

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 Heugh Battery    	FRIDAY 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 Homby 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.

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

October - December 2026

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

FREE, fun and for everyone!



www.activehartlepool.co.uk/walking



**Hartlepool
Borough Council**



WALKING FOR HEALTH

October 2026

Registration 9.45. Walk starts 10am

Monday 5th, Thorpe Thewles

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

Intermediate Walking for Health 4 - 5 miles+

**Wednesday 7th, Peterlee
(For Castle Eden Dene)**

Oakerside Dene Lodge, Stanhope Chase,
Peterlee, SR8 1NJ

Intermediate Walking for Health 4 - 5 miles+

**Monday 12th, Tees Barrage
White Water Centre,**

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

Intermediate Walking for Health 4 - 5 miles+

Wednesday 14th, Bishop Middleham

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

Intermediate Walking for Health 4 - 5 miles+

**Monday 19th, Washington Wetland Centre
(For Fatfields, Mount Pleasant, Cox-Green)**

Barmston Lane, Pattinson, Washington,
NE38 8LE

Intermediate Walking for Health 4 - 5 miles+

Wednesday 21st, Greatham

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

Intermediate Walking for Health 5 miles+

Monday 26th, Coxhoe

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

Intermediate Walking for Health 4 - 5 miles+

Wednesday 28th, Hart

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

Intermediate Walking for Health 5 miles+

WALKING FOR HEALTH

November 2026

Registration 9.45. Walk starts 10am

Monday 2nd, Osmotherley

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

Intermediate Walking for Health 4 - 5 miles+

Wednesday 4th, Headland

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

Intermediate Walking for Health 4 - 5 miles+

Monday 9th 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 11th, Sedgefield

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

Intermediate Walking for Health 4 - 5 miles+

Monday 16th, 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 18th, Hurworth Burn

Meet in carpark just before bridge, Hurworth
Burn Road, Wingate, TS28 5NN
(On road to Trimdon)

Intermediate Walking for Health 4 - 5 miles+

Monday 23rd, 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 25th, Cassop

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

Intermediate Walking for Health 4 - 5 miles+

Monday 30th, Hart

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

Intermediate Walking for Health 4 - 5 miles+

WALKING FOR HEALTH

December 2026

Registration 9.45. Walk starts 10am

**Wednesday 2nd Marina & Seaton
(Christmas Social at Portifinos)**

Meet at Portifinos car park, Maritime Ave,
Hartlepool, TS24 0XZ or surrounding area

Intermediate Walking for Health 4 - 5 miles+

Monday 7th, Shincliffe

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

Intermediate Walking for Health 4 - 5 miles+

Wednesday 9th, Summerhill

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

Intermediate Walking for Health 4 - 5 miles+

**Monday 14th, Wheatley Hill (Christmas
Lunch special in Community Centre)**

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

Intermediate Walking for Health 5 miles+

Wednesday 16th, Seaham

Meet Meet at Seaham Hall Beach car park,
Seaham, SR7 7AG
(Parking Charges apply)

Intermediate Walking for Health 4 - 5 miles+

Monday 21st, 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+

Wednesday 23rd, Crimdon (Lower)

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

Intermediate Walking for Health 4 - 5 miles+

Monday 28th, Seaton Carew

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

Intermediate Walking for Health 4 - 5 miles+

Wednesday 30th, Hart

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

Intermediate Walking for Health 4 - 5 miles+

