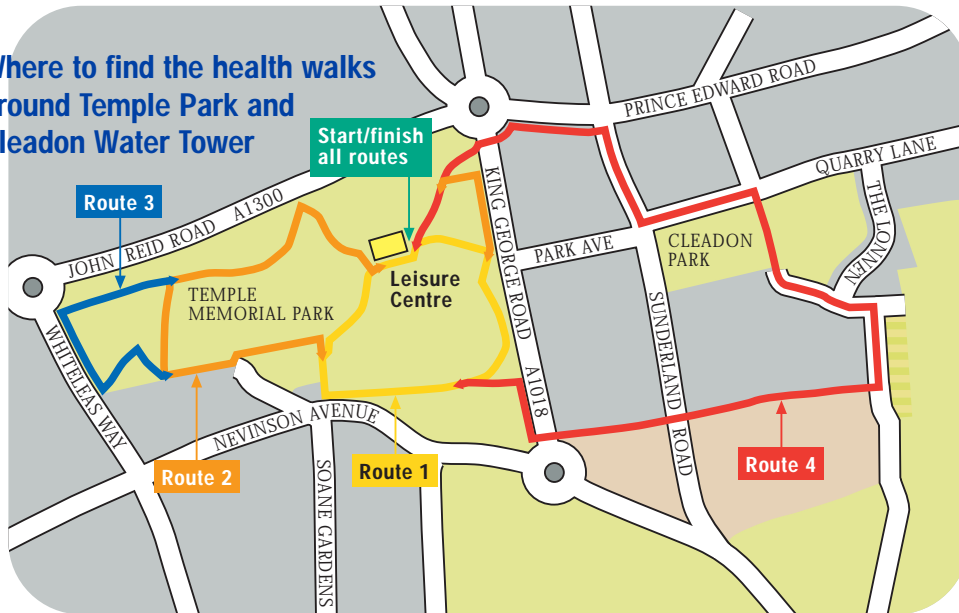


Where to find the health walks around Temple Park and Cleadon Water Tower



Key to symbols used throughout the maps

-  Bus stop
-  Car parking
-  Cross section (incline across a footpath)
-  Public house
-  Seat
-  Sculpture
-  Slope down (including gradient)
-  Slope up (including gradient)

Walk your way to better health

Half an hour of brisk walking on most days can:

Improve - weight control, stamina, confidence, life expectancy, posture, energy, self-esteem and community spirit.

Reduce - heart disease, stroke, diabetes, high blood pressure, bowel cancer, arthritis, anxiety and osteoporosis.

Furthermore, almost everyone can do it, you don't need any special equipment, it's easy and it's free! So why not take the first steps around Temple Park healthy walks, but remember not to overdo it. Start slowly and build up gradually. **Aim to walk for half an hour on most days, at a pace that makes you breathe a little faster, feel a little warmer and have a slightly faster heart beat.** Walking doesn't have to be 'hard' - you should be able to carry out a conversation quite easily as you go, so why not go with a friend or your family? The potential benefits of walking are far greater than any risks but if you haven't been active for some time, or are concerned about your health, check with your doctor before you begin.

Getting to the Health Walks

All the walks start at the entrance to Temple Park Leisure Centre where there is an information board about the Health Walks. There is a car park at the Leisure Centre, which is patrolled. There is a small charge for parking.

Local buses serve King George Road, Nevinson Avenue and Whiteleas Way on a regular basis from South Shields. The nearest Metro Station is Tyne Dock which is about half a mile from the north west area of the Park near Whiteleas Way. Contact North East Travel Line 0870 608 2608 for more information.

Getting around the Health Walks

The walks have been designed with everyone in mind, including people with pushchairs and wheelchair users. Each route has been fully surveyed to identify surface types, any slopes and steps. This information is indicated on each map to help people decide if they can negotiate a particular walk before ever leaving home.

Temple Park Leisure Centre

The centre has a café that is open to the general public between 11.00am-7.00pm on weekdays and 11.00am-5.00pm at weekends. Male, female and disabled toilets are available. The Centre is one of the best in the region and includes the popular Leisure Pool and Bodywise Fitness Suite, plus a host of other facilities and activities for all ages. For further information visit the Centre or call (0191) 456 9119.

Walking Works Wonders in South Tyneside

This project is a partnership between South Tyneside Council, South Tyneside Health Promotion Service, South Tyneside Primary Care Trust, Age Concern South Tyneside, Groundwork South Tyneside and the Walking Your Way to Health Initiative.

Over the next three years the partners are planning to build on the success of last year's Monkton Health Walks to create eight sets of health walks around the Borough, including this one at Temple Park. Each walk will be waymarked to a very high standard and also for each, a self-guided leaflet is being created. Most importantly, the walks are being developed in partnership with local communities.

So why not take the first step towards a healthier lifestyle while enjoying the free air and the countryside on your doorstep?

The project will also be building a network of volunteer walk leaders who will offer a range of led health walks throughout the year. All volunteer walk leaders will receive free training in First Aid and walk leadership, free equipment and travel expenses.

For further information about becoming a volunteer walk leader contact Ruth Nolan tel: (0191) 456 6903.

Walk 1 Shortest Stroll

Distance 1.8km (1.1miles) Time: 40 minutes



Route

The walk starts and finishes at the Health Walk information board outside the entrance to Temple Park Leisure Centre. To complete this walk follow the **yellow** circular markers.

From the start take the path along the side of the centre with the five-a-side pitches on your left. Where the path splits into two take the right fork around the back of the centre and follow the path up the short slope to the next crossroad. Carry straight ahead up the short steep slope and continue ahead with the rough BMX track on your right. Follow the path down the side of the school playing field until you reach Nevinson Avenue, turn left along the pavement until you reach the bus stop then turn left back into the park. Continue along the path with the football pitches on your left. Carry straight ahead at the next two junctions until you reach a stone sculpture where you need to bear left along the eastern side of the park. When you reach the next junction take the right fork and the next right fork heading down a small slope to a path junction near the road. Turn left along the path past the children's play area back to the centre.



The Parkland

As well as a sports centre and playing fields, Temple Park also has large areas of scrub, tree planting and wildflower meadows that are surprisingly natural in character and hold a fascinating variety of wildlife.

In 1961, the Ecclesiastical Commissioners gifted the Park to the people of the Borough, in recognition of the part they had played in winning the 1939-1945 war at sea. The park is named in memory of a former Archbishop of Canterbury, Bishop Temple.

Walk 2 Toddle about the Temple

Distance 3.4km (2.1miles) Time: 1hr 15minutes



Route

The walk starts and finishes at the Health Walk information board outside the entrance to Temple Park Leisure Centre. To complete this walk follow the **orange** circular markers.



From the start take the path along the side of the centre with the five-a-side pitches on your left. Where the path splits into two take the right fork around the back of the centre and follow the path up the short slope to the next crossroad. Turn right heading towards John Reid Road and just before you reach the road take the second path on your left that goes around the rear of the new Fire Station. Continue past the station to the next junction where you need to take the second path on the right up the small hill to the next junction by the pond. Turn left past the pond, heading towards Manet Gardens then go straight over the path junction until you reach the road near the "Fossil" sculpture. Turn left up Manet Gardens to the "Frog" sculpture, just before the school, where you need to turn left and re-enter the park. After about thirty metres you will see a wide grass path on your right. Take this path

until you reach the far end of the school field. Turn right along the tarmac path down to Nevinson Avenue, turn left along the pavement until you reach the bus stop, then turn left back into the park. Continue along the path with the football pitches on your left. Carry straight ahead at the next two junctions until you reach a stone sculpture where you need to bear left along the eastern side of the park. When you reach the next junction take the right fork and the next right fork heading down a small slope to a junction near the road, then carry on straight ahead up to the access road, then turn left along the pavement back to the Centre.

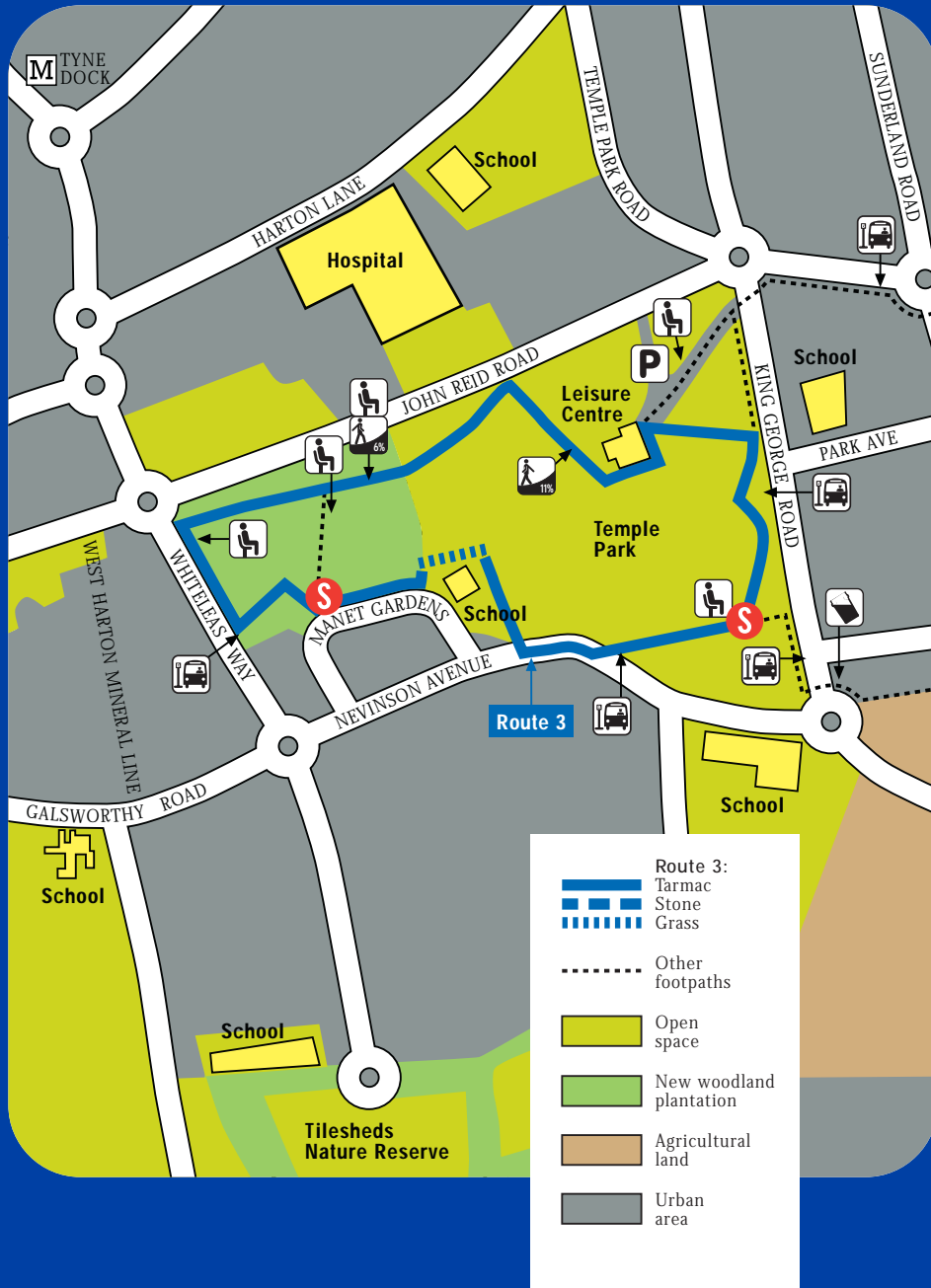
The Pond

The main pond, though small, is used by myriad life including frog, palmate newt and the spectacular southern hawker dragonfly. The skylark's glorious song can be heard all summer, whilst the wetter areas provides home to the distinctively marked reed bunting and the sedge warbler with its continuous scratchy song.



Walk 3 Meander over the Meadows

Distance 3.9 km (2.5 miles) Time: 1hr 30 minutes



Route

The walk starts and finishes at the Health Walk information board outside the entrance to Temple Park Leisure Centre. To complete this walk follow the **blue** circular markers.

From the start take the path along the side of the centre with the five-a-side pitches on your left. Where the path splits into two take the right fork around the back of the centre and follow the path up the short slope to the next crossroad. Turn right heading towards John Reid Road and just before you reach the road take the second path on your left that goes around the rear of the new Fire Station. Continue past the station to the next junction where you need to take the right fork up the small hill to the next junction by the pond. Carry straight ahead towards Whiteleas Way and when you reach the road turn left along the pavement for about 200 metres until the next path into the park on your left. Turn along the path and at the next junction turn right to Manet Gardens and the 'Fossil' sculpture. Turn left up Manet Gardens to the 'Frog' sculpture, just before the school, where you need to turn left and re-enter the park. After about thirty metres you will see a wide grass path on your right. Take this path until you reach the far end of the school field. Turn right along the tarmac path down to Nevinson Avenue, turn left along the pavement until you reach the bus stop, then turn left back into the park. Continue along the path with the football pitches on your left. Carry straight ahead at the next two junctions until you reach a stone sculpture where you need to bear left along the eastern side of the park. When you reach the next junction take the right fork and the next right fork heading down a small slope to a junction near the road, then turn left along the path past the children's play area back to the centre.



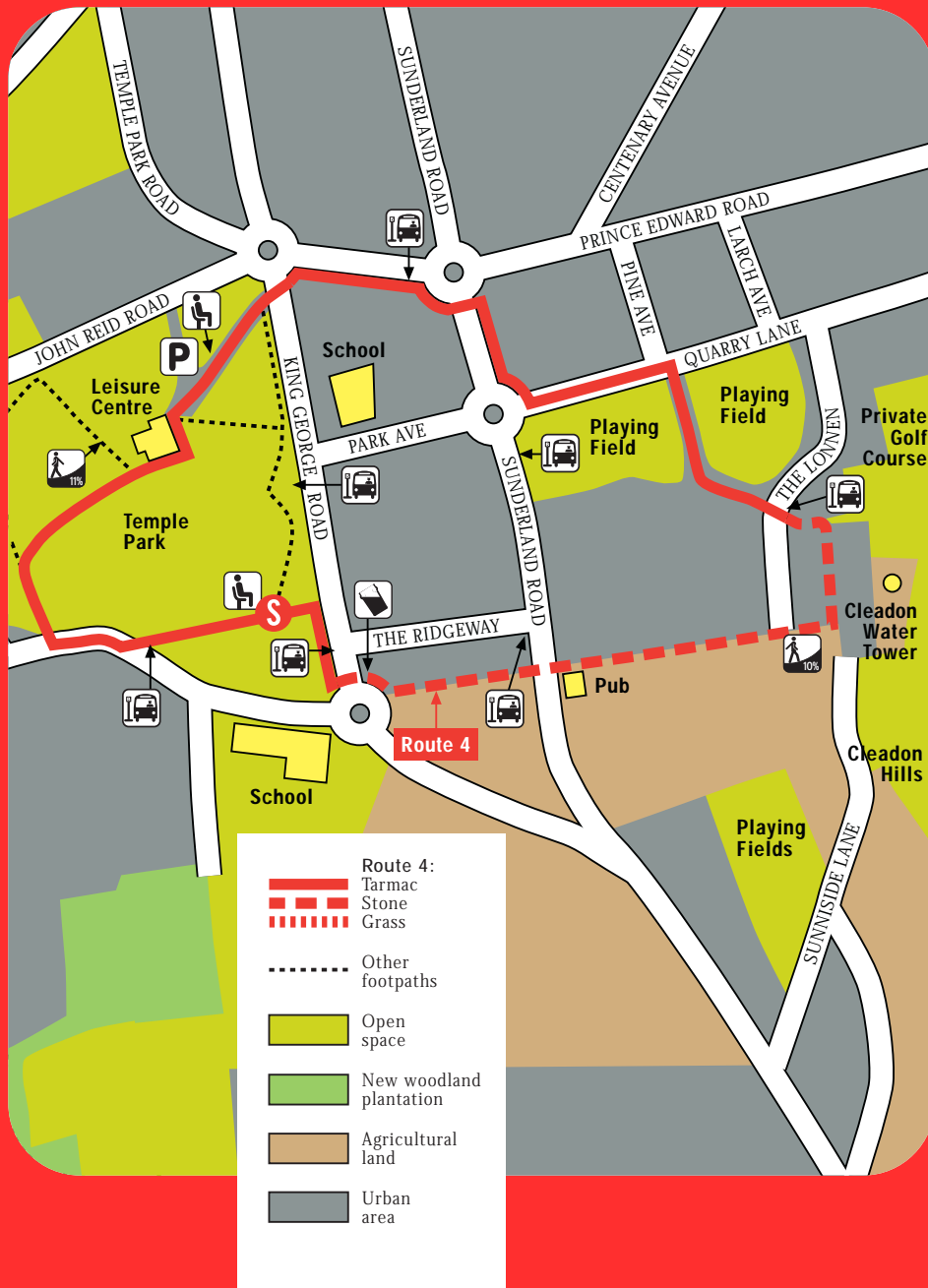
Forest of Imagination - Sculpture Trail

A six mile Sculpture Trail around the West Harton, Tilesheds and Temple Park area visiting over 20 pieces of art developed by local children and artists.

The development of the Sculpture Trail in South Tyneside was implemented as part of the Great North Forest's 'Marking the Ways' project to bring art into the wider countryside. The project was developed in partnership with local schools and groups who were given the opportunity to work with local artists to create these special art works for all to enjoy.

Walk 4 Water Tower Wander

Distance 4.7km (3 miles) Time: 1hr 45minutes



Route

The walk starts and finishes at the Health Walk information board outside the entrance to Temple Park Leisure Centre. To complete this walk follow the **red** circular markers and red foot symbols along the road sections.



From the start take the path along the side of the centre with the five-a-side pitches on your left. Where the path splits into two take the right fork around the back of the centre and follow the path up the short slope to the next crossroad. Carry straight ahead up the short steep slope and continue ahead with the rough BMX track on your right. Follow the path down the side of the school playing field until you reach Nevinson Avenue, turn left along the pavement until you reach the bus stop then turn left back into the park.

Continue along the path with the football pitches on your left. Carry straight ahead at the next two junctions until you reach a stone sculpture then carry straight ahead to King George Road. Turn right along the pavement for about 150 metres until you reach a road crossing opposite the garage. Take care crossing the road and take the surfaced path known locally as Occupation Road straight ahead up to Sunderland Road. Cross the road and carry on straight ahead along the surfaced path heading up towards the Water Tower. At the top turn left along the track and at the far end of the Water Tower bear left down to The Lonnen. Cross the road and go past the bungalows into Cleaton Park. Follow the main path through the park, past the bowling greens until you reach Quarry Lane. Turn left down the road with the playing fields on your left until you reach Sunderland Road. Turn right along the road to Prince Edward Road then turn left along the road to the roundabout by Temple Park. Cross the road then take the tarmac path straight ahead into the park, crossing the access road, and carry straight ahead back to the Centre.

Cleaton Windmill and Water Tower

The windmill was built during the early 19th century and last saw use as target practice for an artillery unit during the 1914-18 war. The mill was partially restored by Groundwork Trust in 1992 and is now a listed building.

The field around the windmill is of national importance for its wildflowers, which are present because of the shallow magnesian limestone soil.

The Water Tower buildings are neo-italianate in style, with a 100ft-campanile chimney that is one of the most prominent landmarks in the region. Built by Thomas Hawksley in 1863, the pumping station is now a listed building and part of a conservation area.

