



# Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** No Cost

 **Type:** Face to Face

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:  
Yvonne: 07534 582 016  
Buses to meeting point: 308 and 309




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Waves Walkers



 07534 582 016

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

 Waves Leisure Centre  
The Links,  
Whitley Bay

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

