

**Marsden Rock and Whitburn Sunday Walk** - This 7-mile **BLACK** circular walk (with only 548ft of ascent) commences from Marsden Bay [pay and display] car park, South Shields, NE34 7BS. Initially the walk heads inland, climbing gently over the modest Cleadon Hills (272ft) and then descending to the attractive coastal village of Whitburn. From here the rest of the route hugs the coast, keeping along the top of low cliffs and passing several stacks and rock arches.

