



Seaham

1 From the start post walk straight along the path passing a series of benches on your right.

2 Where the path forks, bear right past the information boards, enjoying the view overlooking Blast Beach on your left.

3 Bear left onto a narrow coastal path by a large wooden post and follow it as it skirts along the cliff until

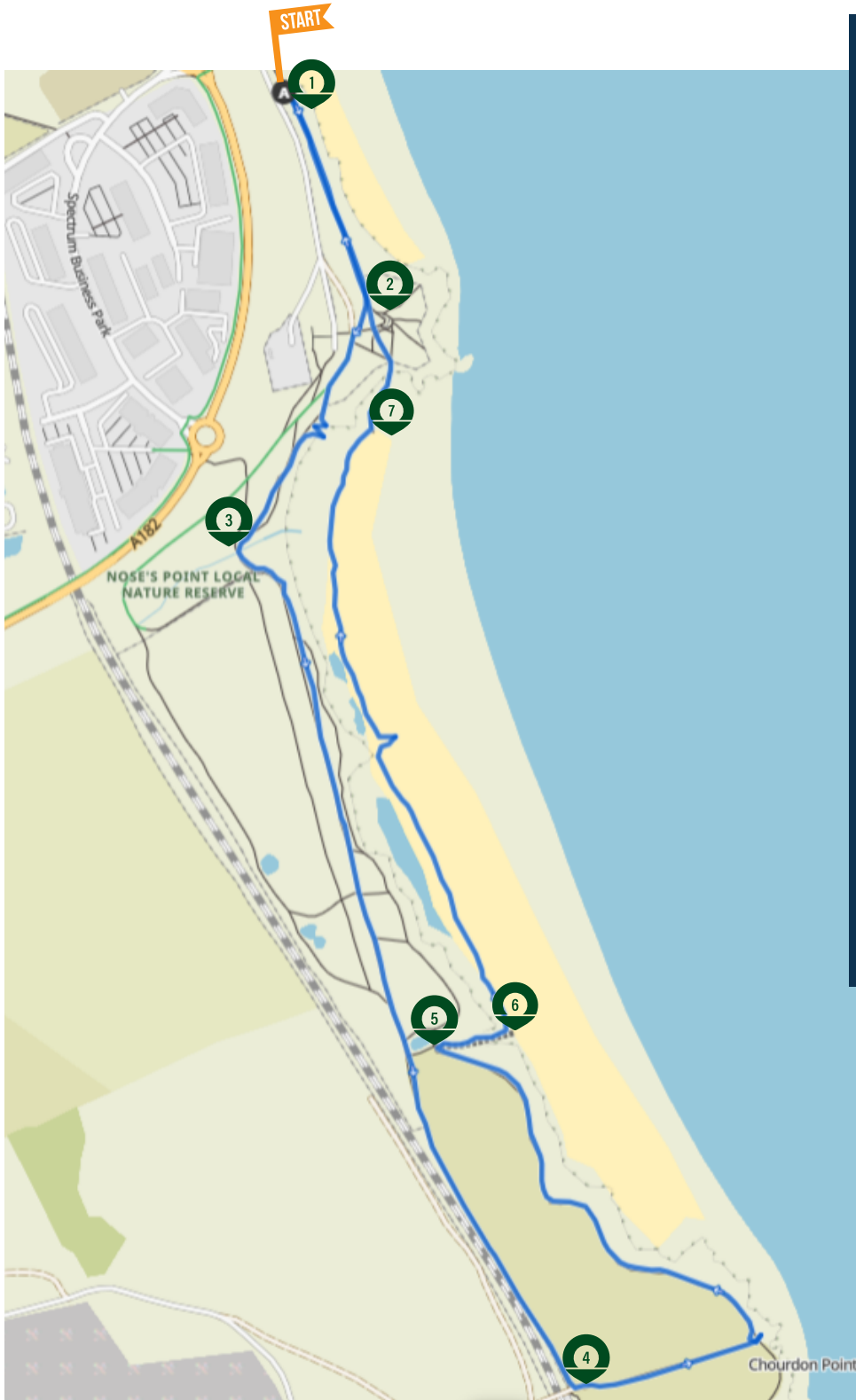
you pick up a paved path before crossing a footbridge and up to a metal gate with a National Trust sign for Blast Beach.

4 Follow the path straight on for a distance until you reach a railway bridge then turn left and pick up the coastline looping back around a green open area.

5 As you come back towards the start of the green space, drop down the steps leading to the beach.

6 At the bottom of the steps turn left and enjoy a walk along the beach.

7 Ascend the steep path at the end of the beach and retrace your steps back to the start point.



Distance: 2.75 Miles

Duration: 1 hour

Postcode: SR7 7PS

What to expect:

Coastal walk along grassy paths, surfaced tracks and pebble beach. This short walk contains one set of descending steps and one short but steep incline.



**WALK & TALK
TRUST**