



Travel guide

With road closures as well as limited parking, public transport is the best way to get to or from the Great North Run for both runners and spectators. There will be extra bus services, [Metro trains](#) and [Shields Ferry](#) trips throughout the day to help you get around as quickly and easily as possible.

Race start - Newcastle: Travelling to the race start

The race start is about a 15 minute walk from Haymarket in Newcastle city centre. See the race start map attached below.

- There's a [Metro station](#), and [bus station](#) at Haymarket, as well as buses going to nearby [Eldon Square bus station](#) and many on-street bus stops.
- Shuttle bus services will also be running to Haymarket (St Mary's Place and Percy Street) and Barras Bridge from the finish area in South Shields.
- Parking is free all day on Sundays at the Metro stations marked with a 'P' on the Metro map (except at Heworth, which is £2.50 all day)
- Metro trains, buses and traffic will be extremely busy, so please leave plenty of time to get to the race start.

Details of opening arrangements at Jesmond, Haymarket and Manors Metro stations are detailed [here](#). Closing times may vary depending on the operational requirements on the day.

Advice for spectators

If you want to see friends or relatives take part in the run, we recommend that you just choose one place to see them - at the race start in Newcastle, or somewhere on the route, or at the race finish in South Shields. It is almost impossible to see a runner in more than one location, as public transport will be very busy, and because it takes time to reach the route.

If you're heading to the race finish:

- Take the Metro from [Haymarket](#) or [Monument](#) to [South Shields](#) - there will be a train every 7½ minutes once the race has started.
- Shuttle bus services will also be running from Haymarket (St Mary's Place and Percy Street) and Barras Bridge to the finish area.
- [The Shields Ferry](#) will operate extra crossings between North Shields and South Shields and will start at 8.45am.



Race finish - South Shields: Getting home from the race finish

Metro, the Shields Ferry and buses will be very busy due to the number of people travelling, so please expect a significant wait on the way home.

- [South Shields Metro station](#) is about a 15 minute walk from the finish line - there will be a train every 7½ minutes after the race.
- Shuttle bus services will run to Newcastle and South Shields
- [The Shields Ferry](#) between South Shields and North Shields will operate extra crossings and will run until 6.00pm.

Details of the opening arrangements at Chichester Metro station are detailed [here](#) .Closing times may vary depending on the operational requirements on the day.

Tickets

Great North Run Day Rover

Great North Run Rover Tickets can be used on:

- Metro and trains between Sunderland and Newcastle
- Any bus service in Tyne and Wear, Durham and Northumberland
- The Shields Ferry

Buying tickets in advance	Price	Buy from
Great North Run Day Rover wristband	£6.00	SOLD OUT
Great North Run Day Rover ticket	£6.00	Metro station ticket machines
Buying tickets on the day	Price	Buy from
Great North Run Day Rover ticket	£6.00	Metro station ticket machines or on buses

And in addition , all operators will be accepting each other's single, return and day tickets for journeys from South Shields, making it simpler for you to hop on the first bus, Metro (or Shields Ferry) that comes.

Children

Take the kids for free: up to three kids aged 11 and under can travel for free on Metro and the Shields Ferry, all day, every day when accompanied by a fare-paying adult.

Children with an Under 16 Pop card should buy a [Child All-day Ticket \(CAT\)](#) for £1.10. For other child tickets.



BUSES FROM HOTEL

Number 4 (Take a left at the top of the hotel and follow the road right to the bottom usually a 10 min walk)

Until approximately 5:00pm, buses from Heworth towards Follingsby will divert via High Heworth Lane, High Lanes, Grange Crescent, Meresyde, Lingey Lane to New Road. Buses from Follingsby towards Heworth will divert via New Road, Lingey Lane, Meresyde, Grange Crescent, High Lanes, High Heworth Lane to **Heworth Interchange**.

Number 56 (Head straight over the housing estate opposite the hotel, there is a little ally which brings you out at the bus stop)

Until approximately 5:00pm, buses from Sunderland to Newcastle will run between Gateshead Interchange and Market Street via Prince Consort Road, Askew Road, Redheugh Bridge, St. James' Boulevard, Westmoreland Road, Clayton Street, Bigg Market, Market Street, Pilgrim Street, turn at Swan House Roundabout, Pilgrim Street, Market Street. Buses from Newcastle towards Sunderland will follow normal route via High Level Bridge.

Best of Luck to all those taking part in the Great North Run