T107: Start at paint mark on grating 200 metres west of Country Park entrance on A1185. Proceed to round about with A178 (Tees Road) where turn left , proceed on Tees Road to Nuclear Power Station round about where take 4th exit (turn) proceed to rounabout at seal sands and take 3rd exit on A1185 proceed to finish just before rail way crossing bridge (10 miles)