**CP5 Seaham Hall to Finish**

**Approx Distance: 7 mile**

**Cut off time TBC**

Head back down the steps you have just climbed but half way down turn left onto the gravel path crossing a small stream and take the zig zag path up to the cliff top. Continue northwards along this coastal path taking care not to get too near the edge. After approx 1km the path turns left and narrows as it heads towards some steps up to the main road (B1287). Turn right for 100 metres on pavement then turn right again (don’t go under the road bridge) on wide gravel path back to the cliff top passing the two red and yellow signs, turn left, N, on the costal path for 700 metres. Turn left here rather than dropping down the grassy bank, follow rough track down to railway tunnel, head through this to main road and turn right along pavement passing first the Village Green, The Albion Pub and The Forge Garage. Very carefully cross the road here and take the track signed Silksworth/City Centre (Blue Sign).

Follow track for approx 1km, crossing a road bridge, to the building (Boxing Club) and the Pit Wheel Monument. Continue straight ahead on the signed path towards Sunderland ignoring any paths off to the right and left. After 250 metres you reach a crossroads with three metal posts, again go straight ahead ignoring the tarmac and grassy routes right and left.

Continue along, the track narrows (old railway cutting) for approx 500 metres to a clearing on your right and a gap in the metal barrier taped/marked? Take narrow right hand path up steep hill to junction through the trees. Turn left here and the path bends right and uphill, you will reach a gap in the trees and a well worn route to the Trig Point at the top of Tunstall Hill.

The Mandatory Route down, after touching the Trig Point is turn left and back on yourself and carefully down a narrow path to and through the trees.

Step through the boulders and continue straight ahead, ignoring left and right, towards the black metal fence, the track swings left and after approx 100 metres take the right hand path along the edge of the farmers field, drop onto the tarmac road, turn left to the main road and turn right down to the roundabout. Carefully cross Leechmere Road (B1405) and straight down Strawberry Bank to next roundabout. Go straight over this roundabout and along Tunstall Road/Thornhill Crescent to the large main large City Centre roundabout. Cross at traffic light and turn left towards ‘Unique’ Bar. Pass ‘Unique’ on your right to next pedestrian lights. Cross road here and follow path left into Albion Place and cross next set of lights (just before Wetherspoons) and head down Green Terrace.

At next junction turn right towards Bridges Car Park but then, carefully, cross road and head into Minster Park. Go straight ahead with Sunderland Minster on your left to junction at Dun Cow Pub, turn right here to go between The Fire Station and The Peacock into Keel Square. Use the traffic lights to cross the very busy St Mary’s Boulevard. Turn immediately right in from of The City Hall and continue carefully along pavement bearing left onto the Wearmouth Bridge.

Once over the bridge take the first left under the Metro line at St Peters Station. Continue onto Sheepfolds North then turn right into Hay Street towards Stadium of Light. Cross Millennium Way and continue straight ahead with Stadium immediately to your left. Keep going straight ahead between the Aquatics Centre and The Hilton Hotel to the ramp, go up this and the finish is at the doors of The Beacon.