



Walk this way!

Walking is a great opportunity to enjoy the fresh air, take in scenery and improve your health; and walking groups offer an opportunity to add a social element too.

Led by qualified and friendly walk leaders, it's a great way to explore new places, meet and socialise with new people and appreciate the beauty North Tyneside has to offer in a safe group environment.

All walks are **free of charge** to take part - unless you choose to treat yourself to a cuppa at the end.



Please call the walk leaders or Active North Tyneside (0191 643 7171) for further details.

All of our walking groups adhere to the latest COVID-19 guidance.

www.activenorthtyneside.org.uk



Active North Tyneside



@active_NT



(0191) 643 7171

Easy Walks



The Parks Walk Group:

Monday, 10.30am – 11.30am

Meet at The Parks Sports Centre (Howdon Road, North Shields).

This walk caters to all abilities and has an adapted slower walk for those that need it with a cuppa to finish.

Contact:

Pauline: 07847 522 641
Mark: 0101 643 2700

Wallsend Walkers:

Wednesday, 10.45am - 12.00pm

Meet at the Olive Tree Café (side entrance of Wallsend Memorial Hall People's Centre, Frank Street, Wallsend).

This walk caters for moderate pavement walkers.

Contact:

Carl: 07756 535 079

Eddy's Haven Walk:

Thursday, 10.30am – 12.00pm

Meet at Priors Haven car park in Tynemouth (turn down from Priory Castle, go over the small bridge and turn right). Free parking for two hours. This walk caters for all abilities and has great views.

Contact:

Viki: 07725 409 933
Stephen: 07523 065 370

Waves Walkers:

Friday, 10.00am - 11.00am

Meet at Waves Leisure Centre (The Links, Whitley Bay).

This walk caters for all abilities. The routes are flat and enjoy great views.

Contact:

Yvonne: 07534 582 016

Please arrive
15 minutes
before the
start time

Moderate to advanced walks

Ron's Whitley Bay Roam:

Tuesday, 10.30am – 12.30pm

(Get in touch to confirm the meeting point as this alternates)

One of the regular meeting points is Whitley Bay Customer First Centre (York Road, Whitley Bay).

This walk is longer and would be suitable for experienced walkers, but it does cater for all abilities. There are additional social walking options within this group.

Contact:

Ron: 07913 509 396

Healthy Heart Hikers:

Alternate Tuesday's,

10.30am – 12.30pm

(Get in touch to confirm dates and meeting locations prior to your first walk)

The two meeting points are The Rendezvous Café (Whitley Bay Promenade, Whitley Bay) or Churchill Playing Fields (64 Hartley Avenue, Whitley Bay).

This walk caters for all abilities and all speeds of walkers with various stopping points and options. Finished off with a good catch up and a cuppa at the end.

Contact:

Tony: 0191 643 2900

Please arrive
15 minutes
before the
start time

White Swan Walk:

First and third Tuesday
of the month, 10.00am – 12.00pm

Meet at the library entrance of the White Swan Community Centre (Citadel E, Killingworth).

This walk caters for regular walkers with various routes around Killingworth with a cuppa, lunch and a catch up to finish.

Contact:

Lynn: 07579 778 192
Pauline: 07847 522 641

Rising Sun Walk Group:

Sunday, 10.30am – 12.00pm

Meet at the café entrance of the Rising Sun Countryside Centre (Whitley Road, Benton).

This walk caters for all abilities, there's off road country path walking with wildlife views for those that love nature.

Contact:

Carl: 07756 535 079





Self-led walks

If you feel like a solo stroll or walking with family and friends instead, you can also download a range of self-led walks from the Active North Tyneside website.

From a casual wander to something a bit more strenuous and with routes between 1.5 and 6 miles right across the borough there's plenty to choose from to suit everyone.



www.activenorthtyneside.org.uk



Active North Tyneside



@active_NT



(0191) 643 7171