



Welcome

Looking for a great family day out in a friendly, exciting city by the sea? Looking for fascinating museums, cute wildlife and plenty of space for your little ones to run off their excess energy? Look no more because Sunderland ticks all those boxes and more.

Here are our ten best things for all of the family to do in Sunderland.

Many of them offer free entry and free parking, but all of them offer great memories.

Sunderland's a doddle to get to by car or public transport from across the UK.

So check out our recommendations and make plans for your next day out in Sunderland.

You can keep right up to date with the latest news, offers and events in Sunderland by following us on social media or checking out our website.



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Sunderland Museum, Library and Winter Gardens

Discover Sunderland's fascinating history all in one place in the city's first ever museum, which opened its doors back in 1810!

With a collection dating back to 1846 there are plenty of surprises in store for visitors to Sunderland Museum, Library and Winter Gardens. Sunderland's rich history of industries is explored throughout the museums four floors.

Exhibition spaces are dedicated to shipbuilding, coal mining, glass making and pottery as well many other aspects of the city's past.

The Museum's Art Gallery shows a significant collection of the works of LS Lowry, an artist who spent lots of time in Sunderland. Our temporary exhibitions have included high profile visiting exhibitions including works by Leonardo Da Vinci and Canaletto.

The Winter Gardens, a 21st century addition to the museum is a tropical paradise and home to our resident Koi Carp.

Over 2,000 plants thrive in the glass rotunda and from the tree top walkway visitors have a bird's eye view of beautiful Mowbray Park.

Alongside our permanent and temporary exhibitions, our ever-changing events programme means that there is always something new and exciting to see and do for all the family.

The Museum is right in the heart of Sunderland city centre, on Burdon Road.



Roker and Seaburn beaches

Sunderland's Blue Flag award-winning beaches are ideal for traditional seaside fun.

Sunderland's twin beaches at Roker and Seaburn are the perfect place to unwind. Whether you're looking for somewhere to let the kids run off some excess energy or to sit and relax with a picnic; there's miles of beautiful coastline from which to choose the ideal spot.

Roker and Seaburn beaches have been favourite family spots for hundreds of years and the golden sands are a sandcastle builders paradise. The wide-open promenade and landscaped seafront make for a perfect stroll in the sea air too.

If you really want to take in the air though, a stroll along the recently restored Roker Pier towards the lighthouse is perfect. If you're feeling brave why not take an underground tour through the pier tunnel into the lighthouse?

Linking directly to the beach front is Roker Park. This is a fantastic traditional park with play areas, a lake and a miniature railway alongside the floral displays you'd expect to find. It's ideal if you fancy a break from the sands.

You're never far away from a refreshing drink. Pier Point at Roker is right on the edge of the beach with cafes and restaurants and Seaburn has a choice of pleasant places to eat and drink.



Roker Pier and Lighthouse

The historic Roker Pier with its distinctive red and grey granite lighthouse, was officially opened on 23 September 1903. It is one of Sunderland's most iconic and recognisable landmarks, a symbol of Victorian innovation and endeavour.

After recent restoration, the pier and lighthouse reopened its doors to the public in August 2018. This means that, visitors can now access the unique and rarely seen tunnel which stretches the full length of the pier.

Created during construction of the pier between 1885 and 1903, the tunnel was given a 'light touch' restoration, backed by the Heritage Lottery Fund, in order to retain its original character.

Considered a triumph of engineering at the time, both the lighthouse and pier used the finest craftsmen and materials available. The pier itself was built of granite-faced concrete blocks each lowered into place by a massive hydraulic crane nicknamed 'Goliath' which came to dominate Roker seafront over an 18 year period.

Guided tours of the 610 metres long tunnel are available throughout the year (weather depending!) and can be booked online by visiting www.rokerpier.co.uk.

Tours begin at the new entrance building, right next to the golden sands of Roker Beach, and finish inside the 138ft tall lighthouse.

During a tour, visitors get the chance to learn how engineer Henry Hay Wake pioneered a variety of techniques to build the pier and how skilled craftsmen used granite blocks weighing up to 45 tons each to produce the landmark structure.



Washington Wetland Centre

Meet exotic birds and some of the most adorable otters you'll find anywhere.

WWT Washington is a wildlife haven for rare species where you can get up close to a variety of cute and friendly creatures.

Feed the gentle Hawaiian geese; they're so timid that even children can enjoy letting a goose nibble corn from their hands.

The shocking pink Chilean Flamingo flock is a family favourite too. You can learn more about these fascinating birds during talks by their keepers every day.

During the summer months the duckery is a great place to see freshly hatched, and seriously fluffy chicks up close.

But if it's cute you're looking for then you'll struggle to beat WWT Washington's otter family. They're Asian short clawed otters, the smallest of all the otters and can be seen playing and frolicking in and around the water, generally having a great time! Their daily feeding times include a commentary by their keepers.

And if your little ones want to frolic around too, there's a great play area at WWT Washington as well a year-round programme of events and activities to entertain all of the family.



Hylton Castle

Built around 600 years ago, Hylton Castle stands in the heart of the community as a magnificent reminder of the past.

Much loved by local people, it has provided a home for barons and schoolboys (including Sir Joseph Swan, inventor of the incandescent light bulb), a stronghold for knights and a headquarters for soldiers.

New life is being breathed into this ancient building as a community-based heritage-led visitor attraction.

The shell of the gatehouse has been transformed into a new space for the 21st century with new floors; stairs and a lift created inside the historic structure, housing a café, exhibition and flexible spaces for community and educational use.

Led by Hylton Castle Trust, the castle is a fun, versatile place for the whole family to explore. For opening times and upcoming events and activities please check the website at: www.hyltoncastle.org.uk







National Glass Centre

You'll never look at, or through, glass in the same way again!

Discover how glass arrived in Britain, how it's made and why Sunderland has such a rich glass making heritage at the city's National Glass Centre.

In one of the Centre's many exhibition spaces you can marvel at the some of the world's finest contemporary glass and ceramic artists, as well as up and coming artists currently studying with the University of Sunderland, at the National Glass Centre.

Feel the heat of the furnace during one of the six daily glass making demonstrations and witness for yourself the skill of the Centre's resident glass makers.

2018 saw the addition of the Northern Gallery for Contemporary Art to the building, meaning you can now enjoy a regularly changing programme of both established and emerging contemporary artists work.

Keep an eye out for opportunities to have a go yourself by taking part in a hands-on glass making experience. There's also an extensive family crafts programme with lots to do for all ages, particularly around school holiday times.



Washington Old Hall

Visit the home of the ancestors of the first president of the USA. The fact that the town of Washington shares a name with the capital of the United States of America is no coincidence.

Washington Old Hall is the ancestral home of George Washington's family; indeed, it's the very reason that he was called Washington and of course the capital of the USA is named after him. The surviving stone manor house of Washington Old Hall includes parts of the original medieval home of George Washington's ancestors. Step into the 17th century on the ground floor and walk through the great hall, kitchen and panelled room.

Get a close look at a cookbook written in 1660 and find out what people were eating and how food was prepared. An incredible collection of George Washington related memorabilia commemorating his life and achievements can be found in the 'liberty room'.

It's not all glamour though; on the first floor is a recreation of the home of a family that lived in the hall up to the 1930s. At that time the hall was divided into accommodation for up to nine families.

Developed at different times, the gardens are small and contrasting with elements of the past and present. They are unexpected and a welcoming escape from the hustle and bustle, nestled in the heart of Washington.

Enjoy freshly baked scones and cakes in the café or take treats out into the garden. Look out for many events indoor and out all year round.



Sunderland Empire

Take in the best West End shows in the North East's biggest theatre. Grab a seat in a stunning Edwardian theatre and be entertained by some of the best shows, and biggest names in showbiz at Sunderland Empire.

The opulently decorated auditorium with its deep reds and intricate detailing is a textbook example of theatre design from over a century ago and the perfect place to be transported to another world.

There's nothing to beat the magic of live theatre when it comes to truly captivating an audience. Whether it's a good old-fashioned pantomime or the latest stage spectaculars direct from the West End, you can guarantee for a few hours at least, you'll be a million miles away from the real world.

Since the doors opened in 1907, everyone from the likes of Charlie Chaplin to The Beatles have performed on the Sunderland Empire stage.

Situated right in the heart of Sunderland city centre, it's really easy to extend your visit to Sunderland Empire by grabbing a pre-show bite to eat or a post-show drink at the Garden Place Bistro or one of the many bars nearby.

There's lots of city centre parking nearby too, and if you're arriving by public transport, the Empire is just a short walk from Park Lane Transport Interchange or Sunderland station



Penshaw Monument and Herrington Country Park

A stairway to the heavens and a step into the past. The view from Penshaw Monument is an impressive one. On a clear day vast swathes of the North East can be seen all around.

The Greek style temple dominates the skyline, but it wasn't built as an attraction or a means of enjoying those amazing vistas. It's actually a monument to one of the most popular men Sunderland has ever known, the first Earl of Durham, John George Lambton.

The 70ft high Penshaw Monument was built as a memorial to him in 1844 after over £6,000 was raised by local people. It's modelled on the Greek temple of Hephaestus in Athens.

During weekends and Bank Holidays from Easter to the end of September you can get an even more spectacular view by climbing to the top as part of a National Trust tour. The tours cost £5 per person and run from 10am to 4.40pm, pre-booking is possible.

Just across the road from Penshaw Monument is Herrington Country Park. Once the site of a Lambton colliery, today it is a peaceful green oasis. It's a great place for family bike rides or strolls past the lake loved by swans and ducks. There's a play park and café too all under the watchful gaze of Penshaw Monument of course!

If you're feeling more adventurous, it's not too far to riverside strolls beside the Wear at Fatfield, famed home of the legendary Lambton Worm. In folklore the worm was a 'horrible beast' which terrorised the local people and the Lambton Family until finally defeated by John Lambton.



St. Peter's Church

St. Peter's Church in Sunderland is one of the most significant historical sites in Britain. Founded in the 7th century by the pioneering Benedict Biscop, it developed into one of the greatest and most influential centres of learning in the northern world.

The church is one of the earliest sites of English Christianity, a place where 'modern' skills such as stonemasonry and glass making were brought to the British Isles and even where the timing of Easter was decided.

Creativity and innovation lie at the heart of St Peter's church. Great manuscripts were produced here that have survived to the present day and which represent some of Britain's greatest cultural treasures. These include the 8th century Anglo Saxon Bible, the Codex Amiatinus (now in Florence, Italy) and the oldest intact European book, the St Cuthbert Gospel, the latter of which was bought by the British Library in 2012 for the astonishing sum of £9m!

The monk and scholar, the Venerable Bede, flourished in this creative environment. Bede is perhaps most famous for his seminal work: The Ecclesiastical History of the English People, a work that is still one of the main sources of information on the origins of the English people and the coming of Christianity to Britain.

Although much of the original monastery no longer remains, thanks in part to the Vikings and the Reformation, it is still possible to walk the pathway through the original west porch door and examine the intricate Anglo-Saxon carvings and stonework — a pathway almost certainly walked by Bede himself over 1300 years ago.



Vibrant city life

Hopefully our ten best things to do have piqued your interest, but if you fancy a little bit more why not squeeze in a day of retail therapy with plenty of relaxation coupled with good food and drink.

The Bridges shopping centre is at the heart of the city. The bright and airy covered mall is home to everything from department stores to Disney. If high street brands are your thing it's the place to be. If you're looking for something more unusual, independent and speciality stores are just around the corner too.

Relax

One of the latest additions to Sunderland city centre is Keel Square, a brand new public square complete with fountains and plenty of seating that makes for an ideal place to break a shopping journey. There's a programme of events taking place in Keel Square too, so you might well catch live music or other performances while you're there.

The pub is a British institution and you'll find no finer example of a classic British pub than the Dun Cow on High Street West. It's an Edwardian triumph with carved wood, mirrors and polished brass. In a similar vein and just down the road is The Isis. If you had to imagine what a pub looked like, this is it. The drinks range is impressive too, with a focus on ales, particularly those brewed locally.

Refresh

Coffee connoisseurs in Sunderland swear by Holmeside Coffee. It's a bohemian little place that is also part of the bustling local arts and music scene, located in the Museum, Library and Winter Gardens.

If you're looking for something extra to treat your taste buds, it's going to be a tough choice. D'Acqua, on John Street, close to Sunderland Museum and Winter Gardens specialises in using high quality local ingredients.



Getting to Sunderland

A hassle free journey to our city by the sea.

By car

Sunderland is just off the A19 main trunk road, follow signs for Sunderland. The city centre is also only a short drive from the A1M. From the south use Junction 62 and the A690. From the north use Junction 65 and the A1231.

There's lots of low cost parking available right throughout the city centre.

By train

Direct train services to Sunderland from London, the East Midlands, York and North Yorkshire are operated by Grand Central and LNER. Direct trains also operate from Carlisle and Teesside to Sunderland.

From the North West, Scotland and other parts of Britain, change at Newcastle for a short Northern Rail or Tyne and Wear Metro transfer to Sunderland.

By bus

National Express bus services from Leeds, Manchester, Liverpool, Chester, North Wales and London serve Sunderland. All services call at Park Lane interchange in the heart of Sunderland city centre for easy onward connections to local bus services and the Tyne and Wear Metro.



