

Name	Category	Nearest town	Postcode	Further information about the site	Car park location	Car park grid reference	Maps available from	Wheelchairs	Trail-O	Groups	Beginners	Intermediates	Experienced
Albert Park	Parkland	Middlesbrough	TS1 3LB	http://www.middlesbrough.gov.uk/?articleid=1592	Park Road North, Middlesbrough	NZ499192	Visitor Centre 01642 819808, or Cleveland Orienteering Klub (CLOK) 01287 624521				y	y	
Bousdale Woods	Forest	Guisborough	TS14 8HD			NZ 585152	Visitor Centre, 01287 631132	y	y		y		
Bowes Museum	Parkland	Barnard Castle	DL12 8NP	http://www.thebowesmuseum.org.uk/		NZ 056163	Education Section, Bowes Museum, 01833 690606				y	y	
Burn Valley	Parkland	Hartlepool	TS27 4SD	https://www.destinationhartlepool.com/see-and-do/attraction/burn-valley-gardens.html		NZ 425373	Cleveland Orienteering Klub (CLOK) 01287 624521	Y		Y	Y	Y	
Coatham Woods	Forest	Longnewton, Stockton-on-Tees	TS21 1DP	http://www.forestry.gov.uk/forestry/englandstocktononteesnoforestcoathamwood	Public car park off the Long Newton to Uray Nook road. Leave the A66 following signs to Long Newton. From Long Newton follow signs to Uray Nook / Eaglescliffe. Car park on left after 1.5km.	NZ390160	Cleveland Orienteering Klub (CLOK) 01287 624521				y	y	y
Cowpen Bewley Woodland Park	Forest	Billingham	TS23 3NF	https://www.stockton.gov.uk/arts-culture-and-leisure/parks-and-countryside/cowpen-bewley-woodland-park/		NZ 482253	Visitor Centre, 01287 371633				y	y	
Errington Woods	Forest	Saltburn	TS11 8AN	https://www.woodlandtrust.org.uk/visiting-woods/wood/24033/errington-woods/	Public car park off Grewgrass Lane, turn south off the A174 at grid reference NZ 609223.	NZ627203	Cleveland Orienteering Klub (CLOK) 01287 624521				y	y	y
Flatts Lane	Forest	Middlesbrough / Guisborough	TS6 0NN	http://www.visitmiddlesbrough.com/venues/flatts-lane-woodland-country-park	From the A171 between Nunthorpe and Guisborough, follow brown signs to Flatts Lane Country Park.	NZ 553169	Visitor centre, 01642 459629	y	y		y	y	
Foxrush Farm	Parkland	Redcar	TS10 5HU	https://www.woodlandtrust.org.uk/visiting-woods/wood/24030/foxrush-farm/	Adjacent to A1042, leading off A174. No car park.	NZ586233	Paul Murphy, Redcar and Cleveland Parks and Countryside, 07909 906307, or Cleveland Orienteering Klub (CLOK) 01287 624521				y		
Geneva Woods	Forest	Darlington	DL1 5JR		Skerne Youth & Community Centre, Darlington	NZ 291126	Cleveland Orienteering Klub (CLOK) 01287 624521				y	y	y
Hambleton Leisure Centre	Parkland	Northallerton	DL6 2UZ	http://www.hambleton.gov.uk/zest/homepage/10/hambleton_leisure_centre	Council Offices, Stone Cross, Northallerton. North of town at junction of A 684 with a minor road (roundabout).	SE368948	Council Recreation Department, Clare Lowe 01609 767297, or Cleveland Orienteering Klub (CLOK) 01287 624521. Recommend confirmation of state of course with CLOK before visiting				y		

Hardwick Park	Parkland	Sedgefield	TS21 2DN	http://www.durham.gov.uk/hardwickpark	Hardwick Park	NZ 346 288	Visitor Centre 01740 621505				y	y	y
Hudswell Woods	Forest	Richmond	DL10 4TL	https://www.nationaltrust.org.uk/hudswell-woods		NZ159009	Seb Mankelow, Warden, National Trust, sebmankelow@nationaltrust.org.uk				y	y	
Kirkleatham Museum	Parkland	Redcar	TS10 5NW	http://www.redcar-cleveland.gov.uk/kirkleathammuseum	Museum car park Turn north from A174 on Kirkleatham Lane, first right to Kirkleatham Old Hall Museum.	NZ 593215	Paul Murphy, Redcar and Cleveland Parks and Countryside, 07909 906307, or Cleveland Orienteering Klub (CLOK) 01287 624521	y			y		
Locke Park	Parkland	Redcar	TS10 1HA	http://www.redcar-cleveland.gov.uk/accommodation.nsf/TouristList/B9D7C3808929416880257B4B0050E0C5	East end of park, off Locke Road North of A 174 at Kirkleatham Lane, right at traffic lights Corporation Road, left at next lights, Locke Road.	NZ 596247	Friends of Locke Park, 01642 485297, or Cleveland Orienteering Klub (CLOK) 01287 624521	y	y		y	y	
Newham Grange Park	Parkland	Stockton-on-Tees	TS19 8AD	https://www.stockton.gov.uk/arts-culture-and-leisure/parks-and-countryside/newham-grange-park/		NZ427207	Cleveland Orienteering Klub (CLOK) 01287 624521				y	y	
North Lodge Park	Parkland	Darlington	DL3 6JX	http://whatsondarlington.co.uk/venues/north-lodge-park/	Off Northgate, Darlington	NZ289149	Cleveland Orienteering Klub (CLOK) 01287 624521				y	y	
Ormesby Hall	Parkland	Middlesbrough	TS3 0SR	https://www.nationaltrust.org.uk/ormesby-hall	From the A174, take the A172 heading north. Turn right at traffic lights (Ladgate Lane) and go under a railway bridge. Then look for National Trust car park signs on the right.	NZ520168	National Trust Education Department, Ormesby Hall 01642-324188	y			y	y	
Preston Park	Parkland	Stockton-on-Tees	TS18 3RH	http://www.prestonparkmuseum.co.uk/	Off Yarm Road Eaglescliffe. From the A66 take the A135 heading south. Go across the roundabout on Yarm Road. The car park is signed on the left.	NZ 428158	Preston Hall Preston Park 01642 527562				y	y	y
Ropner Park	Parkland	Stockton-on-Tees	TS18 4EF	https://www.stockton.gov.uk/arts-culture-and-leisure/parks-and-countryside/ropner-park/	Off A1027, Hartburn Lane Leave A66, direction north on A1027, left at second traffic lights, park is on the right.	NZ 435180	Ropner Park café, or Cleveland Orienteering Klub (CLOK) 01287 624521				y	y	
Saltburn Valley Gardens	Parkland	Saltburn	TS12 1GG	http://www.saltburnbysea.com/html/woodlandcentre.html	Road side parking on Glenside, Saltburn.	NZ 666208	Visitor Centre, 01287 622408				y	y	y
South Park	Parkland	Darlington	DL1 5TG	http://www.darlington.gov.uk/environment-and-planning/parks-and-green-spaces/south-park/	Roadside parking on Parkside (road).	NZ 285134	Visitor Centre, 01325 38387, or Cleveland Orienteering Klub (CLOK) 01287 624521	y			y	y	
Stewart Park	Parkland	Middlesbrough	TS7 8AR	http://www.middlesbrough.gov.uk/?articleid=1601	The Grove, Marton, Middlesbrough	NZ518164	Visitor centre 01642 300202, or Cleveland Orienteering Klub (CLOK) 01287 624521				y	y	y
Stillington Forest Park	Forest	Stillington, Stockton-on-Tees	TS21 1JE	https://www.stockton.gov.uk/arts-culture-and-leisure/parks-and-countryside/stillington-forest-park/	Roadside parking by the church in Stillington village.	NZ 377236	Cleveland Orienteering Klub (CLOK) 01287 624521				y	y	

Summerhill	Forest	Hartlepool	TS25 4LL	https://www.hartlepool.gov.uk/info/20011/leisure_sport_and_culture/485/summerhill_country_park_and_outdoor_nature_reserve	Visitor Centre, Summerhill Lane, off Catcote Road.	NZ 490316	Visitor Centre 01429 284584	y	y		y	y	y
West Park	Parkland	Darlington	DL2 2GG	http://www.westparkdarlington.org.uk/	Parking is in a layby off the A68, Bishop Auckland Road.	NZ 268172	Cleveland Orienteering Klub (CLOK) 01287 624521				y	y	
Wynyard Woodland Park	Forest	Stockton-on-Tees	TS21 3JG	https://www.stockton.gov.uk/wynyardwoodlandpark	Leave the A177 Stockton to Durham road, direction north-east, following a brown sign to Wynyard Woodland Park. After 250m turn left and follow a single track road to the Visitor Centre.	NZ 402247	Visitor centre, 01740 630011, or Cleveland Orienteering Klub (CLOK) 01287 624521	y	y		y	y	