

see *Countrywide, England, Durham and Northumberland*

**NCN Discover Series Cycle Route Map: Hadrian's Cycleway (NCN 72)**

See *England*

**Cycling Hadrian's Wall Country**

See *Northumberland (7/11)*

**Newcastle upon Tyne Cycling Map** FREE (Second Edition 2009, CycleCity Guides) or download from

[www.tyneandwearltp.gov.uk/maps/](http://www.tyneandwearltp.gov.uk/maps/)  
Newcastle City Council. ) 0191 277 8907 (7/11)

**Exploring Hadrian's Way, The Riverside Route** download from

[www.newcastle.gov.uk/wwwfileroot/regen/routes/The\\_Riverside\\_Route\\_Map.pdf](http://www.newcastle.gov.uk/wwwfileroot/regen/routes/The_Riverside_Route_Map.pdf)  
12 mls between Segedunum Fort at Wallsend and the Tyne Riverside Country Park at Newburn

**Exploring Hadrian's Way, Stephenson's Track** download from

[www.newcastle.gov.uk/wwwfileroot/regen/routes/Stephensons\\_Track.pdf](http://www.newcastle.gov.uk/wwwfileroot/regen/routes/Stephensons_Track.pdf) (2MB)  
4 ml circuit from Tyne Riverside Country Park, Newburn to Wylam and return (7/11)

**North Tyneside Cycling Map** FREE (Second Edition 2009, CycleCity Guides) or download from

[www.tyneandwearltp.gov.uk/maps/](http://www.tyneandwearltp.gov.uk/maps/)  
Cycling Projects Officer, North Tyneside Council. ) 0191 643 6086. Email: [cycling@northtyneside.gov.uk](mailto:cycling@northtyneside.gov.uk) (7/11)

**Gateshead Cycling Map** FREE (Second Edition 2009, CycleCity Guides) or download from

[www.tyneandwearltp.gov.uk/maps/](http://www.tyneandwearltp.gov.uk/maps/)  
**The Keelman's Way Cyclist & Pedestrian Guide** FREE (2001)  
Wylam Station/Bill Quay (OS 88, GR 120 645/29 62) 14 mls (parts NCN 14)  
Gateshead Council. ) 0191 433 3108. Email: [neilfrier@gateshead.gov.uk](mailto:neilfrier@gateshead.gov.uk) (7/11)

**Derwent Walk Country Park and Derwenthaugh Park** FREE LEAFLET (September 2009) or download from

[www.gateshead.gov.uk/DocumentLibrary/Leisure/Leaflets/countryside/Derwent.pdf](http://www.gateshead.gov.uk/DocumentLibrary/Leisure/Leaflets/countryside/Derwent.pdf)  
Derwenthaugh Park cycle route (NCN 14) & Derwent Walk, Rowlands Gill/Swalwell (parts NCN 14)  
Maps, Information, History Trail, Walking, Cycling & Horse Trails

**Watergate Forest Park Local Nature Reserve** FREE LEAFLET (June 2011) or download map from

[www.gateshead.gov.uk/DocumentLibrary/Leisure/Countryside/Wildlife/countryside/WatergateMap.pdf](http://www.gateshead.gov.uk/DocumentLibrary/Leisure/Countryside/Wildlife/countryside/WatergateMap.pdf)  
including Washingwell Wood and Buckshill Plantation  
includes Watergate Riders' Route 3m circle (OS 88, GR 22 60)  
Thornley Woodlands Centre, Rowlands Gill. ) 01207 545212 (9/11)

**Chopwell Woodland Park Cycling guide and map** download from

<http://ch.visitnortheastengland.com/mtb/downloads> (7/11)

**South Tyneside Cycling Map** (Second Edition 2009, CycleCity Guides) or download from

[www.tyneandwearltp.gov.uk/maps/](http://www.tyneandwearltp.gov.uk/maps/)  
Transport Futures, South Tyneside Council. ) 0191 424 7666. Email: [trevor.male@southtyneside.gov.uk](mailto:trevor.male@southtyneside.gov.uk). (7/11)

**Bede's Cycle Way** FREE LEAFLET (2005) or download from [www.southtyneside.info/CHttpHandler.ashx?id=3359&p=0](http://www.southtyneside.info/CHttpHandler.ashx?id=3359&p=0)

Cycle Bede's Way and enjoy a great day out. 13 mls (waymarked) from St Peters, Wearmouth to St Pauls, Jarrow  
Tourist Information Centre, South Shields. ) 0191 454 6612. Email: [museum.tic@s-tyneside-mbc.gov.uk](mailto:museum.tic@s-tyneside-mbc.gov.uk) (9/11)

**Sunderland Cycling Map** FREE (Second Edition 2009, CycleCity Guides) or download from

[www.tyneandwearltp.gov.uk/maps/](http://www.tyneandwearltp.gov.uk/maps/)  
Development & Regeneration, City of Sunderland. ) 0191 561 2450/1576 (7/11)