

NORTH TYNESIDE HEALTH WALKS



Come along and enjoy walking in the great outdoors with our fully qualified walk leaders.

Join us for short 30 minute brisk walk, or a longer 90 minute saunter. Whatever your ability, or whatever takes your fancy I'm sure we'll have a walk to suit your needs.

Walk your way to fitness in the company of others, enjoying the beautiful surroundings that North Tyneside has to offer.

Walk more..feel the difference

Feel good ,reduce blood pressure, reduce stress, keep your heart strong, improve sleep patterns and help to manage your weight. Increase energy and switch on the happy hormones!

Why is walking the perfect activity for health?

- Almost everyone can do it
- It's a chance to make new friends
- It's free and you don't need special equipment
- You can start slowly and build up gradually at your own pace



North Tyneside Council

MONDAY: The Parks Health Walkers

10.30am – 11.30am (approx 40- 55mins walk with optional shorter route ,then social time afterwards)

Let Mark, Celia, Colin and Pauline guide the way finishing off with a well earned cuppa.

Meeting point: The Parks Sports Centre Reception Area, North Shields.

Contact : Mark Thompson on 0191 643 2700

TUESDAY: Tynemouth Healthy Hearts Walk

10.00am start - **every 2 weeks** (approx 90 mins ramble, various starting points and locations)

There is an option for shorter walks with alternative stopping points and tea breaks to suit.

Meeting point: Churchill Playing Fields or Rendevous Cafe, Whitley Bay.

Contact: Tony Dawson for dates on 0191 643 2900

TUESDAY: Killingworth Walk

10.00am – 11.30am **every 2 weeks (1st and 3rd Tuesday of each month)** approx 1 ½ hour ramble at visiting various locations

Let Howard guide you and teach you about the local area whilst walking.

Meeting point: White Swan Centre, Killingworth.

Contact: Howard Smith for dates on 0191 268 2084

TUESDAY: Waves Health Walk

2.00 – 3.00pm (approx 45 minute walk, with social time afterwards).

Let Andrew and Lee lead the way when out enjoying the fresh air along the coast!

Meeting point: Waves Leisure Centre, The Links, Whitley Bay. Just inside the cafe area.

Contact: Andrew or Lee on 0191 643 7468

WEDNESDAY: Lakeside Health Walk

10.00am – 10.45am (approx 45 min walk)

Enjoy some fun time out in the fresh air with the girls in your local surroundings.

Meeting point: Lakeside Centre, reception

Contact: Carol or Jacqui for details on 0191 643 4177

WEDNESDAY: Hadrian Health Walkers

10.45am – 11.45am (45 – 60 min walk)

Let Susan, Chris, James or Phil show you the way.

Meeting point: Reception Area at Hadrian Leisure Centre, Wallsend.

Contact: Hadrian reception for dates on 0191 643 2025

WEDNESDAY: St Aiden's Walk

12noon – 1.00pm (approx 40–50 min slow walk then social time after)

This walk caters for those of us who might have mobility issues and ends with a well earned cuppa!

Meeting point: St Aiden's Community Centre, North Shields

Contact: Don Slater on 0191 258 4352

THURSDAY: Eddy's Haven Walk Group

10.30am – 12 noon (approx 60 – 90mins with optional shorter route)

Enjoy the gorgeous coastline that North Tyneside has to offer

Meeting point: Priors Haven Car Park, Tynemouth

Please contact Gillian Adam for further information on 0191 643 7441

Due to be added to our programmes in 2016 are MacMillan Health Walks. Watch this space for more details.

If interested in any of the walks listed above please contact the walk leader as stated. Alternatively, for further information regarding walking please contact Walk Scheme Coordinator Gillian Adam on 0191 643 7441.