Welcome to the North Tyneside cycle map, and its on- and off-road cycle routes. Whether you are cycling for business or pleasure, using our ever expanding network of routes we trust that this map will help you to travel from A to B safely and efficiently. The other five maps are covering the whole of Tyne and Wear and South East Northumberland.

North Tyneside is host to 3 major routes and the International and National cycle routes. The Silverlink North Quadrant East Cycle Network Officer Tel: 0191 643 6086 graeme.clark@northtyneside.gov.uk www.cycle-routes.org/hadrianscycleway www.reivers-guide.co.uk

Go Smarter is the sustainable transport programme for Tyne and Wear. Go Smarter encourages daily journeys to school and work. For more information and to use the Go Smarter journey planner, please visit: www.gosmarter.co.uk

Entering North Tyneside from Blyth (near Whitley Bay Lighthouse) this international route travels South to Cullercoats, Tynemouth and the Fish Quay where you can catch the Local Ferry to South Shields. Alternatively you can head West on routes 10 and 72 to the International Ferry Port, Newcastle Quayside and beyond.

This route joins North Tyneside from Newcastle near Percy Main, passing Newbiggin-by-Sea, Blyth Whitley Bay Lighthouse, and 72 to the International Ferry Port, Newcastle Quayside and beyond. Heading North Westerly this Historic route travels through the Waggonways of Segedunum Roman Fort (Wallsend) passing Willington Quay, Hebburn and The International Ferry Port at North Shields Fish Quay. You can then cross the Tyne to South Shields and Arbeia Roman Fort via the Local Ferry at South Shields. Alternatively you can head West on routes 10 and 72 to the International Ferry Port, Newcastle Quayside and beyond.

Continues to Whitehaven in Cumbria.

In North Tyneside from the Fish Quay passing The International Ferry Port, Percy Main, Shiremoor, Burradon, Weetsade Country Park and Seaton Burn. You can then cross the Tyne to South Shields and Arbeia Roman Fort via the Local Ferry at South Shields Fish Quay.

Please cycle responsibly, according to the Highway Code.