

FEELING ADVENTUROUS? GET ACTIVE AND EXPLORE HARTLEPOOL



✓ CYCLE ✓ WALK

CYCLE ROUTE 2 DETAILS

This is a easy difficulty cycling route that is flat and mainly on cycle paths. Take in the scenic South of Hartlepool!

PLEASE REMEMBER TO :

Respect Other People

This route uses paths shared with walkers. When cycling, you must give way to walkers and always consider other people enjoying the outdoors. Leave gates and property as you find them.

Protect the Environment

Leave no trace of your visit, take your litter home, and keep dogs under effective control.

Enjoy the Outdoors

Plan ahead and be prepared!
Follow local signs and advice.



DISCOVER ALL OF OUR WALKING
AND CYCLING GUIDES AT:

www.explorehartlepool.com

Explore Hartlepool



TEES VALLEY
COMBINED
AUTHORITY

TEES VALLEY MAYOR

Map created by www.abbyandowen.com

For further information on Public Rights of Way in
Hartlepool, contact the Countryside Access team:

☎ 01429 523524

✉ rightsofway@hartlepool.gov.uk

Please ask us if you would like this leaflet in
another language or format.



HARTLEPOOL SOUTH

~ CYCLE ROUTE 2 ~

- Marina
- Seaton Carew
- Seaton Common
- Teessmouth Nature Reserve



Approx:
4 Miles



SOUTH CYCLE TRAIL

APPROX : 4 MILES



This is a flat, easy cycling route on mostly traffic-free cycle paths. Beginning at Hartlepool Railway Station, you'll visit The Marina, and follow the splendid promenade that runs adjacent to the beach all the way to Seaton Carew! Take in the Seaton Common dune system, before ending at a fabulous wetland habitat, Teesmouth Nature Reserve.



Scan the QR code to get a taste of the route via our head-cam style leader.



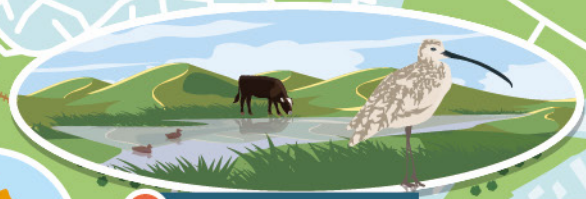
1 TEES AND HARTLEPOOL YACHT CLUB



2 SEATON CAREW PROMENADE



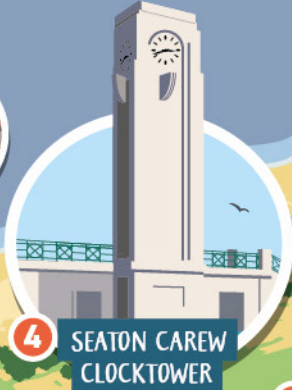
3 LOFTY'S CRAZY GOLF



6 SEATON COMMON AND DUNES NATURE RESERVE



5 SEATON CAREW GOLF CLUB



4 SEATON CAREW CLOCKTOWER



7 TEESMOUTH NATIONAL NATURE RESERVE



CYCLE SOUNDS

Pay attention to all the sounds you can notice. What's the loudest sound you can hear? What's the furthest away sound that you can make out?



CYCLE SCENTS

Follow your nose! Notice what aspects of the environment you can smell, from the delicious aroma of the chippy to the scent of the sea air. How does it make you feel?



REFRESHMENTS

Refreshments can be found all along The Front at Seaton Carew.

CAN YOU SPOT (or photograph!)

<input type="checkbox"/> x3 bird species	<input type="checkbox"/> x3 boats out at sea
<input type="checkbox"/> A coloured flag	<input type="checkbox"/> x3 wildflower species
<input type="checkbox"/> An ice cream	<input type="checkbox"/> A seal

