



# Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** No Cost

 **Type:** Face to Face

Tuesday's, 10.30am – 12.30pm

(Get in touch to confirm dates and meeting locations prior to your first walk)

The two meeting points are The Rendevous Café (Whitley Bay Promenade, Whitley Bay) or Churchill Playing Fields (64 Hartley Avenue, Whitley Bay).

This walk caters for all abilities and all speeds of walkers with various stopping points and options. Finished off with a good catch up and a cuppa at the end.

Contact:

Tony: 0191 643 2900

Buses to meeting point: 51, 308 and 309



[walking\\_group](#) | [outdoor activities](#) | [outdoor hobbies](#)

## Related Documents

- [Wellbeing+Walks.pdf](#)

Healthy Heart Hikers





active@northtyneside.gov.uk



Rendezvous Café (Whitley Bay Promenade,  
Whitley Bay)  
or Churchill Playing Fields  
(64 Hartley Avenue, Whitley Bay)



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

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