

NORTH EAST

Souter Lighthouse Ranger Run

A scenic trail run route around the site of the former Whitburn Colliery, now home to grasslands, wildflowers and a variety of birds. This short but interesting and enjoyable run takes in a full lap of Whitburn Coastal Park nature reserve. We suggest running it in both directions – you'll be surprised how much more you see.

Ranger Run Series

This route has been created in collaboration with expert trail runners and adventurers Jen and Sim Benson as part of our Ranger Run Series. If you're after a longer run, the coast path is a great run in either direction.



Information

Address: Souter Lighthouse National Trust car park, Coast Road, Whitburn, Sunderland, Tyne & Wear, SR6 7NH

OS map: OS Explorer 316

Activity: Running

Easy: The route follows a well-maintained but naturally uneven coastal path. For more details, please see Terrain section.

Dog friendly

Full trail: Miles: 1.24 (km: 1.98)

Duration: 10 mins - 30 mins

Terrain

Ascent: 71m. Relatively flat terrain. Hard-surfaced paths. May be some puddles following wet weather.

Total steps: 3

Start point: Souter Lighthouse car park, NZ 407640

1. Leave the car park and pass the lighthouse on a track towards the sea. Trend slightly left to join the coast path at Lizard Point.
2. Turn right onto the coast path and follow it south along the edge of Whitburn Coastal Park to a path junction at its southern end. Fork right here and run past the southern car park.
3. Follow the track around the southern end of the coastal park and up the western edge back to the start. We highly recommend turning around and also running this route in reverse; you'll be surprised how much more you see running in the opposite direction.

End point: Souter Lighthouse car park, NZ 407640