**Start Beacon of Light to CP1 South Hylton**

**Approx. 3.8 miles**

**Cut off time: TBC**

Start is at bottom of ramp at the Beacon, turn immediately left and go along Kier Hardie Way on wide footpath keeping left away from road. As you approach the pedestrian lights the path drops away from the road then climbs slightly, continue along here (blue and red route 7 sign), do not go down into allotments. At the end of the allotment fence bear left and immediately right (blue sign).

Follow this and at the path junction keep going straight ahead past the billboards at the corner of the car lot. Straight ahead through subway and up little bank on other side, straight across the footpath junction under another subway. Follow this long footpath for just over 1 km until you reach the main road then bear right, don’t cross the road but stay on the footpath until you reach the Spire Bridge. As you reach a fork in the path take a left to go under the Spire Bridge. Immediately under the bridge turn right and up the steps and onto the Spire bridge. Cross the Spire bridge.

Once over the bridge you are turning right up Paul Watson Way, Use the traffic lights to cross the road safely and stay on the footpath all the way up to the roundabout. Don’t go under the road bridge to your left, use the pedestrian crossing points and go up the footpath straight ahead. Go up this tarmac path to a boulder in middle of path this then turns to a gravel path that continues slightly uphill. At top of bank, at end of metal fence turn right and go downhill towards the river. At bottom of grassy bank the path bears left into the tress, follow the path West with Claxheugh Rock on your left and the river on your right. At the boulders at end of path keep going straight ahead on the tarmac path, don’t turn right yet (dead end). After approx 100 meters as the road bears left, at the sign for the Heritage Way turn right across the grass to rejoin the river path heading West. This path turns to a gravel path, follow this towards South Hylton. There are a number of small rocks to be aware of, be careful along here.

At a small pumping station go straight through the two black pedestrian gates and stay on the riverside path. At the next pedestrian gate take righthand fork to stay on river edge path. At large Anchor again take the righthand fork and continue along to Checkpoint which is in the carpark adjacent to the burnt out Golden Lion Pub.