

Guided walks with time to enjoy the scenery and make
new friends



Walking & Strolling

July to December 2019

A friendly & welcoming group with new members joining regularly.
Exercise whilst enjoying wonderful scenery & good company,
with many health benefits to walking.

Call: 0191 2877027



@ageuknorthtyneside



@AgeUKNT



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Walks

Please arrive before 10.15am unless otherwise indicated

10 July: Aysgarth Falls and Castle Bolton 7.5 miles

Meeting point: Age UK North Tyneside Bradbury Centre for a prompt 9:30am coach trip departure returning by 6pm. £10 is payable before 30th June. There are some uneven surfaces

Leader: Alan Barber

August - no walk

11 September: Newburn to Wylam 6 miles

Meeting point: Central Station. Heritage Way Walk no 6.

Leader: Ann Nicholson

9 October: Wylam to Thornley Woods 7.5 miles

Meeting point: Eldon Square Bus Station to catch bus at 10.26.

Heritage Way Walk no 7.

Leader: Heinrich Rautenbach

13 November: Thornley Woods to Causey 7 miles

Meeting point: Eldon Square Bus Station. Heritage Way Walk no 8.

Leader: Alan Barber

We strongly advise participants to wear sturdy footwear and suitable clothing to meet all weather conditions.

Please note there is a £1 contribution per participant for each walk

Strolls

Please arrive before 10.15am unless otherwise indicated

24 July: Plessey Woods Circular Walk **4.5 miles**

Meeting point: Haymarket Bus Station

Leader: Ann Nicholson

August - no stroll

25 September: Byker to Wallsend **4.5 miles**

Meeting point: Byker Metro Station

Leader: Neil Whittemore

23 October: Silver Lonnen to Lemington via Denton Dene

4.5 miles Meeting point: Eldon Square Bus Station

Leader: Alan Barber

27 November: Five Bridges of Newcastle **4 miles**

Meeting point: Central Station

Leader: Heinrich Rautenbach

11 December: Pre Christmas Stroll and Lunch

Meeting point: Benton Metro Station Platform 2 for a stroll prior to lunch at Blue Flames. Tickets will be available from the Bradbury Centre in October and November - must be bought before Wednesday 20th November.

Leader: Ann Nicholson

We strongly advise participants to wear sturdy footwear and suitable clothing to meet all weather conditions.

Please note there is a £1 contribution per participant for each walk

What you need

- Please note you need to provide your own refreshments/packed lunch
- We strongly advise participants to wear sturdy footwear
- Suitable clothing to meet all weather conditions is also advised

Safety & Planning

- All walks and strolls are planned in advance, risk assessed and led by experienced volunteer walk leaders
- Walk leaders vary for each individual walk
- For safety and comfort of all walkers we are unable to include children or dogs (Guide dogs accepted)
- Walkers attend at their own risk

Please note

- All walks and strolls are subject to change
- It is not always possible to ensure toilet facilities are included on routes
- The central meeting point for some routes may require the use of public transport - participants will be required to meet these costs

Contact us:

Call: 0191 2877012

Email us: enquiries@ageuknorthtynside.org.uk

Visit: www.ageuk.org.uk/northtynside