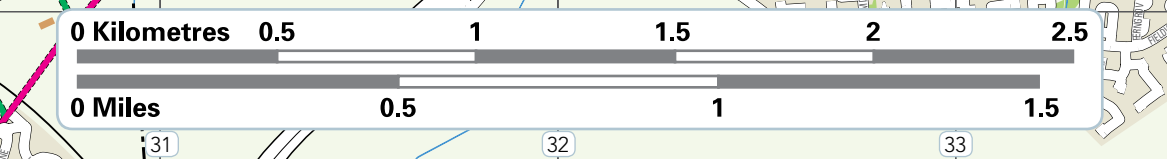
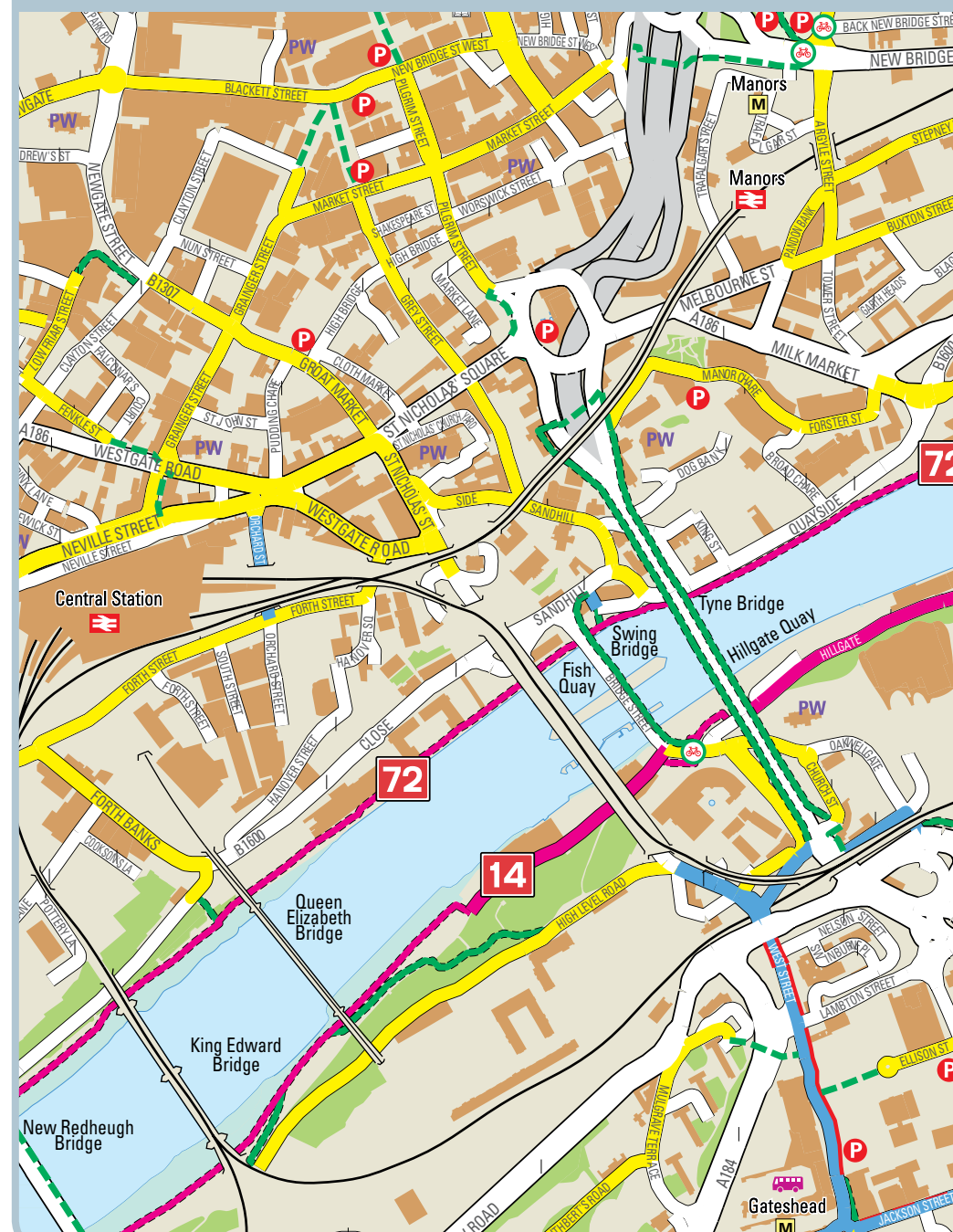


## Key & signs

	National Cycle Network off-road cycle path		Cycle shop		No entry
	National Cycle Network on-road route		Cycle parking		Motor vehicles prohibited (cycles permitted)
	Traffic-free path		Toucan crossing		No cycling
	Path or footway where you should walk your bike		Pedestrian crossing		Shared route for cyclists & pedestrians
	Mountain bike only		Railway station		Route to be used by cycles only
	Signposted on-road cycle route		Level crossing		Segregated cycle & pedestrian route
	Advisory route		Metro station		Buses & cycles only
	Cycle lane		Place of worship		Signposted on-road cycle route
	Bus lane		Library		With flow bus & cycle lanes
	Other roads		Bus station		With flow cycle lanes
	One way street (shown on advisory routes only)		Post office		City Centre 3 Signposted on-road cycle route to place shown
	Steep hill (arrow points down hill)		Buildings		
	Council boundary line		School, college or university		
	National Cycle Network 72		Tourist attraction		
	Regional Cycle Network 10		Tourist Information Centre		
	North Sea Cycle Route				

## Newcastle city centre



## Bike shops

- |  |  |
|--|--|
| <b>1 Northshore Cycles</b><br>184 Park View,<br>Whitley Bay NE26 3QP<br>Tel: 0191 253 2035                           | <b>5 Cycle Logical</b><br>44 Forest Hall Road<br>Forest Hall, Newcastle upon Tyne,<br>NE12 9AL<br>Tel: 0191 216 9222 |
| <b>2 Whittail Cycles</b><br>3 Livingston View<br>Tynemouth, Tyne and Wear<br>NE30 2PL<br>Tel: 0191 257 2212          | <b>6 Edinburgh Bicycle Co-operative Ltd</b><br>Byker, Newcastle NE6 1EH<br>Tel: 0191 265 8619                        |
| <b>3 Tyne Cycles</b><br>19 - 20 Rudyard Street,<br>North Shields,<br>Tyne and Wear<br>NE26 6RR<br>Tel: 0191 232 1164 | <b>7 Hopkirk's</b><br>5-7 Union Road,<br>Byker, Newcastle NE6 1DX<br>Tel: 0191 265 1472                              |
| <b>4 Halfords</b><br>Ornt H, Silverlink Business Park,<br>Coast Road, Wallsend NE28 9ND<br>Tel: 0191 234 7860        | <b>8 M. Steel Cycles</b><br>2 Station Road, South Gosforth,<br>Newcastle NE3 1QD<br>Tel: 0191 285 1251               |

## Places of interest

- |   |  |
|---|--|
| <b>1 St Mary's Lighthouse</b><br>St Mary's Island, Whitley Bay NE26 4RS<br>Tel: 0191 200 8652<br>Email: stmaryslighthouse@northtyneside.gov.uk  | <b>6 Tynemouth Pool</b><br>Beach Road, North Shields NE29 9PX<br>Tel: 0191 200 6192<br>Email: tynemouth.pool@northtyneside.gov.uk  |
| <b>2 Whitley Bay Leisure Centre</b><br>The Links, Whitley Bay NE26 1TQ<br>Tel: 0191 200 8540  | <b>7 The Parks Sports &amp; Leisure Centre</b><br>Howdon Road, North Shields NE29 6TL<br>Tel/Min: 0191 200 6364<br>Email: the.parks@northtyneside.gov.uk   |
| <b>3 Blue Reef Aquarium, Tynemouth</b><br>Grand Parade, Tynemouth NE30 4JF<br>Tel: 0191 258 1031<br>Email: info@blureefaquarium.co.uk<br>www.blureefaquarium.co.uk  | <b>8 Wet'n'Wild Waterpark</b><br>Tel: 0191 296 1444<br>www.wetnwild.co.uk  |
| <b>4 Tynemouth Priory &amp; Castle</b><br>Tel: 0191 257 1090<br>www.english-heritage.org.uk   | <b>9 Royal Quays Outlet Shopping Village</b><br>Coble Dene, North Shields NE29 6DW<br>Tel: 0191 296 3743   |
| <b>5 Tynemouth Volunteer Life Brigade Watch House</b><br>Tel: 0191 257 2059<br>www.tvlb.org   | <b>10 Stephenson Railway Museum</b><br>Middle Engine Lane, North Shields NE29 8DX<br>Tel: 0191 200 7146<br>www.twmuseums.org.uk  |
| <b>11 Segedunum Roman Fort, Museum &amp; Bath House</b><br>Buddle Street, Wallsend NE28 6HR<br>Tel: 0191 236 9347<br>www.twmuseums.org.uk   | <b>12 Rising Sun Country Park</b><br>Whitley Road, Benton, NE12 955<br>Tel: 0191 200 7841<br>Email: risingsun@northtyneside.gov.uk   |
| <b>13 The Lakeside Sports Centre &amp; Swimming Pool</b><br>Southgate, Killingworth NE12 6SA<br>Tel: 0191 223 4177  | <b>Tourist Information Centres</b>   |
| <b>North Tyneside Whitley Bay Library</b><br>Tourist Information Centre<br>Park Road<br>Whitley Bay<br>Tyne and Wear<br>NE26 1EJ<br>Tel: 0191 2008535<br>Email: ticwb@northtyneside.gov.uk<br>Web: http://newcastlescoast.org.uk/ | <b>North Tyneside North Shields</b><br>Tourist Information Centre<br>Unit 18<br>Royal Quays Outlet Shopping<br>North Shields<br>Tyne and Wear<br>NE29 6DW<br>Tel: 0191 2005895<br>Email: ticns@northtyneside.gov.uk<br>Web: http://newcastlescoast.org.uk/ |