

CHILDREN'S PARTIES

Outdoor activity parties such as den building, bear hunts, bushcraft and Arctic Cabin cooking are available. Indoor party packages with entertainment are also available or you can organise your own entertainer on a room hire only basis. You can self-cater or choose from our party food menu. Contact Reception for a Children's Party Pack with full details.



VOLUNTEERS

We offer regular volunteering opportunities including a range of conservation and horticultural tasks. You can also gain experience by helping with other projects such as photography, marketing or events. Contact us for more information and a volunteer application form.

THE HOUSE OF OBJECTS

The House of Objects, a creative recycling centre and Community Interest Company within the centre grounds, offers reclaimed, reuseable and recycled materials to its users and collects good reusable waste from local businesses. For more details call: (0191) 266 2269 email emma@houseofobjects.org or visit www.houseofobjects.org

PATHWAYS FOR ALL

Pathways 4 All offers activities and events for children and young people from 0-25 years with disabilities and additional needs and their families. It is based in the Tim Lamb Children's Centre, within the centre grounds. For more information call (0191) 266 5233, email info4pathways@gmail.com or visit www.pathways4all.co.uk

OUTDOOR EVENTS

We hire the centre grounds, Celtic Village and Giant's Garden – a private imaginative play area. You can also hire our cosy Arctic Cabin for small family groups to enjoy treats around the fire, led by our wardens. Charities and organisations are welcome to hire the centre grounds or use the wider park for events, fundraising activities, teambuilding or training. You must seek our approval and we are happy to provide details of how we can help to make your event a success! Please contact us for further details.

CONFERENCING AND EVENTS

Looking for a special venue for your family celebration, a tranquil setting for your team building day or modern conferencing facilities for up to 50 guests? What about a meeting venue that makes a real impact?

Rising Sun Countryside Centre offers a range of rooms for hire. All have picturesque views of the beautiful countryside setting overlooking Swallow Pond.

Hire is available at affordable rates on a room hire only basis or choose from our all-inclusive day delegate packages which include room hire, resources, refreshments and lunch. We have excellent digital, audio-visual conferencing equipment and free, fast Wifi as well as ample free parking on site.

HOW TO FIND US



the Rising Sun Country Park

DISCOVER A NATURE HAVEN FOR WILDLIFE AND PEOPLE, IN THE HEART OF NORTH TYNESIDE

CONTACT US

The Rising Sun Country Park
Whitley Road, Benton, NE12 9SS

Countryside Centre Reception: (0191) 643 2241
Email: risingsun@northtyneside.gov.uk

Rising Sun Café: (0191) 643 2242
Environmental Education Enquiries: (0191) 643 8115/6
Email: outdoor.learning@northtyneside.gov.uk
www.northtyneside.gov.uk

@NTCouncilTeam
 North Tyneside Parks

OPENING TIMES

The wider park is open at all times. Countryside Centre opening hours vary, please call to check. Admission is free.

GETTING HERE

Free parking is available in the grounds, with allocated disabled parking. Alternatively, visitors can park at ASDA, Benton. There are regular bus links to the ASDA store and the nearest Metro station is Palmersville – a 10-15 minute walk away.



Photographs:
Morgan Stephenson
Viv Samuelson
Andrew Swan



North Tyneside Council



The Rising Sun Country Park, a large green oasis of over 162 hectares located in the heart of North Tyneside, is an ideal place to relax and enjoy the outdoors through the seasons.

The park features an extensive nature reserve with ponds, woodlands, grasslands and a working farm. These diverse habitats act as a haven for wildlife. The Countryside Centre has a cosy café, exhibition room and conferencing facilities.

The country park actively promotes healthy living, enabling people to enjoy and get involved in a range of outdoor activities. Why not try one of the colour coded healthy walk trails shown on our map?

the Rising Sun Country Park



THE COUNTRYSIDE CENTRE

Commanding a beautiful view over the park's open countryside, the centre hosts a café, an exhibition room with spectacular wooden carvings of the park's heritage and a selection of well-equipped rooms available for hire.

Outside the centre are open lawns with views over Swallow Pond, a delightful place for a picnic. Children love playing on the wooden castle play area, in the sandpit or enjoying water play in a small pebbled paddling stream.

We hold events and educational activities throughout the year - for the latest details please see our separate events guide, or contact Reception for more information. The centre is easily accessible from the car park and there is disabled parking adjacent to the centre.



THE CAFÉ

Relax in the modern and comfortable surroundings of our café, with superb views over Swallow Pond from our indoor and outdoor seating areas.

The café team is committed to providing a warm welcome and quality service. We serve a selection of freshly prepared food ranging from delicious fresh scones and sandwiches to a hearty lunchtime meal. We're proud to use locally sourced produce wherever possible and offer a variety of menus for functions and parties.



HERITAGE AND WILDLIFE

Rising Sun Country Park has a rich heritage and was once the site of a coal mine and an isolation hospital for infectious diseases. Our exhibition room in the Countryside Centre has beautiful wooden carvings displaying the history of the park.

Our wildlife is diverse, with a wide range of habitats – the centrepiece being Swallow Pond. The park is a Site of Nature Conservation Interest (SNCI) and the lake area is a Local Nature Reserve (LNR).

There are also areas of young, mixed woodland, grassland, a wildflower meadow, wetlands and smaller ponds which provide a diverse habitat for birds, bats, butterflies, insects, bees, amphibians and small and large mammals. There is something to see all year round and you may even spot a roe deer or one of our more rare bird species.



THE FARM

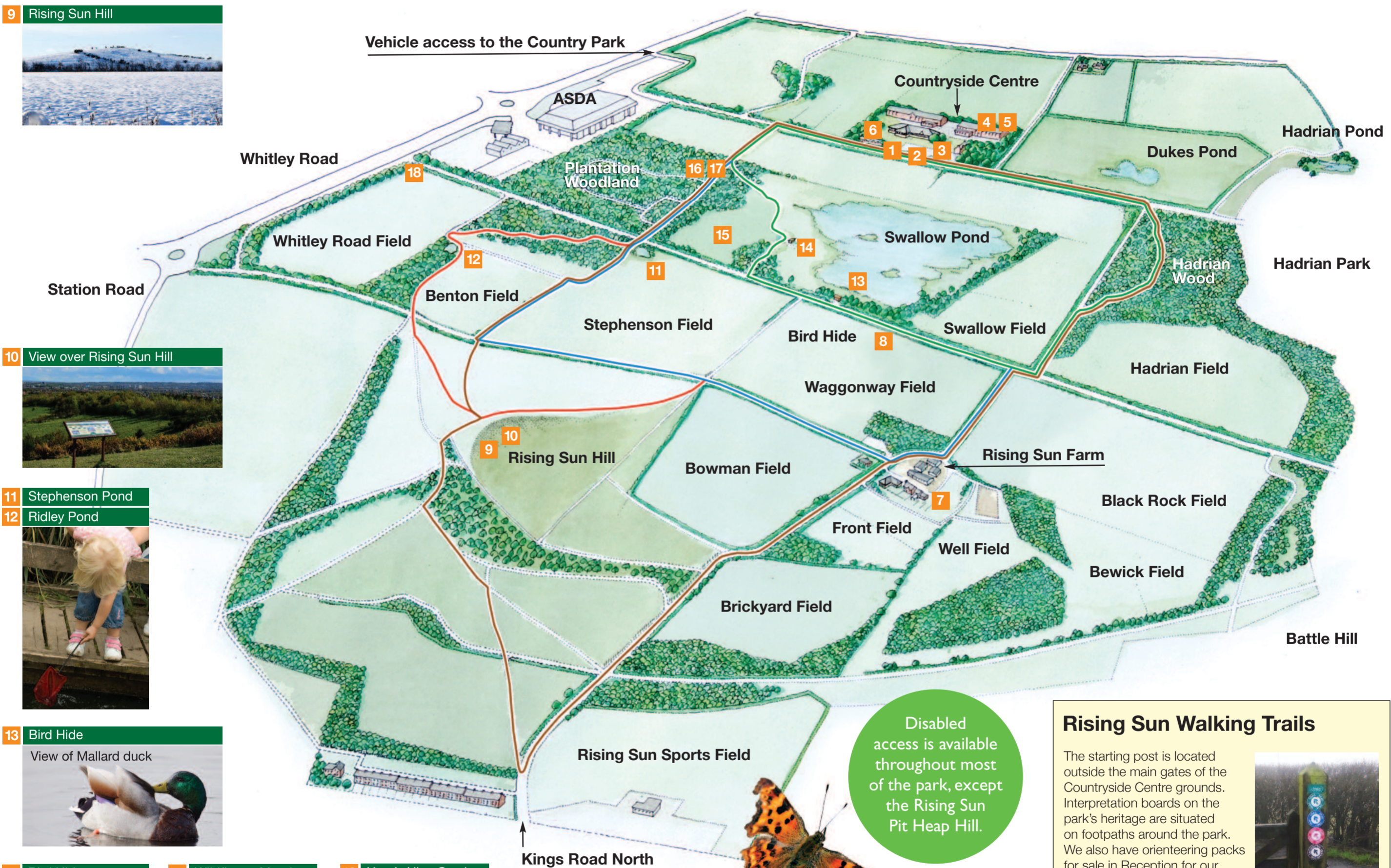
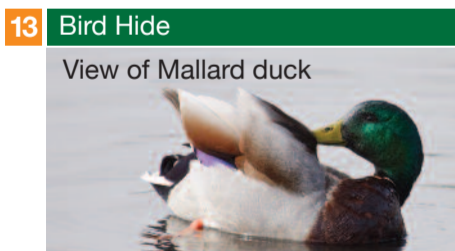
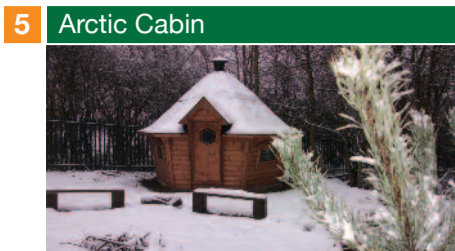
Rising Sun Farm is a working, mixed farm, in the south of the country park. Farming 80 hectares in a high quality, diversified way, it offers a day service for adults with special needs and learning difficulties and provides a site for land-based education used by local colleges.

It has a drove of outdoor pigs, a flock of breeding sheep, a DIY livery yard and a wide range of other animals. It produces fresh fruit and vegetables all year round and hosts educational visits. For more details call (0191) 234 0114 or email rsftd@btconnect.com

OUTDOOR LEARNING, ENVIRONMENTAL EDUCATION AND GROUP VISITS

Our Environmental Education Service uses the natural environment of the park as a valued resource to support a broad range of school curriculum subjects. Book your visit with us, and our Education Wardens will provide a safe and informative outdoor learning experience. Explore the wonders of nature first hand and gain experiences which can not be achieved in a classroom setting or within the school grounds.

Outdoor learning in the wider park is hands on, providing practical experiences to widen learners' horizons. We offer bespoke sessions and team training for adults, community groups, businesses and other organisations. Contact the service for more information.



Disabled access is available throughout most of the park, except the Rising Sun Pit Heap Hill.



Rising Sun Walking Trails

The starting post is located outside the main gates of the Countryside Centre grounds. Interpretation boards on the park's heritage are situated on footpaths around the park. We also have orienteering packs for sale in Reception for our multi-grade orienteering course set by Newcastle and Tyneside Orienteers.



	Green Trail:	20 - 30 minutes (approx 1.2 miles)
	Blue Trail:	(Continuing from Green Trail) 30 - 40 minutes (approx 1.7 miles)
	Red Trail:	(Continuing from Blue Trail) 40 - 60 minutes (approx 2 miles) Unsuitable for wheelchairs
	Heritage Trail:	1½ - 2 hours (approx 2.4 miles) Unsuitable for wheelchairs

THE RISING SUN FARM

King's Road North
Wallsend
Tyne and Wear
NE28 9LJ

Tel: (0191) 234 0114

The Rising Sun Farm is run by The Rising Sun Farm Trust. It is accessible by car via King's Road North (just off Mullen Road). The trust manages all activities on the Farm. Please contact the farm directly for more information.



Park code: Dogs are to be kept on a lead while in the nature reserve, centre grounds and near the farm. Dogs are to be kept under control at all times. Dog bins are sited at all park exits. Please dispose of all dog waste in the bins provided or take home. Take your litter home with you. Cyclists and horse riders are to keep to bridleways and not use the footpaths. There is no access to the edge of the Swallow Pond. Please do not remove plants or animals from the Country Park.