

119. Souther Lighthouse

Distance **6.5 miles/10km**

Ascent **206 metres**

Start/finish **NT Souther Lighthouse, SR6 7NH**

Turn R onto the coast path, following it south on a gentle loop around Whitburn Coastal Park. On re-
reaching the lighthouse, run straight through car park and turn L onto the coast path following it
north-west on an out-and-back run all the way to the southern end of South Shields beach. You can
choose to follow the intricate coastline, describing every headland and cove, or follow the straighter
and slightly more inland path to cut the corners – or perhaps go out one way and return the other.

Miles	Km	Directions
0.0	0.0	Turn right onto the coast path on a loop around Whitburn Coastal Park. Following it south to the southern car park and then inland and north back to the lighthouse.
1.1	1.7	Turn left onto the coast path and follow it past the lighthouse and north to the car park at the southern end of South Shields beach.
3.8	6.1	Turn around and follow the coast path back south to Souther Lighthouse.