

## BE PART OF THE BIGGEST AND MOST VIBRANT COMMUNITY OF WALKERS IN BRITAIN.

YOU'LL DISCOVER A WEALTH OF NEW WALKING OPPORTUNITIES AT YOUR FEET AND MORE WAYS TO BOOST YOUR WELLBEING AND YOU'LL HELP PROTECT THE PLACES WE ALL LOVE TO WALK TOO.

### WALK Grading & Timing

	<b>Short Walk</b> 30-45 minutes. Slow to steady pace. Distance 2-4 miles
	<b>Intermediate Walk</b> 90 minutes. Steady to moderate pace. Distance 4 to 5 miles +
	<b>Away Day Walk</b> 90 minutes. Steady to moderate pace. Distance 5 miles +

Please note the intermediate and Away day walks may be longer than 90 minutes with breaks and site seeing opportunities.

### WELLNESS WALKS with a New Perspective

For more information contact Natalie New\_perspectives@outlook.com

 Wellness Walks with a New Perspective

<b>MONDAY</b> 9 until 11 local walks in & around Hartlepool (Change weekly)  	<b>TUESDAY</b> 6pm Seaton Carew (meeting at the coach car park)    	<b>WEDNESDAY</b> Full day hike 9 until 3 out of area 	<b>THURSDAY</b> 6pm Hartlepool Headland meeting at the Heugh Battery    	<b>FRIDAY</b> 9am meet at Summerhill    
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**WEDNESDAY LilyAnnes Café**  
Registration 10:45am. Walk starts 11am.  
Meet inside or outside LilyAnnes Café, 5 Victoria Rd, Hartlepool, TS24 7SE

**FRIDAY Seaton Carew**  
Meet at Hornby Park, Elizabeth Way, Hartlepool, TS25 2AZ on Fridays at 10:20am to set off on the walk at 10:30am. The walk might include sand dunes. Café on site if you wish to head back for coffee/tea and a chat.

### POSITIVE STEPS WALKING GROUPS EVERY WEDNESDAY 10AM

Wednesday 10am Seaton & Ward Jackson Walks running every Wednesday on alternate weeks.

contact your hub to find out which walk is taking place this week.  
Please call Family Hubs On 01429 292444 before setting off - as walks may be cancelled depending on the weather.

Cancelled Walks Please check the social media pages for updates on the programme  ActiveHartlepool

## Latest Walking NEWS

### Walk about in Hartlepool

Walk about in Hartlepool has received accreditation through the Ramblers Association. The accreditation endorses the quality and experience and support that the walkers can expect when taking part in a regular health walk through Walk about in Hartlepool.

Walking for health, led by the Ramblers Association is a nationwide programme aimed at improving the nation's health through walking.

### What is a wellbeing walk?

A wellbeing walk is a free and local walk helping you get active and stay active at a pace that is right for you. It is a great way to start physical activity and explore your local area whilst meeting like minded people. All wellbeing walks are led by qualified volunteer walk leaders who will make you feel welcome regardless of your walking ability.

### Why join a health walk?

Sometimes a walk alone in the fresh air is just what we need. But if you're just getting started and you're not sure that you want to do all your walking alone, or if you like the idea of having people around to help you stay motivated, then come along and join in.



Active Hartlepool are working with Walk into Wellness – a partnership of walking providers across the town to collectively improve the pathways for people to access physical activity opportunities to support their mental and physical health.

### What do I need?

Nothing! Just a pair of suitable, comfortable shoes. Sensible clothing appropriate for the weather. All walks are free of charge. Please arrive 10 minutes before the start time.

### Are you interested in becoming a Volunteer Walk Leader?

- Helping people get more active and healthy
- Receive full training with a nationally recognised scheme
- Receive ongoing support and guidance
- Meet new people
- Discover more of your local area

If so we would like to hear from you. Please contact the Sport and Physical Activity Team.

For further information please contact the Participation Team on 01429 402896 or 07790 809677  
Participation@hartlepool.gov.uk  
www.activehartlepool.co.uk/walking



## WELLBEING WALKS

### Walk About In Hartlepool

January - March 2025

Meet new people and explore your local area with friendly walk leaders.

FREE, fun and for everyone!



www.activehartlepool.co.uk/walking



# WALKING FOR HEALTH

## January 2025

Registration 9.45. Walk starts 10am

### Monday 6th Headland

Meet in car park at back of Verril's Fish Shop, TS24 0JE

 **Intermediate** Walking for Health 4 - 5 miles+

### Wednesday 8th, Castle Eden

Meet on Stockton Road, near Castle Eden Inn, TS27 4SD

 **Intermediate** Walking for Health 4 - 5 miles+

### Monday 13th, Seaton Carew

Meet at North Gare car park, Seaton Lane, TS25 2DX

 **Intermediate** Walking for Health 4 - 5 miles+

### Wednesday 15th, Sedgefield

Meet outside entrance to Sedgefield Cricket Club, Station Road, Sedgefield, TS21 2BY

 **Intermediate** Walking for Health 4 - 5 miles+

### Monday 20th, Summerhill

Meet in car park at Summerhill Country Park, Summerhill Lane, Hartlepool, TS25 4LL

 **Intermediate** Walking for Health 4 - 5 miles+

### Wednesday 22nd, Greatham

Meet opposite Hospital of God entrance on main street through Greatham, TS25 2HS

 **Intermediate** Walking for Health 4 - 5 miles+

### Monday 27th, Thorpe Thewles

Meet in car park at Wynyard Wood Park Visitors Centre, Thorpe Thewles Old Station, TS21 3JG

 **Intermediate** Walking for Health 4 - 5 miles+

### Wednesday 29th, Hart

Meet in car park at Hart Village Church, TS27 3AP

 **Intermediate** Walking for Health 4 - 5 miles+

# WALKING FOR HEALTH

## February 2025

Registration 9.45. Walk starts 10am

### Monday 3rd, Embleton

Meet in Wynyard Woodlands car park, off A689 road to Sedgefield, after coloured bridge nearest to postcode, TS22 5NW

 **Intermediate** Walking for Health 4 - 5 miles+

### Wednesday 5th, Cowpen Bewley

Meet in car park at Cowpen Bewley Woodland Park, Seal Sands Link Road, TS23 3NF

 **Intermediate** Walking for Health 4 - 5 miles+

### Monday 10th, Wheatley Hill

Meet in car park at the Greenhills Community Centre, Stephen Terrace, Wheatley Hill, DH6 3JS

 **Intermediate** Walking for Health 4 - 5 miles+

### Wednesday 12th, Tees Barrage

**White Water Centre**  
Meet in first car park, Whitewater Way, Thomaby, TS17 6QB

*(Parking Fines in Talpole Beefeater)*

 **Intermediate** Walking for Health 4 - 5 miles+

### Monday 17th, Hurworth Burn Reservoir

Meet in car park just before bridge, Hurworth Burn Road, Wingate, TS28 5NN (on road to Trimdon)

 **Intermediate** Walking for Health 4 - 5 miles+

### Wednesday 19th, Coxhoe

Meet at Memorial Wheel next to the Village Hall on Church Street, Coxhoe, DH6 4DD

 **Intermediate** Walking for Health 4 - 5 miles+

### Monday 24th, Seaham

Meet at Nose's Point, (Bottom) car park, Seaham, SR7 7TT

*(Parking charges apply)*

 **Intermediate** Walking for Health 4 - 5 miles+

### Wednesday 26th, Hart

Meet in car park at Hart Village Church, TS27 3AP

 **Intermediate** Walking for Health 4 - 5 miles+

# WALKING FOR HEALTH

## March 2025

Registration 9.45. Walk starts 10am

### Monday 3rd, Osmotherley

Meet outside the Golden Lion, 6 West End, Osmotherley, DL6 3AA

 **Intermediate** Walking for Health 4 - 5 miles+

### Wednesday 5th, Old Wingate Quarry

Meet in Nature Reserve car park, Salters Lane, (opposite junction of B1278), TS29 6NT

 **Intermediate** Walking for Health 4 - 5 miles+

### Monday 10th, Bishop Middleham

Meet Cross Keys Inn, High Street, Bishop Middleham, Ferryhill, DL17 9AR

 **Intermediate** Walking for Health 4 - 5 miles+

### Wednesday 12th Shincliffe

Meet in car park (bottom end), Poplar Tree Garden Centre, Shincliffe, DH1 2NG

 **Intermediate** Walking for Health 4 - 5 miles+

### Monday 17th, Crimdon (Lower)

Meet at Crimdon Beach, Lower car park, TS27 4DW

*(Parking charges apply)*

 **Intermediate** Walking for Health 4 - 5 miles+

### Wednesday 19th, Horden

Meet at Seaview Industrial Estate, parking in the area, 1st on left coming off roundabout SR8 4TQ

 **Intermediate** Walking for Health 4 - 5 miles+

### Monday 24th, Cassop

Meet near Pub & Kitchen, Front Street North, Cassop, DH6 4RJ

 **Intermediate** Walking for Health 4 - 5 miles+

### Wednesday 26th, Great Ayton

Meet near The Green, opposite Royal Oak Pub, TS9 6BW

 **Intermediate** Walking for Health 4 - 5 miles+

### Monday 31st, Hart

Meet in car park at Hart Village Church, TS27 3AP

 **Intermediate** Walking for Health 4 - 5 miles+