

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

MONDAY 9 until 11 local walks in & around Hartlepool (Change weekly)  	TUESDAY 6pm Seaton Carew (meeting at the coach car park)    	WEDNESDAY Full day hike 9 until 3 out of area 	THURSDAY 6pm Hartlepool Headland meeting at the Hough Battery    	FRIDAY 9am meet at Summerhill    
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

RAMBLERS
WELLBEING
WALKS

Walk About
In Hartlepool

Oct - Dec 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

October 2025

Registration 9.45. Walk starts 10am

Wednesday 1st, Greatham

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

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

Monday 6th, Seaton Carew

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

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

Wednesday 8th, Sedgefield

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

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

Monday 13th, Wheatley Hill

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

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

Wednesday 15th, Summerhill

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

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

Monday 20th, Castle Eden Dene

New Meeting Point: Oakerside Dene Lodge, Stanhope Chase, Peterlee, SR8 1NJ

 **Intermediate** Walking for Health 5 miles+

Wednesday 22nd, Headland

Meet in car park at back of Verrils Fish Shop, TS24 0JE

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

Monday 27th, Tees Barrage

White Water Centre,
Meet in first car park, Whitewater Way, Thornaby, TS17 6QB
(Parking Fines in Talpole Beefeater)

 **Intermediate** Walking for Health 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

November 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, Coxhoe

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

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

Monday 10th, Herrington Country Park

Penshaw, New Herrington, Houghton Le Spring, DH4 7EL (Use Lakeside Car Park, not main Car Park)

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

Wednesday 12th, Embleton

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

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

Monday 17th, Middle Warren

(NEW Local Walk)

Meet at Ward Jackson Park Car Park, Park Ave, Hartlepool, TS26 ODS
(Opposite Clock Tower)

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

Wednesday 19th, Bishop Middleham

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

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

Monday 24th, Seaham

Meet at Seaham Hall Beach Car park, Seaham, SR7 7AG
(North Beach, 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

December 2025

Registration 9.45. Walk starts 10am

Monday 1st, 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 3rd, Marina & Seaton
& Xmas Lunch at Portifinos**

Meet in Portifinos Car Park, Maritime Ave, Hartlepool, TS24 0XZ

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

Monday 8th, Great Ayton

Meet near The Green, either in car park or opposite The Royal Oak Pub, TS9 6BW

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

Wednesday 10th, Thorpe Thewles

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

 **Intermediate** Walking for Health 5 miles+

Monday 15th, Shincliffe

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

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

Wednesday 17th, Castle Eden

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

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

Monday 22nd, Cassop

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

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

Wednesday 24th, Crimdon (Lower)

Meet at Crimdon Beach, Lower Car park, TS27 4DW (Parking Charges Apply)

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

Monday 29th, Old Wingate Quarry

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

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

Wednesday 31st, Hart

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

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