

NORTH EAST

The Souter saunter

On this two mile walking trail, you'll discover much more than a lighthouse standing alone on the coast. Follow coastal footpaths to discover a lost village, a nature reserve on the site of a former colliery, interesting rock formations and a beautiful bay.



Information

Address: Souter Lighthouse, Coast Road, Whitburn, Sunderland, Tyne & Wear, SR6 7NH

OS map: 88

Activity: Walking

Easy: Maintained paths, fairly flat, no steep inclines.

Dog friendly: Dogs welcome under close control.

Full trail: Miles: 2 (km: 3.2)

Access: Easy

Duration: 1 hour - 2 hours

Terrain

Maintained paths, fairly flat, no steep inclines.

Total steps: 9

Start point: Foghorn Field, grid ref: NZ407641

1. Start your journey from the Foghorn House. Make your way through the gate and continue to the coastal footpath.
2. Turn left and follow the coastal path along to the fence.
3. Follow the fence line until you reach the public footpath.
4. Turn left again and follow the public footpath past the lighthouse and through to the entrance to the car park - about 550yd (500m).
5. Turn right this time follow the road down to the car park. It's signposted Whitburn Coastal Park so it's difficult to get lost.
6. Take the path around the Nature Reserve and stop off at the viewing screens for a spot of bird watching.
7. Pick up the coastal path again at the bird hide, take a left and start to make your way back towards the lighthouse.
8. Continue along the coastal path.
9. Continue along the coastal path to the fence line and take a left back towards the Foghorn House.

End point: Foghorn Field, grid ref: NZ407641