

Wallsend PCN Social
Prescribing Walking Group



Second Thursday of the month at 11:00am

Please arrive 15 minutes before the start time.

Meet at the entrance to Wallsend Hall Grounds, on the east side of the Kings Road S (Kings Road S, Wallsend, NE28 7NX). We meet on the path inside the park entrance, next to the information board.

What3words – [pizza.sake.calms](https://www.what3words.com/pizza.sake.calms)

This walk caters to all abilities and is on paved footpath. The walk will take approximately 40-60 minutes, with opportunities to stop on route. There is an option to shorten the walk and visit a café where you can have a cuppa to finish.

Please dress appropriate for the weather and bring a bottle of water.

Contact: Robbie: 07708485778

Busses to meeting point: 1, 41A, 91, 392, 306 and 308

