

# 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.

## 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](mailto:Participation@hartlepool.gov.uk)  
[www.activehartlepool.co.uk/walking](http://www.activehartlepool.co.uk/walking)



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.

 RAMBLERS

# WELLBEING WALKS

## Walk About In Hartlepool

**JANUARY - MARCH 2024**

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

FREE, fun and for everyone!



[www.activehartlepool.co.uk/walking](http://www.activehartlepool.co.uk/walking)

 **HARTLEPOOL**  
BOROUGH COUNCIL

# 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 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.

## New WALKS

### Wellness Walks with a New Perspective

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

#### Wellness Walks with a New Perspective

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

## Prior to taking part in any of our WALKS

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

## WALKS January 2024 Registration 9.45. Walk starts 10am



 <b>Wednesday 3rd, Seaton Carew</b> Meet at North Gare car park, Seaton Lane, Seaton Carew, TS25 2DX	 <b>Monday 22nd, Embleton</b> Meet in Wynyards Woodland car park, off A689 road to Sedgfield, after coloured bridge nearest to postcode, TS22 5NW
 <b>Monday 8th, Headland</b> Meet in car park at back of Verrils Fish Shop, TS24 0JE	 <b>Wednesday 24th, Summerhill</b> Meet in car park at Visitors Centre, Summerhill Lane, Hartlepool, TS25 4LL
 <b>Wednesday 10th, Crimdon (lower)</b> Meet at Crimdon Beach, Lower car park, TS27 4DW	 <b>Monday 29th, Sedgfield</b> Meet outside entrance to Sedgfield Cricket Club, Station Road, Sedgfield, TS21 2BY
 <b>Monday 15th, Hart</b> Meet in car park at Hart Village Church, TS27 3AP	 <b>Wednesday 31st, Castle Eden</b> Meet on Stockton Road, Near Castle Eden Inn, TS27 4SD
 <b>Wednesday 17th, Greatham</b> Meet opposite Hospital of God entrance on main street through Greatham, TS25 2HS	

## WALKS February 2024 Registration 9.45. Walk starts 10am

 <b>Monday 5th, Coxhoe</b> Meet at Memorial Wheel, next to Village Hall on Church Street Coxhoe, DH6 4DD	 <b>Wednesday 21st, Thorpe Thewles</b> Meet in car park at Wynyard Wood Park Visitors Centre, Thorpe Thewles Old Station, TS21 3JG
 <b>Wednesday 7th, Cowpen Bewley</b> Meet in car park at Cowpen Bewley Woodland Park, Seal Sands Link, TS23 3NF	 <b>Monday 26th, Hurworth Burn Reservoir</b> Meet in car park just before bridge, Hurworth Burn Road, Wingate, TS28 5NN (on road to Trimdon)
 <b>Monday 12th, Seaham</b> Meet at Nose's Point Top car park, Seaham, SR7 7PS	 <b>Wednesday 28th, Wheatley Hill</b> Meet in car park, at The Greenhills Community Centre, Stephen Terrace, Wheatley Hill, DH6 3JS
 <b>Wednesday 14th, Old Wingate Quarry</b> Meet in Nature Reserve car park, Salters Lane, (opposite junction of B1278), TS29 6NT	
 <b>Monday 19th, Shincliffe</b> Meet in car park (bottom end), Poplar Tree Garden Centre, Shincliffe, DH1 2NG	

## WALKS March 2024 Registration 9.45. Walk starts 10am

 <b>Monday 4th, Tees Barrage White Water Centre</b> Meet in first car park, Whitewater Way, Thornaby, TS17 6QB (Parking fines in Talpole Beefeater)	 <b>Monday 18th, Bishop Middleham</b> Meet near Cross Keys Inn, High Street, Bishop Middleham, Ferryhill, DL17 9AR
 <b>Wednesday 6th, Running Waters, Durham</b> Meet in car park, at The Three Horseshoes Inn, on A181, Running Waters, Durham DH1 2SR	 <b>Wednesday 20th, Hart</b> Meet in car park at Hart Village Church, TS27 3AP
 <b>Monday 11th, Dalton Le Dale</b> Meet in the first picnic area car park on right-hand side after Parish Church, but before the Dalton Tower, nearest postcode, SR7 8QW	 <b>Monday 25th, Osmotherley</b> Meet outside the Golden Lion, 6 West End, Osmotherley, DL6 3AA
 <b>Wednesday 13th, Cassop</b> Meet near the Pub & Kitchen, Front Street North, Cassop, DH6 4RJ	 <b>Wednesday 27th, Marina &amp; Seaton</b> Meet in car park at Portofino Restaurant, Maritime Avenue, Hartlepool, TS24 0XZ