



**HARTLEPOOL**  
**BOROUGH COUNCIL**

**Guided Walks**

**For All Ages**

# WALK

**ABOUT IN HARTLEPOOL**  
**WALKING PROGRAMME**

**JULY/AUGUST/SEPTEMBER 2021**

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

**FREE, fun and for everyone!**

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



# WALK Grading



30 minute walk at moderate pace



Intermediate Walk - 90 minutes/steady to moderate pace. Distance 3 miles +



Away Day walk - approximately 120 minutes in length at a steady to moderate pace

## Prior to taking part in any of our WALKS

### Covid-19

We are continuing to follow and review the latest Covid-19 guidance set by the Government, Sport England and Walking for Health to ensure people can enjoy our organised walks safely. As of the 12th April 2021 the 'Walk about in Hartlepool' group led walks will have a maximum of 30 participants. It is mandatory for anyone wishing to join a walk to book a space via emailing us at [participation@hartlepool.gov.uk](mailto:participation@hartlepool.gov.uk). When emailing please share your contact details and the walk you wish to attend. Bookings will be offered on a first come first served basis.

**Ramblers group walks:** Covid-secure Group walks are classified by the UK government as 'organised physical activities' and can take place in groups larger than six.

### Walk participants

- In joining a walk, participants agree to:
- Follow current Government guidelines on travel and transport to the start of the walk
- Bring hand sanitiser, suitable clothing and wear suitable footwear for the weather and walk location
- Avoid sharing food, drink or equipment such as walking poles
- Follow the Countryside Code, any local warning signs and avoid touching path furniture where possible
- Keep in touch with those ahead and behind, but maintain physical distancing and walk in single file through cropped fields
- Follow the walk leaders direction in relation to the pace of the walk and which side of the road to walk on
- Tell the back marker or another walker if you are dropping behind the group
- Dogs are not allowed on these walks unless the Dog is a guide dog for a visually impaired person.
- Please refrain from smoking whilst on the walk
- All walkers will be required to complete an Outdoor Health Questionnaire
- All details are subject to change

### Cancelled Walks

If you have booked onto one of our walks we will aim to contact you as soon as possible to inform you of any changes with the details you have provided. Please also check the Get Hartlepool Active social media pages for updates on the programme.

 **GetHartlepoolActive**

Introducing 'Beach Bumps' a friendly group walk tailored to pre and post-natal ladies. For more information on how to join please send your enquiry to [Jacqueline.lewis9@nhs.net](mailto:Jacqueline.lewis9@nhs.net)

## WALKS July 2021



### Monday 5th Seaton Dunes

Meet 10am North Gare Car Park, TS25 2DT



### Wednesday 7th Headland

Meet 10am Verrills car park, Hartlepool TS24 0JE



### Monday 12th Embleton

Meet at 10am Car Park off A689, TS22 5NW



### Wednesday 14th Summerhill

Meet at 10am Visitor Centre, Summerhill Country Park TS25 2LL



### Monday 19th Castle Eden

Meet at 10am Please park on main road in Castle Eden and meet outside village pub



### Wednesday 21st Hart

Meet at 10am Hart Church car park, TS27 3AP



### Monday 26th Crimdon Lower

Meet at 10am Crimdon Dene lower car park, TS27 4BN

## WALKS August 2021



### Monday 2nd Greatham

Meet at 10am opposite the Hospital of God, Greatham, TS25 2HS



### Wednesday 4th Cowpen Bewley

Meet at 10am Visitor Centre Cowpen Bewley, TS23 3NF



### Monday 9th Headland

Meet 10am Verrills car park, Hartlepool TS24 0JE



### Wednesday 11th Summerhill

Meet at 10am Visitor Centre, Summerhill Country Park TS25 2LL



### Monday 16th Seaton Dunes

Meet 10am North Gare Car Park, TS25 2DT



### Wednesday 18th Embleton

Meet at 10am Car Park off A689, TS22 5NW



### Monday 23rd Hart

Meet at 10am Hart Church car park, TS27 3AP



### Wednesday 25th Crimdon Upper

Meet at 10am Crimdon Dene upper car park, TS27 4BN

## WALKS September 2021



### Wednesday 1st Headland

Meet 10am Verrills car park, Hartlepool TS24 0JE



### Monday 6th Castle Eden

Meet at 10am Please park on main road in Castle Eden and meet outside village pub



### Wednesday 8th Greatham

Meet at 10am opposite the Hospital of God, Greatham, TS25 2HS



### Monday 13th Thorpe Thewles

Meet at 10am Wynyard Woodland Visitor Centre TS21 3JG



### Wednesday 15th Sedgefield

Meet at 10am outside entrance to Sedgefield Cricket Club, Station Road, Sedgefield TS21 2BY



### Monday 20th Summerhill

Meet at 10am Visitor Centre, Summerhill Country Park TS25 2LL



### Wednesday 22nd Headland

Meet 10am Verrills car park, Hartlepool TS24 0JE



### Monday 27th Hart

Meet at 10am Hart Church car park, TS27 3AP



### Wednesday 29th Cowpen Bewley

Meet at 10am Visitor Centre Cowpen Bewley, TS23 3NF

# 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 short 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 07790809677 email [Participation@hartlepool.gov.uk](mailto:Participation@hartlepool.gov.uk) website [www.gethartlepoolactive.co.uk/walking](http://www.gethartlepoolactive.co.uk/walking)**