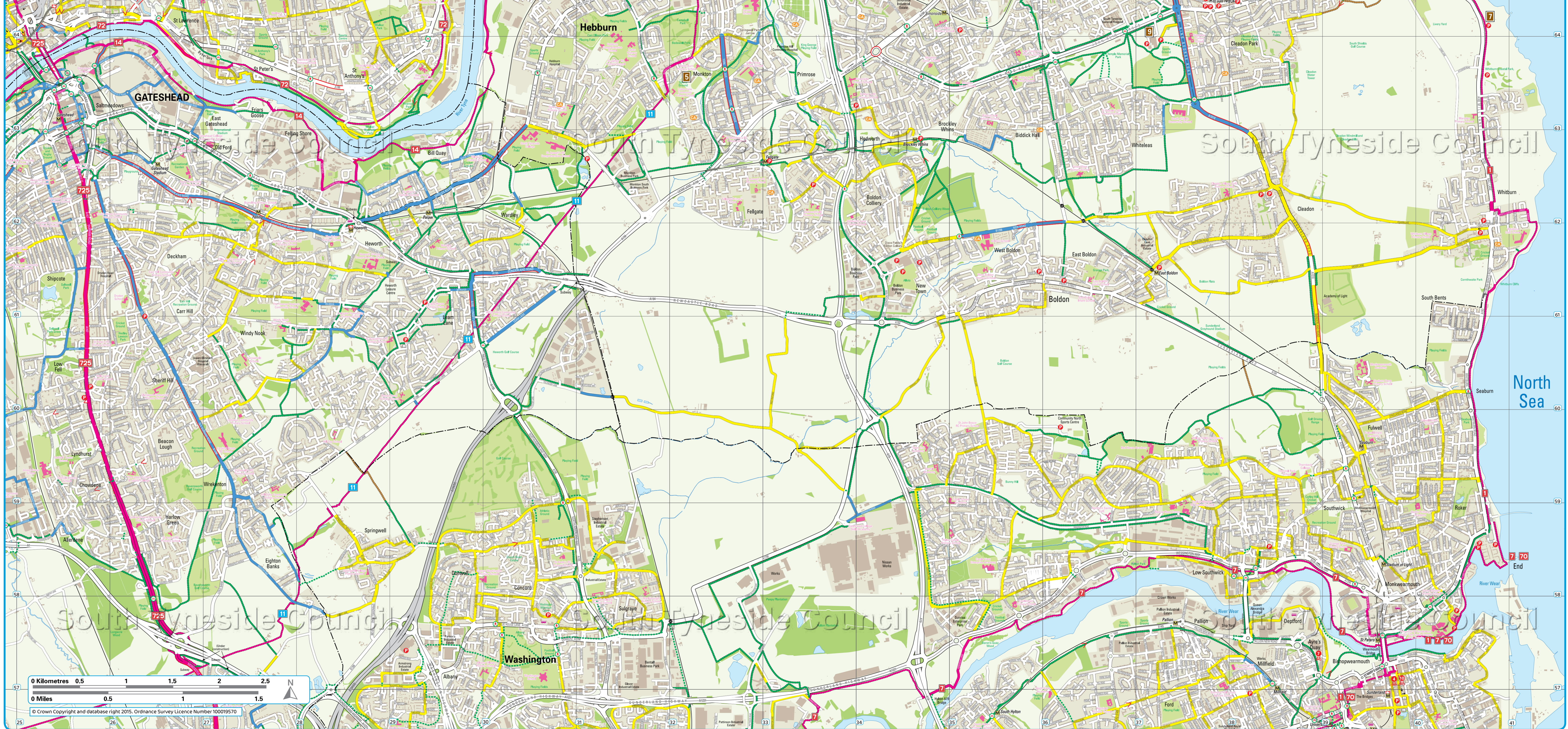


Map Key

National Cycle Network off-road cycle path	Cycle shop	Some traffic signs that you may come across when you are cycling through the area.
National Cycle Network on-road routes	Cycle parking	
Traffic-free path	Toucan crossing	
Path or footway where you should walk your bike	Pedestrian crossing	
Bridleway / Rough track	Railway station	
A number of our traffic free paths are Bridleways and Shared Paths which are enjoyed by Horse riders and pedestrians too. Cyclists must show respect to other users by giving way at all times, slowing down and giving their bell before passing.	Level crossing	
	Signposted on-road cycle route	
Road links	Metro station	
Road links are other possible road connections which can provide useful routes across the area, but which are shared with varying amounts and speeds of traffic.	Tourist Information Centre	
Cycle lane	Buses & cycles only	
Bus lane	Signposted on-road cycle route	
Other roads	With flow bus & cycle lanes	
One way street (shown on road links only)	With flow cycle lanes	
Steep hill (arrow points down hill)	City Centre 3	
Council boundary line	Signposted on-road cycle route to place shown	
National Cycle Network		
Regional Cycle Network		



South Shields



Bike Shops

- A-S Cycles**
44 St. Aidan's Road, South Shields NE33 2HD
Tel: 0191 456 3133
- Barrie Hopkirk's Cycle Centre**
248 Shields Road, Byker, Newcastle NE6 1DX
Tel: 0191 265 1472
- Conway Cycles**
12 Salem Street, South Shields NE33 1HH
Tel: 0191 455 3129
- Cycle World**
118 High Street West, Sunderland SR1 1TR
Tel: 0191 565 8188 or 514 1974
- Halfords**
Station Road, Millbank, South Shields NE33 1ED
Tel: 0191 427 1600
- Halfords**
Unit 14, Silverlink Business Park, Coast Road, Wallsend NE28 9ND
Tel: 0191 262 8833
- Halfords Bike Hut**
Unit 3 Trimdon Street, Sunderland
Tel: 0191 514 0843
- Hardisty Cycles**
5-7 Union Road, Byker, Newcastle NE6 10H
Tel: 0191 265 8619
- Pedal Inn**
172 Albert Road, Jarrow NE32 5JA
Tel: 0191 428 6190
- Peter Darke Cycles**
1-2 John Street, Sunderland SR1 1DX
Tel: 0191 510 8155
www.darkecycles.com
- Spokes**
38 Nile Street, North Shields NE29 0DB
Tel: 0191 296 2840
- Sports Recycler**
TEDCO Business Park, Henry Robson Way, South Shields NE33 1RF
Tel: 0845 270 0535

Places of Interest

- Arbia Roman Fort**
Baring Street, South Shields NE33 2BB
Tel: 0191 456 1369
- Bede's World**
Bede's World, Church Bank, Jarrow, Tyne and Wear NE32 3DY
Tel: 0191 489 2106
- Customs House**
Mill Dam, South Shields NE33 1ES
Tel: 0191 454 1234
- Hebburn Leisure Centre**
Campbell Park Road, Hebburn NE31 2SN
Tel: 0191 483 3163
- Monkton Stadium**
Dene Terrace, Jarrow NE32 5NJ
Tel: 0191 489 1283
- Ocean Beach Pleasure Park**
Middle Arcade, Sea Road, South Shields NE33 2LD
Tel: 0191 456 1617
- Souter Lighthouse**
Coast Road, Whitburn, Sunderland, Tyne and Wear SR6 7NH
Tel: 01670 773966
- South Shields Museum & Art Gallery**
Ocean Road, South Shields NE33 2JA
Tel: 0191 456 8740
- Temple Park Leisure Centre**
John Reid Road, South Shields, Tyne and Wear NE34 8QN
Tel: 0191 456 9119
- The Leas & Marsden Rock**
- Haven Point Leisure Centre**
Pier Parade, South Shields, Tyne and Wear, NE33 2J5
Tel: 0191 424 7800

Tourist Information Centres

- | | |
|---|--|
| <p>Tourist Information Centre
Museum and Gallery
Ocean Road, South Shields
Tyne and Wear NE33 2HZ
Tel: 0191 454 6612
Email: museum.tic@southtyneside.gov.uk</p> | <p>Tourist Information Centre
Amphitheatre, Seafront
South Shields,
Tyne and Wear NE33 2RL
Email: museum.tic@southtyneside.gov.uk
(Seasonal opening)</p> |
|---|--|