

Where to start?

Start at Penshaw Monument, A183 Chester Road, grid reference NZ335543, or Herrington Country Park opposite, NZ334538. For information on local bus services please phone Traveline North East on 0870 608 2608.

Paths, gates and seats

The route involves compacted and loose stone tracks, long grass and rough, cultivated fields. It has some very steep sections and steps, which can be muddy in places. (D5 on the Break Free scale). There are several step stiles, squeeze stiles and gates of varying width, and only a few bench seats (Cox Green). Please take care at road crossings!

Other rough, earth paths lead off the main route, some via stiles and steps, and can be used to vary the route.

Would you like to know more?

For more information or to report sightings of wildlife please see our website or contact:

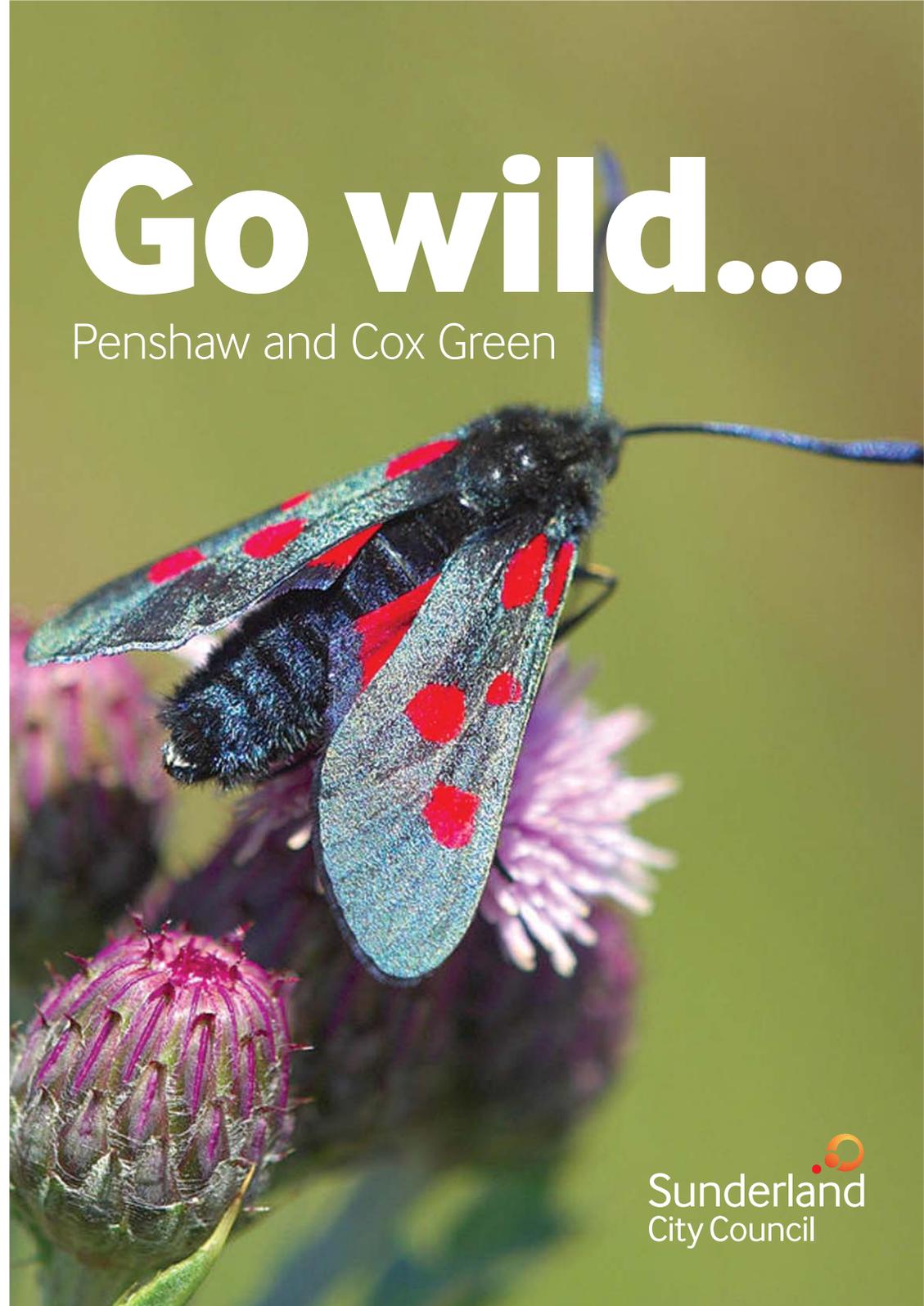
Countryside Team
Development and Regeneration
Services
Civic Centre
Sunderland
SR2 7DN
Tel: 0191 553 8773
Email:
countryside@sunderland.gov.uk

www.sunderland.gov.uk/countryside

Photographs by www.northeastwildlife.co.uk

Go wild...

Penshaw and Cox Green

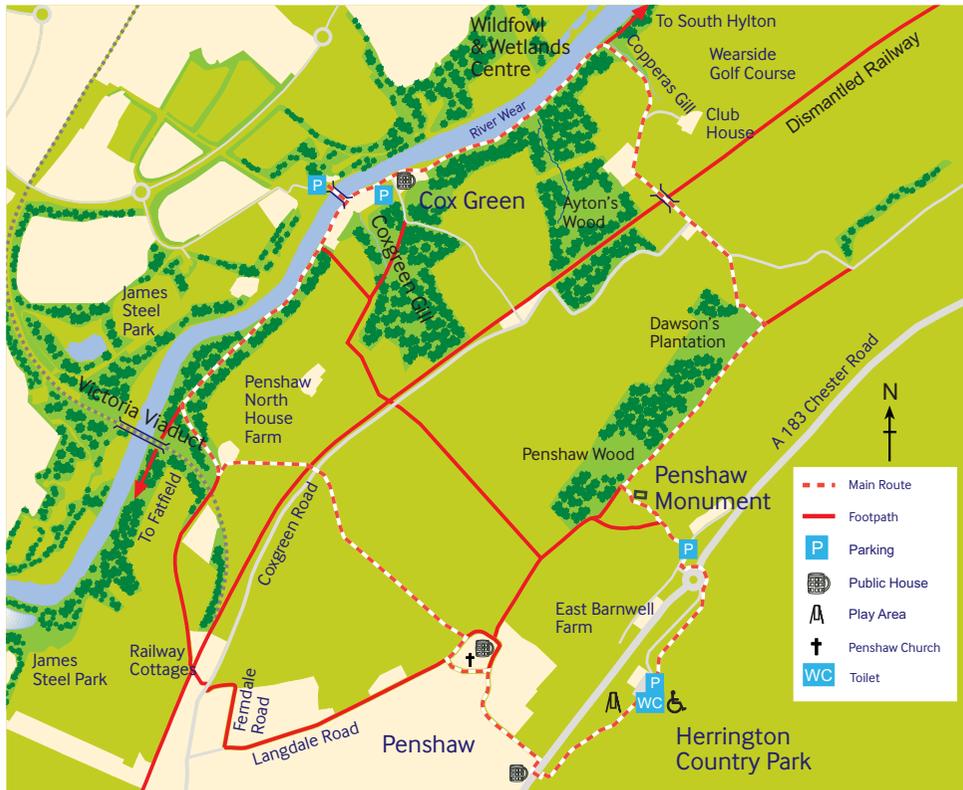


Go wild and explore Sunderland's green spaces and easy-to-visit countryside places. Sunderland City Council helps you enjoy the breath of fresh air on your doorstep with this useful guide.

This walk takes you from Wearside's most famous landmark, Penshaw Monument, down through the historic riverside hamlet of Cox Green, and back again. There are

excellent, panoramic views from the top of Penshaw Hill, on which the monument stands.

The variety of landscape is reflected by the wealth of wildlife. In the spring and summer Penshaw Hill is full of floral colour and faunal activity (as pictured here). And the woodlands on your route are carpeted with spring flowers; bluebell, wild garlic and dog's mercury, to name but a few.



Birdsfoot Trefoil

May - September

Description: Prostrate perennial also known as bacon and eggs. Seed pods resemble a birds foot.

Habitat: Grassland and bare ground.



Burnet Moth

May - August

Description: Day flying moth (6-spot shown). Adults attracted to thistles, knapweeds and scabious.

Habitat: Grasslands.



Common Blue

April - September

Description: One of the commonest butterflies. Male wings are violet blue, females mainly brown with orange marginal spots.

Habitat: Grasslands and gardens.



Salad Burnet

May - September

Description: Reddish flowers have no petals. Leaves have three to seven pairs of leaflets.

Habitat: Dry and lime-rich grassland.



Whitethroat

May - August/October

Description: Member of the warbler family, with a white-eye ring and throat. Song roughly 'take it today, take it too!'

Habitat: Farmland, scrub and woodland edge.



Wild Garlic (Ramsons)

April - June

Description: A carpet of garlic-smelling leaves and clustered, star-like flowers.

Habitat: Woods and shady banks.