



Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** No Cost

 **Type:** Face to Face

Wellbeing Easy/gentle Groups Walks at the Olive Tree Cafe.

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:

Carl: 07756 535 079

Buses to meeting point: 22 and 40



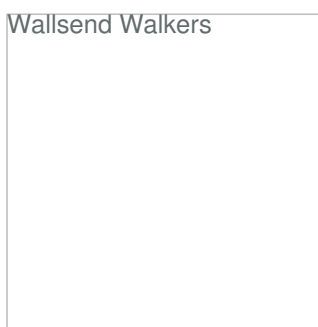
[Walking groups](#) | [outdoor activities](#) |

[outdoor hobbies](#) | [social activities](#) |

[wallsend](#)

Related Documents

- [Wellbeing+Walks.pdf](#)



07756 535 079



active@northtyneside.gov.uk



The Olive Tree Café
(side entrance of Wallsend Memorial)

Hall People's Centre,
Frank Street,
Wallsend



<https://www.activenorthtyneside.org.uk/wellbeing-walks>

Last Updated - 7th January 2025



© 2025 Living Well North Tyneside | Web Design: Indigo Newcastle