



# Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** No Cost

 **Type:** Face to Face

## Wellbeing Easy/gentle Group Walks at The Parks Sports Centre

Walking groups are a great way to explore the local area and meet like-minded people, turning your daily exercise into a social event.

Being in the great outdoors with fully qualified walk leaders, who dedicate their time to making your walking experience a good one, is the perfect way to explore all North Tyneside has to offer.

Everyone is welcome to join in, whether it's for a short, brisk walk or a longer two hour saunter, there are options across the borough to choose from. Please arrive 15 minutes before the start time of the walk.

You can find more information on each walk, including the public transport links to the meeting points of each group, [here](#).

Contact:

Pauline: 07847 522 641

Mark: 0101 643 2700, 07840 430 405

Buses to meeting point: 10, 19 and 310



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The Parks Walk Group



07847 522 641



[active@northtyneside.gov.uk](mailto:active@northtyneside.gov.uk)



The Parks Sports Centre  
Howdon Road  
North Shields



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