



active
Northumberland

FREE WELLBEING WALKS

Get active in the outdoors with our local walks led by experienced walk leaders

About the wellbeing walks

Walking outdoors is a natural mood booster! You don't need to walk far or fast to feel the benefits to your health and wellbeing, and you'll always be in good company for a good old chat along the way.

Across Northumberland we have FREE wellbeing walks all led by experienced walk leaders along tried and tested routes. The walks last no longer than 90 minutes at a comfortable pace. Walking as part of a group means you'll be safe and supported, allowing you to simply enjoy the surroundings, the fresh air and the company.

We invite everyone to 'just turn up' to any of our walks. Simply register on the day at the meeting point and dress for the weather.

Walking routes

Most of the walks are circular, starting and finishing at the meeting point, but some are slightly further afield. For these walks we organise car shares so that everyone can enjoy them.

Become a walk leader!

We are always on the lookout for more walk leaders. This is a rewarding, voluntary role requiring well organised, sociable people with a love of walking! Full training is provided.

If you'd like to know more about becoming a walk leader, we'd love to hear from you. Please contact Loraine:

loliver@activenorthumberland.org.uk



Wellbeing walks timetables

Wellbeing walks in **SOUTH EAST Northumberland**

WALK	MEETING PLACE	DAY/TIME
Cramlington	Concordia Leisure Centre	Mon, 10am
Morpeth	Morpeth Sports & Leisure Centre	Tue, 10.30am
Ashington	Ashington Leisure Centre	Wed, 10am
Blyth	Blyth Sports Centre	Thu, 10am
Newbiggin	Newbiggin Sports Centre	Thu, 10am
Pegswood	Pegswood Community Hub	Fri, 10am

Wellbeing walks in **WEST Northumberland**

WALK	MEETING PLACE	DAY/TIME
Hexham	Wentworth Leisure Centre	Mon, 10am
Stocksfield	Stocksfield train station	Mon, 10am
Wark	Outside the Post Office	Tue, 10.00am*
Ponteland	Ponteland Leisure Centre	Tue, 10.30am
Corbridge	Coigns Corner	Wed, 10am
Bellingham	Market Place	Wed, 10.30am
Prudhoe	Tyne Riverside Park (every 2 weeks)	Thu, 10.30am

*10.30am meet on away days

Wellbeing walks in **NORTH Northumberland**

WALK	MEETING PLACE	DAY/TIME
Alnwick	Market Place	Wed, 10am
Amble	The Town Square	Tue, 1.30pm
Wooler	Cheviot Centre	Thu, 1pm



WELLBEING WALKS

- All the walks are FREE
- Comfortable and steady pace
- No special equipment needed
- Led by experienced walk leaders
- Great for physical and mental health
- Meet new friends and enjoy yourself!



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at the heart of walking

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www.activenorthumberland.org.uk/find-your-activity/wellbeing-walks