls H6 $\mathbf{P} \Leftrightarrow \mathbf{P} \mathrel{\boldsymbol{\Rightarrow}} \mathsf{\boldsymbol{\forall}} \mathrel{\boldsymbol{\Rightarrow}} \mathsf{\boldsymbol{\forall}} \mathsf{\boldsymbol{\forall}} \mathsf{\boldsymbol{\forall}} \mathsf{\boldsymbol{\forall}} \mathsf{\boldsymbol{A}}$ This is one of Hartlepool's few areas of ancient woodland and as such is of immense importance for wildlife and conservation. It is also well worth a visit for its sheer beauty and secluded tranquillity. Access is via a lane to the waterworks just to the northeast of the bridge over the beck at the eastern end of the village of Dalton Piercy.

habitat for many species of birds and invertebrates. Access is gained from Newark Road.

Headland History Trail 04 Around old Hartlepool a number of information points have been located giving aspects of the History of Hartlepool. Follow the boards to find out its history. A leaflet for the walk is available from the Tourist Information Centre (see 'Art Gallery' F for more details). Key to symbols

Enjoy the sights and sounds of an 18th century seaport in the Quay

Trincomalee, England's oldest warship still afloat (there is a charge to

go onboard). Special events run during the year. Open all year round.

(charge) and find out the story of Hartlepool, dating back to 3000

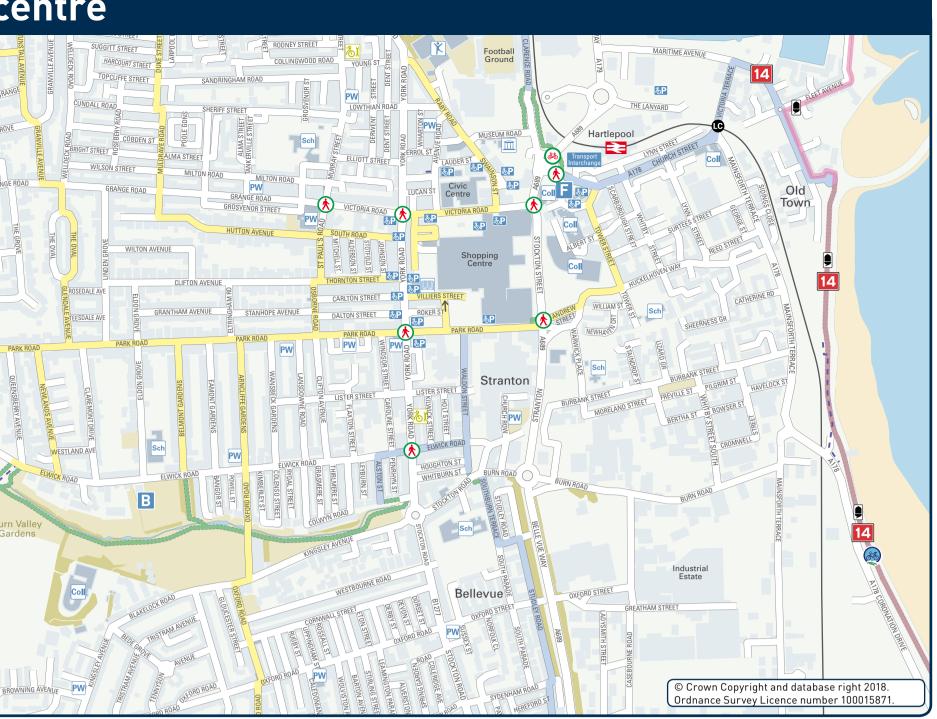
BC, in the free museum adjacent to it. The Quay also has HMS

Η The National Museum Royal Navy Hartlepool 🔤 M5

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Town centre





Public Footpath for walkers only.

Public Bridleway: or walkers, cyclists and horse riders. No motorcycles or cars.

Public Byway (Byway open to all traffic): for walkers, cyclists, horse riders and all vehicular traffic.

Permissive Paths: access allowed with the permission of the landowner-usually for walker and/or cyclists and on occasion horse riders.

The above Public Rights of Way are all shown on the map overleaf

Contacts

Hartlepool Borough Council

1. Responsible for the management, maintenance, repair and improvement of the Public Rights of Way network.

Tel: (01429) 523524

E-mail: rightsofway@hartlepool.gov.uk

Website: www.hartlepool.gov.uk

2. Responsible for developing the cycle route network, cycle parking and route signage and maintenance. **Tel:** (01429) 523259

E-mail: safeonthemove@hartlepool.gov.uk

Website: www.hartlepool.gov.uk

Durham County Council

1. Rights of Way Tel: (0300) 265 342 E-mail: prow@durham.gov.uk 2. Cycling Tel: (0300) 265 309 E-mail: pedalpower@durham.gov.uk

Stockton Borough Council

1. Rights of Way Tel: (01642) 526757 E-mail: egds@stockton.gov.uk 2. Cycling Tel: (01642) 526735 E-mail: egds@stockton.gov.uk

Let's Go Tees Valley Tel: (01325) 405040 E-mail: info@letsgoteesvallev.co.uk Website: www.letsgoteesvalley.co.uk

Sustrans

Responsible for the construction and co-ordination of the

National Cycle Network. Tel: (0191) 261 6160 E-mail: sustrans.northeast@sustrans.org.uk Website: www.sustrans.org.uk

Ramblers Association

Registered charity which promotes rambling, protects rights of way, campaigns for access to open country and defends the countryside. Tel: (020) 7339 8500 E-mail: ramblers@ramblers.org.uk Website: www.ramblers.org.uk

Produced by FourPoint Mapping for Let's Go Tees Valley Whilst every effort has been made to ensure the accuracy of these maps, Let's Go Tees Valley, Hartlepool Borough Council, Durham County Council, Stockton Borough Council, FourPoint Mapping and partners cannot be held responsible for any errors or omissions. Users of these routes do so at their own risk.

E Hart Warren Dunes Local Nature Reserve & North Beach L1, L2 & M2

Situated south of Crimdon, this beautiful area of calcareous grassland and dune supports many rare plants and animals as well as providing spectacular coastal views. The rare little tern has a wardened breeding colony nearby. These dunes are accessible from either the

A 103.5 acre Countryside Park offering a unique blend of nature reserve, quiet walks and outdoor sport. The Countryside Park is open 7 days a week. Summerhill is an ideal gateway to the wider countryside and is located just off Catcote Road on the western edge of Hartlepool. There is ample



Greatham Beck Local Nature Reserve K9

A lovely wildlife corridor running along the western edge of the Fens Estate. It is a peaceful haven for nearby residents as well as providing Seaton Common Local Nature Reserve 09 **P** & ₩ **A W** ★ (01429 853325)

The Common is home to vast numbers of resident and migratory wading birds, as well as invertebrates and mammals such as brown hare. It has historical interest in the relics of a once thriving salt industry and an old sea wall. The site can be viewed from the North Gare Access Road and Seaton Bridleway between the golf club and the North Gare car park.

I Seaton Dunes Local Nature Reserve P9 **P 𝔅 — ● ♣ 𝔅 (01429 853325)** One of the largest dune systems between Lindisfarne and the

Humber, Seaton Dunes provides a haven for numerous plant and butterfly species. These in turn attract nature lovers who appreciate the feeling of wildness and space that the dunes offer. Access is from either Seaton coach park or the North Gare car park.

K Hart to Haswell Walkway Local Nature Reserve J1 & K1 **P** → **●** ♣ ♀ ♀ **E □** (01429 853325) This beautiful disused railway line extends north westwards from Hart Station towards Haswell. It provides a mosaic of woodland,

ponds and glades which attract up to 24 species of butterfly. Limited parking is available on Ocean Road, but please park with consideration for residents.

Teesmouth National Nature Reserve & Seal Sands 010 & N12 North area $\mathbf{P} \not\in \mathbf{P} \note f \in \mathcal{A}$ South area P& South area

Covers 3.5 square kilometres (approximately 9,000 acres) in two sections, at North Gare and Seal Sands and comprises grazing marsh, wet grassland, sand dunes and tidal flats; access to the north area is from the "North Gare" car park east of the A178 Tees Road; access to the 'south' area is from the RSPB car park, situated next to the A178 (Tees Road), south of Greatham Creek.