



Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** No Cost

 **Type:** Face to Face

Wellbeing Easy/gentle Groups Walks at Priors Haven car park.

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:
Viki: 07725 409 933
Nina: 07949 740785
Bus to meeting point: 306



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

Related Documents

- [Wellbeing+Walks.pdf](#)

Eddy's Haven Walk



 07725 409 933

 active@northtyneside.gov.uk

 Priors Haven car park

Tynemouth
North Shields



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

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