



Living Well North Tyneside

Supporting Health and Wellbeing

Admission is free. Parking and disabled parking is provided within the grounds (or in the neighbouring ASDA Benton car park).

You can even hire one of our function rooms or outdoor areas for your own event!

Facilities and attractions:

- Extensive footpaths, bridleways and cycleways to explore
- Selected routes are wheelchair-accessible
- Bird hides
- Cafe with terrace and park views
- Free parking with picnic and barbecue area
- Educational visits
- Children's play area and water play feature
- Events and activities programme
- Volunteer opportunities
- Hire our facilities for meetings, functions, events and parties
- Regular cycling and Nordic walking groups
- Toilet facilities
- Exhibition room
- The Country Park actively promotes healthy living and provides a resource for outdoor activities, healthy home-cooked food and encourages sustainable practices.

The park is managed in partnership by North Tyneside Council and the Rising Sun Farm Trust.

Download a free orienteering course information and map [Here](#)

Opening times:-

The park is open every day of year.

The Rising Sun Countryside Centre and grounds are closed between Christmas and New Year.

Countryside Centre and Centre Grounds Opening Times:-

October to April 9 am-dusk (Mon-Fri) 9.30 am-4.30 pm (Sat-Sun and bank holidays)

May to September 9 am-8 pm (Mon to Thursday, Friday closing 7.30 pm) 9.30 am-4.30 pm (Sat-Sun and bank holidays)



park | cycling | wildlife | nature reserve



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<http://my.northtyneside.gov.uk/category/385/rising-sun-country-park>



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