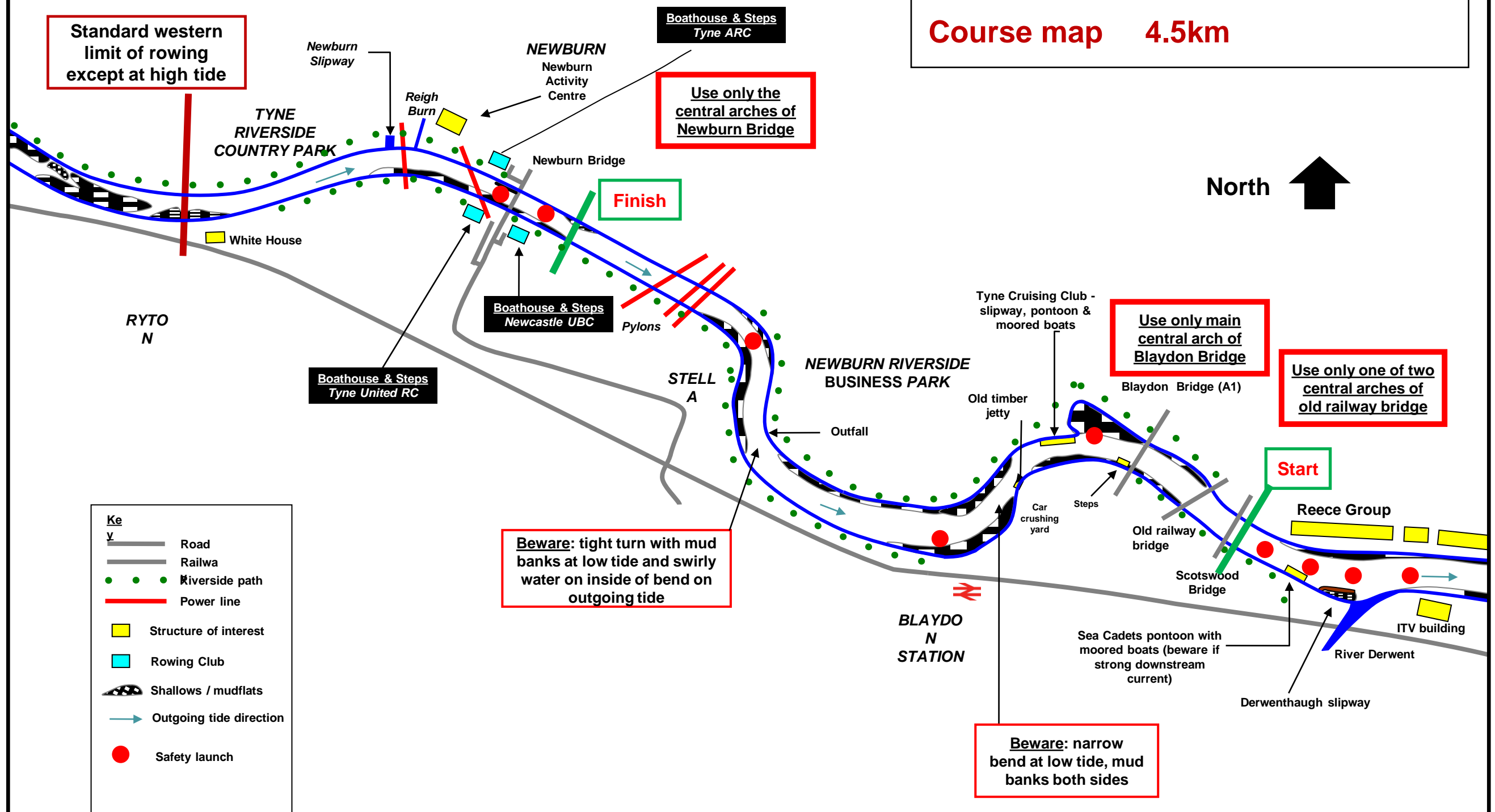


Rutherford Head - 12 February 2022

Course map 4.5km



Boathouse & Steps
Tyne ARC

Use only the
central arches of
Newburn Bridge

Use only main
central arch of
Blaydon Bridge

Use only one of two
central arches of
old railway bridge

Beware: tight turn with mud
banks at low tide and swirly
water on inside of bend on
outgoing tide

Beware: narrow
bend at low tide, mud
banks both sides

Finish

Start

Key

- Road
- Railway
- Riverside path
- Power line
- Structure of interest
- Rowing Club
- Shallows / mudflats
- Outgoing tide direction
- Safety launch

