

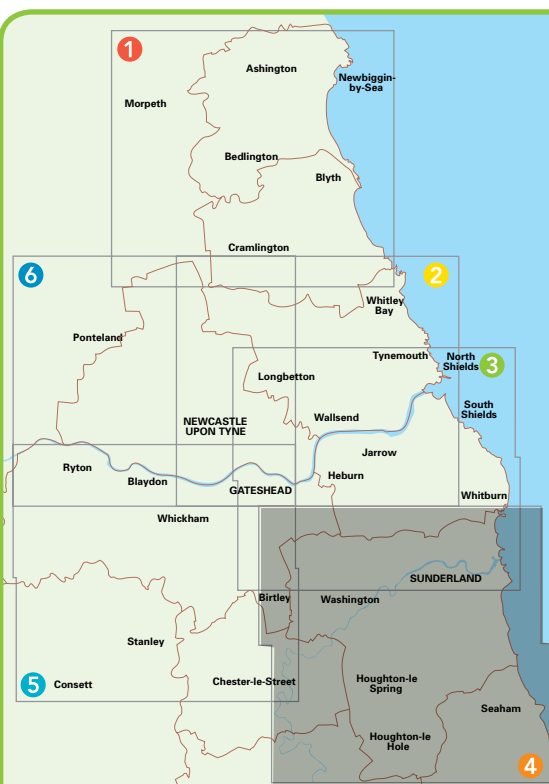
# Sunderland

## Cycle Map



Double sided map with hundreds of miles of routes

### 4 Sunderland



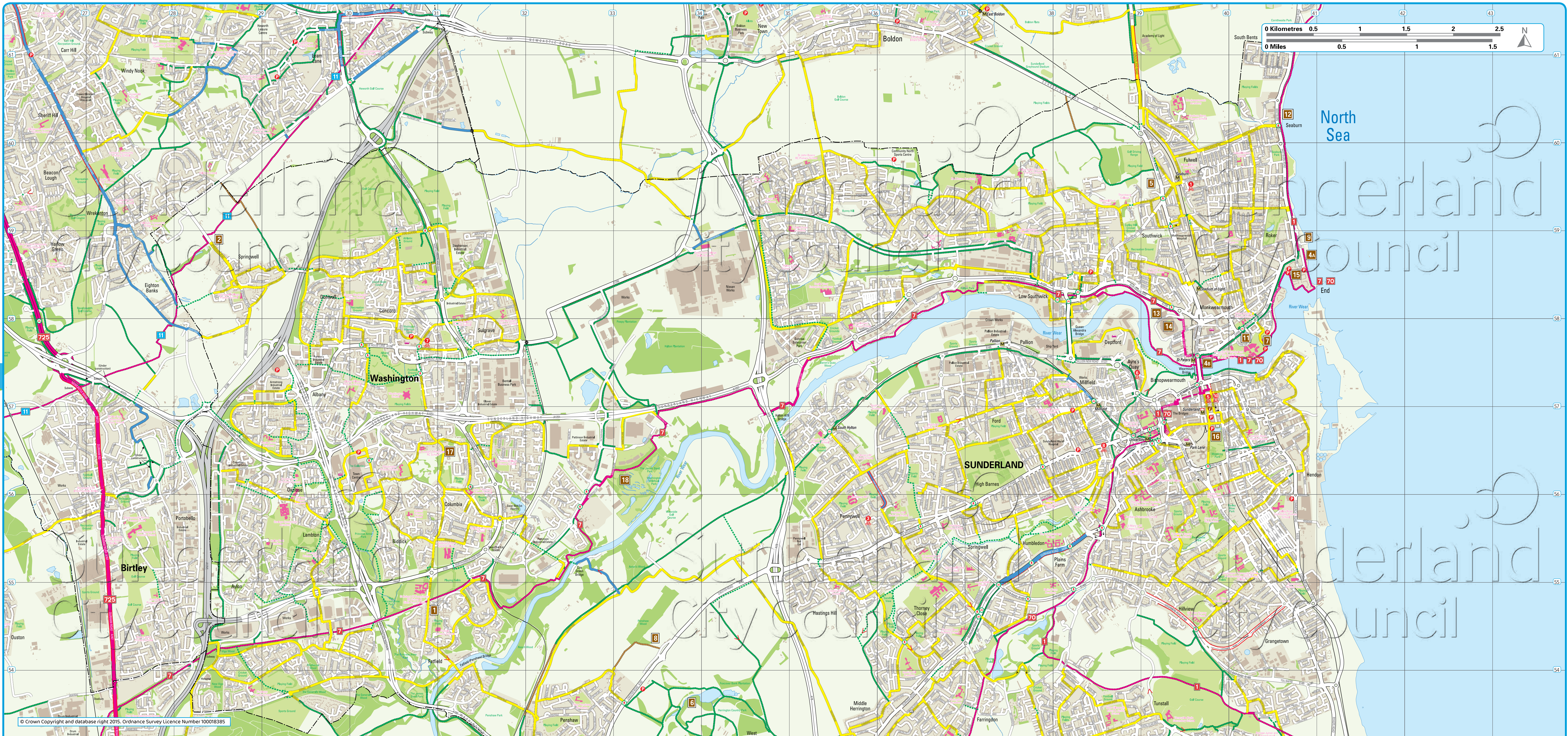
This map series covers the areas of:

- 1 South East Northumberland  
Tel: 0345 600 6400
- 2 North Tyneside  
Tel: 0191 643 6086
- 3 South Tyneside  
Tel: 0191 424 7665
- 4 Sunderland  
Tel: 0191 561 2450
- 5 Gateshead  
Tel: 0191 4333108
- 6 Newcastle upon Tyne  
Tel: 0191 277 8958

Please cycle responsibly, according to the Highway Code.

● [www.northumberland.gov.uk](http://www.northumberland.gov.uk)  
● [www.northtyneside.gov.uk](http://www.northtyneside.gov.uk)  
● [www.newcastle.gov.uk](http://www.newcastle.gov.uk)  
● [www.sustrans.org.uk](http://www.sustrans.org.uk)  
● [www.southtyneside.info](http://www.southtyneside.info)  
● [www.gateshead.gov.uk](http://www.gateshead.gov.uk)  
● [www.sunderland.gov.uk/cycling](http://www.sunderland.gov.uk/cycling)  
● [www.ctc.org.uk](http://www.ctc.org.uk)  
● [www.gosmarter.co.uk](http://www.gosmarter.co.uk)

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The representation of a track or path is no evidence of a public right of way.  
Users of these routes do so at their own risk.



Welcome to the Sunderland cycle map, and its surrounding area. This map is one of six in total, covering the whole of Tyne and Wear and South East Northumberland. The other five maps are

- North Tyneside
- South Tyneside
- Gateshead
- Newcastle upon Tyne
- South East Northumberland

Whether you are cycling for business or pleasure, we trust that this map will help you to travel from A to B by bike safely and efficiently, using our ever expanding network of on- and off-road cycle routes.



### 4 Sunderland

There are over 150 kilometres of dedicated cycle routes in Sunderland, with more than 80 kilometres off-road, providing easy routes for beginners as well as long-distance routes for more adventurous cyclists.

Sunderland lies at a fortunate location on the National Cycle Network. Few cities can provide off-road cycling access from the heart of the city centre out to the suburbs and countryside, mostly on former rail corridors:

- To the north, you can cycle along the coast to the River Tyne;
- To the west, you can cycle up into the Pennines;
- To the south, you can reach Hartlepool and Teesside;
- To the south-west, you can cycle to Durham City and beyond.

This cycle map will help you to plan your routes within the city to town centres, schools and places of employment, and will also show you how to access the coast and River Wear, to country parks, local nature reserves and places of interest.



If you have suggestions for cycling in Sunderland, cycleway maintenance, network development or general cycling queries, please contact:  
**Tim Ducker**  
Cycle Network & Public Rights of Way Officer  
Tel: 0191 561 2450  
Email: [tim.ducker@sunderland.gov.uk](mailto:tim.ducker@sunderland.gov.uk)



**Go Smarter**

Go Smarter is the sustainable transport programme for Tyne and Wear. Go Smarter encourages people to travel sustainably on their daily journeys to school and work. Go to [www.gosmarter.co.uk](http://www.gosmarter.co.uk) for more information and to use the Go Smarter journey planner.