



National Cycle Network Route 1 (NCN 1) runs from Dover to the Shetland Islands and covers a distance of 1,695 miles along varied surfaces, some on-road and some traffic-free. It is a continuous signed cycle route connecting major towns and cities along the east coast of the British Isles via some breath taking coastal scenery.

This part of the NCN 1 route runs from Tynemouth to Edinburgh (200 miles) and is also known as the Coast & Castles South cycle route. NCN Route 1 hugs the coast between Tynemouth and Berwick-upon-Tweed via Seaton Sluice, Blyth and Bedlington, heading inland to Edinburgh via Melrose.

NCN 1 passes through Seaton Valley between Old Hartley to Gloucester Lodge Farm near to South Beach in Blyth. The route is mostly off road making use of cycle paths and shared pedestrian and cycling pathways.

The route starts in Seaton valley at the East End car park close to the Caravan Park in Old Hartley.

The road climbs a short hill to the Delaval Arms PH then proceeds down a cycle path alongside Beresford Road. You can make the decision to stay on the cycle path, down to the Harbour Bridge, or take a short diversion down Collywell Bay Road that is a recognised on-road cycle route. This diversion takes you along the stunning Collywell Bay with a great view of the sea and the cliffs around the bay.

Carry on down Collywell Bay Road and you arrive at Seaton Sluice Harbour, a great place to stop for refreshment and to take in the views of the harbour, Seaton Sluice Beach and even north to The Cheviots (on a clear day).

The route leaves the Harbour area and re-joins Beresford Road at the Harbour Bridge and heads north. The route joins Eve Black Way (signposted), a shared pedestrian/cycle path, where it undulates through the dunes and along the beach towards Gloucester Lodge Farm and eventually out at South Beach in Blyth.

Legend



Cycle path