

Seaton Snooks Stroll

Seaton Carew - Seaton Snooks Circular Distance approximately 3.5 miles

Starting in Seaton Carew. facing the sea 1, turn right and follow the main road passing Seaton Carew Golf Club on your left. Past the golf club entrance, turn left and go through an A-frame barrier marked with a blue arrow sign for the Public Bridleway 2. Follow the enclosed path with the golf course on your left. Go through another A-frame barrier and pass the North Gare car park 3 on your right. Go through another A-frame barrier to the left onto the golf course. take care when crossing the fairway and take the track to your right 4. You have now entered into Teesmouth National Nature Reserve.

Follow the track down to an A-frame barrier next to a gate and pass through onto a tarmac road (Zinc Works Road) opposite the factory **5**. Turn right and continue along this road until you come to a 'Y' junction close to the main road. A public footpath is signposted to the right beside a gap in the fence, leading to a gate 6, which takes you onto Seaton Common (Seaton Snooks). This path can be flooded during the winter and in prolonged wet weather. As an alternative, you can go through the gap but take a left before the gate. This will lead you along an enclosed permissive footpath running parallel to Tees Road from point 6 to point 2.

In drier conditions follow the signed footpath across the Common. Cross over a bridge and head towards a gate at the North Gare car park access road , go through and follow the footpath signs ahead.

After crossing another bridge
you should see a stile
onto the Public Bridleway

9, cross the stile and turn left to retrace your steps back into Seaton Carew.

Seaton Common and Dunes Local Nature Reserve is home to a vast number of resident and migratory wading birds, as well as invertebrates and mammals. The Common holds much historical interest including the relics of the once thriving medieval salt industry. ridge and furrow field systems and old sea wall. Across the golf course you will find Seaton Dunes, one of the largest dune systems between Lindisfarne and the Humber, providing a rich and varied habitat for many plants and animals including Purple Milk Vetch and Curlew.

