

START - CP 1 Site of the Golden Lion Pub at South Hylton

Approx. 6.25 miles

This year race headquarters is at St Nicholas church community centre near the Barnes Toby carvery.

The start is on the footpath below Richard Avenue school (leave the community centre and turn right and look for the telephone box and blue way marker.)

From the start it is a straight forward tarmac path, after about ½ mile it dips down to cross Eden House Road. Cross the road and re-join the footpath. After about 300 yards you reach the A183 Chester Road. Turn right and head towards the city centre. After passing the university buildings, you reach a busy road junction with multiple traffic lights. Cross road and turn left along pedestrianised area between Travelodge and Sunderland Minster. Turn right at the end on to High Street and past the Dunn Cow then The Peacock pubs, turn left into Kiel Square. Cross St Mary's Way turning right to head for the Wearmouth Bridge.

Cross the bridge and at the end turn left under St Peters metro station heading left to the small car park. Find the red tarmac path in the corner and head down the path to the riverside, turning right on to the riverside path. Continue along this riverside path until you reach a steep tan coloured path. Up this steep path round the large metal gate onto Wayferer Road. Follow this short road for 50 metres past the electricity substation the turn right signposted (blue) C2C west then in 30 metres turn left heading for a tunnel.

Follow tree lined C2C path for about a mile, when it reaches Hylton Park Road you should see the Northern Spire bridge. As you approach the Northern Spire bridge go under the bridge then turn right to take the ramp up on to the bridge. Cross the bridge and at the far end at the traffic lights take the path heading up Paul Watson Way.

Continue up this bank and at the roundabout do not pass under the metro line but take the new tarmac path (flanked by metal fences) that runs parallel to the metro. After 100m this opens to a steep grassy field. Turn right diagonally downhill to find a gap in the bushes below the cliffs (Claxheugh Rock) that will take you down to open grassy area alongside the river. Head for the boat house (keep to its left) find and follow the path alongside the river. Continue on this path taking RH fork at any junction until you arrive at the small red block car park CP1 Pub / Restaurant (under construction).

CP1 South Hylton - CP 2 West Herrington

Approx. 8.1 miles

From CP1 continue on gravel road with the River Wear on your right under A19 road bridge, passing white painted houses on left. At the stile / signpost take the riverside path signed Mt Pleasant. The tree lined route follows a large bend in the river and then opens up onto a large field. When you reach the stile at the end of this field take the left-hand path (Mile Lonnen – means mile lane) heading uphill away from the river. For most of the path Wearside Golf club will be on your left. After about a mile you reach some buildings and the old railway line to Washington. Turn right onto the railway line. After about ½ mile you pass under a bridge and through a wooded area by the riding school. At the road turn right (care there is no footpath) heading (eventually a steep downhill) for the river at Coxgreen.

At the bottom of the hill turn left, at the green footbridge cross over river and head Left across the small carpark taking the path closest to river bank.

Continue on this path as it widens and follows the river on your left under the viaduct and eventually towards a small group of terraced houses at Fatfield. At the road junction turn Left across road bridge and then immediately Left back onto a footpath on the south side of the river. (Race marshal point). Continue along this path now with the river on your left back under the viaduct. About 500 metres, after passing under the viaduct, the you reach a path through the trees to the right up a short set of steps (orange markers)

Climb the steps through the trees and continue straight ahead across field ahead turning right in the corner. You will see farm buildings and stables ahead of you. As the path opens take the kissing gate in the farm yard on the left and follow the well-trod path diagonally across next field. Once over stile / gate you will see Penshaw monument above you straight ahead. Cross the road to follow footpath sign up hill on clear path ahead keeping to the right of the hedge line. At top of field turn cross stile and turn left onto track. After approx. 100yds turn slightly right then take steps on left through kissing gate up to the monument.

At the monument turn right and take steps and path back downhill to the wooden gate. Through gate onto minor road and then the path to the roundabout on the main road. Cross this main road towards Herrington country park.

Take the first entrance on the left over the low metal barrier with the red and white sign “no parking in this area” after 100 metres of tarmac take the tree lined gravel path. When you reach the red dog bin the field opens out take either of the two gravel tracks on the left. Just after bend in path turn left and enter woods over broken stile. Take the left hand narrow path through woods for 1/3rd of a mile. When you reach the wide bridlepath turn right and after 100 metres you reach 3 boulders and a galvanised low metal gate. At this gate turn left back into the park and follow the gravel path for 1/3rd mile. At the black litter bin turn left then after 250 metres turn right to follow the signed path (public bridleway New Herrington). After passing by Stack Yard pub on the right turn left onto main road and cross straight over to CP2.

CP2 West Herrington to CP 3 Burdon Village

Approx. 6.5 miles

Leave CP2 and head along track through the woods signed Newbottle. After 300 yds. take right hand narrow trail and continue ahead. Keep on this trail with open fields on your right and steep wooded hill on your left. As path narrows and goes uphill ignore dog walkers' path downhill on the right. Keep on this path as it narrows steepens and bends to the left. At the top of this path there is an obvious 90-degree right turn. Follow this path until you reach the main road (high lane). At the stile and signpost turn right onto high lane, crossing the road onto the footpath. Follow this lane for 0.4 miles until you reach Cathedral View.

Turn left and at bottom of the road take the narrow alley way between the houses and out onto the field. Straight ahead about 3/4 mile is the edge of Houghton quarry and the landfill site. Follow the path straight ahead downhill and then uphill to the fence line at the landfill site. Turn left along this grassy path to find a gap which after 250 metres comes out onto the layby at the top of Houghton Cut. Head right at the two boulders up the grassy path. Continue up this path keeping metal fence on your right and over small wooden bridge before heading down hill at the yellow sudden drop sign. You will cross another wooden bridge past a metal fence and reach a tarmac path. From here head left heading for the A690 underpass.

Once through underpass go left onto Balfour Street, at the bottom it curves to the right (becomes Elizabeth Street) then after 200yds slightly uphill. Turn left before no entry signs onto Edwin Street and Gravel Walks. Follow road downhill to end of allotments and turn left at the Houghton depot. Continue straight ahead past the garages and the industrial units to small set of steps up to housing estate and continue on road uphill towards the farm for 400yds. With the farm on your right go through the small wooden gate following the sign to Warden Law. Your target is the buildings over a mile away directly in front of you on the skyline. You will follow Houghton Burn; however, this is overgrown so you cannot see any water just a line of trees / bushes. Start on the right side of the burn then after 600 metres the path switches to the left of the burn. This path seems to end as the farmer has ploughed it, however. keep to the edge of this cultivated field. You will come to an old stile on your right (orange tape and yellow public footpath sign).

Cross the stile into a small overgrown boggy paddock. You are heading for a stile in the corner but this is hidden so head for the barbed wire fence then turn left downhill to the stile (orange tape). Cross this to a large open field uphill to Warden Law Farm. Through the wide alley way and turn right onto road way for 10yds then cross the waymarked stile follow faint muddy path past stables across another waymarked stile (Fence is electrified). Then straight ahead across wet field towards the trees.

Cross the 2 stiles in the corner of this field. Follow the path straight ahead slightly uphill through the trees (orange tape) (path to its left comes out at the Kart track also). Continue on this path with the Karting centre below you on the right eventually coming out onto Hangman's Lane. Turn right and head up and over hill past the Karting centre. Continue to cross-road and turn left keeping to RH grass verge past the bus stop for safety. After 600 yds (at blue County Durham Road sign) cross the main road and take the road to your left. Ignore the first road on left but take second wide road (at the sign that display Sharpley Golf – Parking") on the left to Old Burdon Hamlet. Keeping straight ahead through this hamlet which opens to a country lane. From there take the road ahead to cross over A19 and turn right on road to Burdon Village (approx. 3/4 mile via road). Head past the main Hall and houses and take RH fork in road to reach CP3.