



Living Well North Tyneside

Supporting Health and Wellbeing



Cost: No Cost



Type: Face to Face

FREE - Well-being walks and cycle rides for North Tyneside residents

Available now to book for individuals or community groups within North Tyneside borough. Come and join us for a guided health walk or cycle ride. Free minibus transportation from local venue, free use of mountain bikes and cycling equipment.

Available now to book on Thursdays throughout June - December 2024

13th June - Mountain Biking

18th July - Coastal Walk

15th August - Rock Climbing

19th September - Bike ride

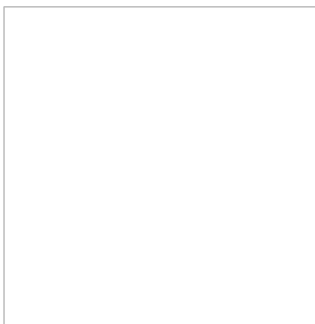
17th October - Bushcraft

14th November - Waterfall Walk

5th December - Christmas Woodland Crafts



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