

Route Description: Around Sunderland Point

1. There's a car park on the shore at the end of Carr Lane (SD41362 57178). Walk S along the shore on the good bridleway track. Ignore the concrete ramp (SD41859 56779) leading to farmland and continue along the shore to reach a gate to 'The Lane' (SD42187 56045), this leads directly to Sunderland village but our route is around Sunderland Point. Continue for about 300 metres to a seat overlooking the Bay by Sambo's Grave.

2. Continue along the shore to Sunderland Point, the recently added boulders now protect the Point from erosion, the unprotected sandy bank in my images was literally falling onto the sands. In the estuary is Plover Scar Lighthouse marking the channel of the Lune. After rounding the Point, we are then sheltered from onshore winds as we progress N towards Sunderland village. The path follows the shore through the many ancient groynes. Along here we first glimpse the Old Hall before the path leaves the shore via a stile onto the sea wall. As we pass the Old Hall, (aka 'The Captains House') we notice the distinctive influences of a West Indies architecture, another link to Sunderland's past.

Continue

along the road to reach The Second Terrace, this used to be warehousing for import and export goods. Several vertical poles are for drying and repairing fishing nets. Continue along the quay to The First Terrace, then reach the Public Toilets. Here is the visitors car park, notice the carved line and words in the concrete wall 'HIGH WATER LEVEL' - a sobering thought!

3. Continue past the concrete ramp (to the house), follow the shore to a stile (SD42528 56336) then over the sea wall on steps, the SP is sometimes hidden by brambles! Cross the field diagonally to a footbridge (SD42389 56459) by a power pole. Continue to a 2nd FB by a farm road, continue with the ditch on your R to a 3rd FB (SD42331 56740). Now cross the field to a stile (SD42201 56923) and follow the hedge to a corner of the field & a stile (SD42256 57209) leading to the top of a bank. Trailholme is in front. Leave the bank (before the wooden gate) by a stile and follow the fence around Trailholme to reach a stile and farm road. Turn L to the junction (SD42530 57608).

4. Now turn L towards the farm buildings at Marsh Lea and a junction of the footpaths. Cross the ladder stile (SD42541 57802) on the L, then follow a faint path across the field to a kissing gate (SD42438 57801). Cross the large pasture towards the corner of the field to a stile (SD42056 57767). Now follow the hedge, over a stile and walk alongside the hedge next to the buildings, a stile leads to a driveway to the workshops. Follow the driveway to Carr Lane, turn L and walk along Carr Lane to reach the car park on the shore.