



Redshank

All year round

Description: Red legs and long straight red-based bill. Shrieking calls when disturbed.

Habitat: Estuaries, marshes, wet meadows and moorland.

Where to start?

The whole route one-way is about 2 miles (3.3km). You can start at the car parks at either end or any point in between. Access is from the A183 Whitburn Road and Roker Terrace, Sunderland, grid reference NZ4058 to 4061. For information on local bus services please phone Traveline North East on 0870 608 2608.

Paths, gates and seats

The main route shown on the map is generally smooth tarmac with some steep and very steep inclines in Roker Park and down from the A183 (up to A5 on the Break Free scale). Other routes including the seafront cycleway, NCN1, are of a similar quality. There is ample seating.

Would you like to know more?

For information on public facilities and events contact the Resorts Office (see map) on 0191 553 2828, email: resorts@sunderland.gov.uk.

For other information on Sunderland's countryside and to report sightings of wildlife please see our website or contact:

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

www.sunderland.gov.uk/countryside

Photographs by www.northeastwildlife.co.uk and Laurie Campbell



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Go wild...

Roker Pier to Whitburn Steel



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.



Common Tern

April - October

Description:

'Hovering' flight above the water when fishing; pointed forked tail, wings and beak.

Habitat: Coasts, estuaries and lakes.



Follow the seafront footpath to take in the wide sandy beaches, cliffs and rocky outcrops. Discover the mysteries of Roker Park via Spottee's Cave and Roker Ravine.

Along the coast and Wear river mouth you will see a variety of seabirds, gulls in particular. In the summer and early autumn look out for common terns, and Arctic and sandwich terns, diving

for fish. The terns will then head south to their wintering grounds in Africa. Birds such as oystercatcher, redshank and purple sandpiper are seen around the shoreline and rock pools, mainly in winter. And see if you can find the famous cannonball limestone at Parson's Rocks, which first started to form about 238 million years ago when the area was under a warm tropical sea.



Shore Crab

All year round

Description: Dark green shells; some small shore crabs have symmetrical white patterns.

Habitat: Rocky coasts.



Oystercatcher

All year round

Description: Bold black and white plumage and red bill. Loud piping call when disturbed.

Habitat: Coasts, estuaries and coastal grasslands.



Cannonball Rock

Description: Limestone rock exposed at low tide at Parsons Rocks and in the nearby coastal cliffs. Formed millions of years ago when tropical seas lapped upon our shores.



Purple Sandpiper

August - May

Description: Small squat wader, scampers among breaking waves.

Habitat: Rocky seashore.