

# East Middlesbrough Loop

Points of interest on this route include: The Neptune Centre and Southlands Centre. Also on route is Park End Primary, St. Pius Primary, Pallister Park Primary, Middle Beck and Ormesby Beck.

## DESCRIPTION:

- Starting at the Southlands Leisure Centre, cross Middle Beck and head North on the cycle route. This is a quiet route, following one of Middlesbrough's becks. At Premier Road, turn left and follow the road, until getting back onto the off road cycle way by taking the 3rd left, Sulby Avenue.
- Once on the cycle track, cross Ormesby Road via the toucan crossing to the cycle path on the other side of the road. At Penrith Road turn right and follow to Cross Fall Road. At Cross Fall Road, you can visit The Neptune Centre by turning right and following the road, where the centre is on the right, opposite the library.



## Approximate Route Duration: 4 miles - 25 minutes

- Turning left onto Cross Fall Road, follow until reaching and turning left at Overdale Road, and then turn first right onto Brigham Road. This road leads to Ormesby Beck, and a bridge crossing at this point.
- Cross the bridge, and take the cycle path through the field, crossing the beck again at the next bridge. Turn right onto the cycle path and follow.
- Take the 2nd entrance into the housing estate on the left, which links to Falby Avenue. At the end of Falby Avenue, turn right onto Evesham Road, before turning left at Gilmonby Road. Continue on Gilmonby Road and turn left at the junction with Overdale Road, near Park End Primary School.
- On Overdale Road, take the right turn at Sandringham Road. Follow Sandringham Road to the roundabout junction with Ormesby Road. Head straight over at the roundabout back towards The Southlands Centre. Please take care crossing the roundabout. If you do not feel safe cycling at the roundabout, or it is particularly busy, please push your bike across the road using the traffic islands to the North and South. Please push your bike along the pavement here until you can rejoin the road at a safe place.
- Follow the road into The Southlands Centre, where you have completed the self guided ride.



Middlesbrough





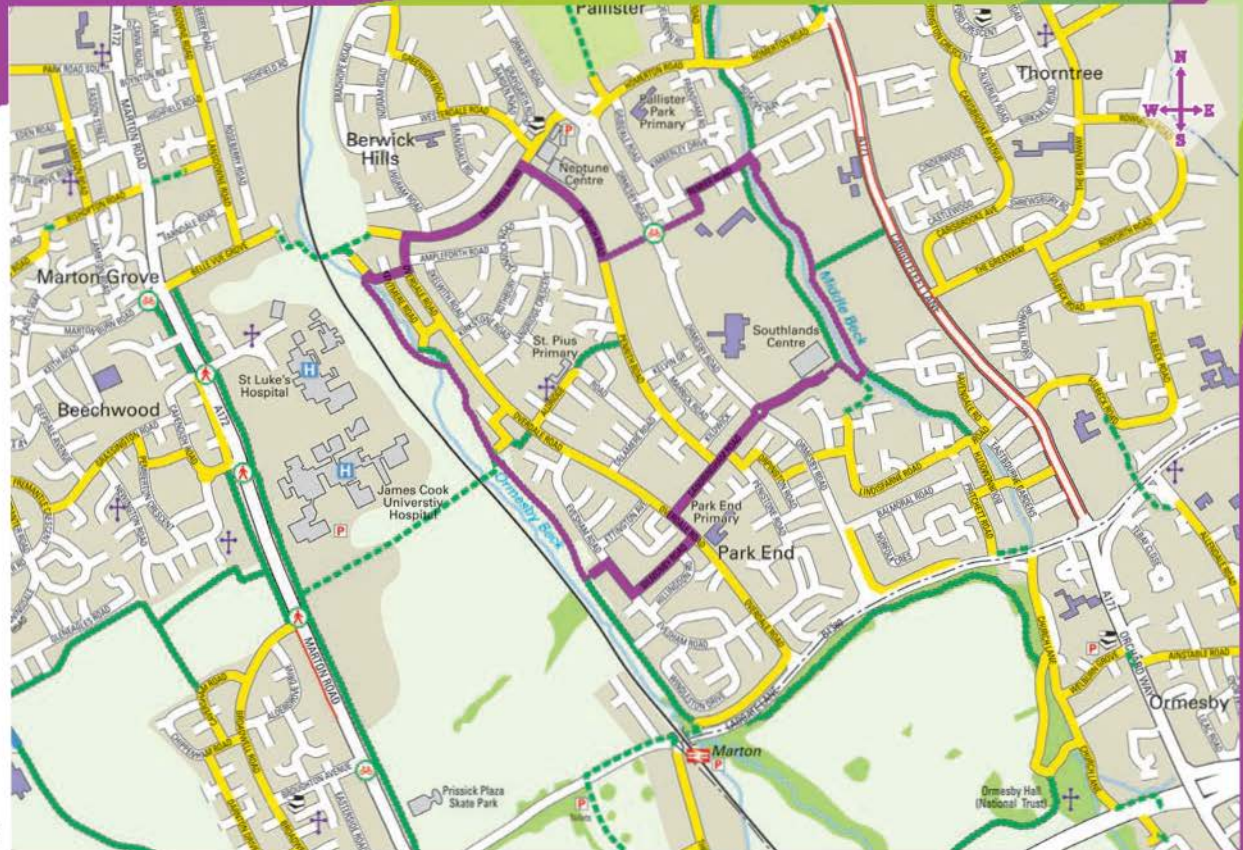
middlesbrough  
cycle routes

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Approximate Route Duration:  
4 miles - 25 minutes

## Key

-  Park attraction
-  Advisory Cycle Route
-  Signal Cycle Route
-  Traffic-free Cycle Path
-  Rough Bridleway
-  Footpath
-  On Carriage Cycle Lane
-  Bus Lane
-  National Cycle Network
-  Public Crossing
-  Towns Crossing
-  School building
-  Hospital
-  Library
-  Place of Worship
-  Cycle Parking
-  Cycle Centre  
(Give secure cycle parking)



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