

WALKS January 2020



Monday 6th January
Intermediate walk – Hart
Meet at 10.00am Hart church car park, TS27 3AP.



Monday 6th January
30 minute walk
Meet 9.45am South Hub, Wynyard Road,
Hartlepool TS25 3LQ.



Tuesday 7th January
30 minute walk
Meet 10:30am, Centre of Independent Living



Wednesday 8th January
Intermediate walk Greatham
Meet at 10am opposite the Hospital of God,
Greatham, TS25 2HS.



Wednesday 8th January
30 minute walk
Meet 9.45am at Community Hub North, West View
and Resource Centre, Hartlepool TS24 9JQ.



Thursday 9th January
30 minute walk – Seaton Carew
Meet 10am at Seaton Carew Library,
Hartlepool TS25 1BN



Friday 10th January
30 minute walk – Central
Meet 10.00am Central Hub, 124 York Road,
Hartlepool TS26 9DE



Monday 13th January
Intermediate Walk Summerhill
Meet at 10:00am at the Visitor Centre,
Summerhill, Country Park TS25 4LL



Monday 13th January
30 minute walk - South
Meet 9.45am at South Hub, Wynyard Road,
Hartlepool TS25 3LQ.



Tuesday 14th January
30 minute walk
Meet 10:30am, Centre of Independent Living



Wednesday 15th January
Intermediate walk – Hart
Meet at 10.00am Hart church car park, TS27 3AP.



Wednesday 15th January
30 minute walk
Meet 9.45am at North Hub, West View and
Resource Centre, Hartlepool TS24 9JQ.



Thursday 16th January
30 minute walk – Seaton Carew
Meet 10am at Seaton Carew Library,
Hartlepool TS25 1BN



Friday 17th January
30 minute walk – Central
Meet 10.00am Central Hub, 124 York Road,
Hartlepool TS26 9DE



Monday 20th January
Intermediate walk Headland
Meet at 10:00am, Verrill's Car Park,
Borough Hall, TS24 0JD



Monday 20th January
30 minute walk - South
Meet 9.45am at South Hub, Wynyard Road,
Hartlepool TS25 3LQ



Tuesday 21st January
30 minute walk
Meet 10:30am, Centre of Independent Living



Wednesday 22nd January
Intermediate walk- Greatham
Meet at 10.00am opposite Hospital of St John of God,
Greatham, Hartlepool TS25 2HS.



Wednesday 22nd January
30 minute walk
Meet 9.45am at Community Hub North , West View
and Resource Centre, Hartlepool TS24 9JQ.



Thursday 23rd January
30 minute walk – Seaton Carew
Meet 10am at Seaton Carew Library,
Hartlepool TS25 1BN



Friday 24th January
30 minute walk – Central
Meet 10.00am Central Hub, 124 York Road,
Hartlepool TS26 9DE



Monday 27th January
Intermediate walk- Sedgfield
Meet 10.00am at lay by at Manor Farm, Stockton
Road, Sedgfield TS21 3HA.



Monday 27th January
30 minute walk - South
Meet 9.45am at South Hub, Wynyard Road,
Hartlepool TS25 3LQ



Tuesday 28th January
30 minute walk
Meet 10:30am, Centre of Independent Living



Wednesday 29th January
Intermediate walk – Cowpen Bewley
Meet at 10.00am Visitors Centre car park, Cowpen
Bewley, TS23 3NF.



Wednesday 29th January
30 minute walk
Meet 9.45am at Community Hub North, West View
and Resource Centre, Hartlepool TS24 9JQ.



Thursday 30th January
30 minute walk – Seaton Carew
Meet 10am at Seaton Carew Library, Hartlepool TS25 1BN



Friday 31st January
30 minute walk – Central
Meet 10.00am Central Hub, 124 York Road,
Hartlepool TS26 9DE

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 health walk?

A health 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 health 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 284864 or 01429 284047 email Participation@hartlepool.gov.uk website www.gethartlepoolactive.co.uk/walking



**HARTLEPOOL
BOROUGH COUNCIL**

Guided Walks

WALK

For All Ages

ABOUT IN HARTLEPOOL WALKING PROGRAMME

JAN/FEB/MAR 2020



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

FREE, fun and for everyone!

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

- 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
- Please check before attending in severe weather or for further information about any of the walks please contact the Participation Team on 01429 284864 or 01429 284047 email Participation@hartlepool.gov.uk website www.gethartlepoolactive.co.uk/walking

CANCELLED WALKS

Please contact the participation@hartlepool.gov.uk with your name and mobile number so we can contacted if walks are cancelled.

WALKS February 2020

	Monday 3rd February Intermediate walk – Summerhill Meet 10am visitor’s car park Summerhill Country Park, TS25 4LL.		Monday 17th February Intermediate walk- Running Waters Meet at 10.00am outside the Three Horse Shoes, Off the A181, Running Waters, Durham DH1 2SR.
	Monday 3rd February 30 minute walk - South Meet 9.45am at South Hub, Wynyard Road, Hartlepool TS25 3LQ		Monday 17th February Intermediate Walk Portofino’s Meet at 10:00am Hartlepool Marina, Maritime Ave, Hartlepool TS24 0XZ
	Tuesday 4th February 30 minute walk Meet 10:30am, Centre of Independent Living		Tuesday 18th February 30 minute walk Meet 10:30am, Centre of Independent Living
	Wednesday 5th February Intermediate walk – Seaton Dunes Meet 10-.00am car park behind the Golf Club, Seaton TS25 1DE		Wednesday 19th February Intermediate walk – Crimdon Meet at 10.00am, Lower Car Park near Pony World, TS27 4BL
	Wednesday 5th February 30 minute walk Meet 9.45am at Community Hub North, West View and Resource Centre, Hartlepool TS24 9JQ		Wednesday 19th February 30 minute walk Meet 9.45am at North Hub, West View and Resource Centre, Hartlepool TS24 9JQ
	Thursday 6th February 30 minute walk – Seaton Carew Meet 10am at Seaton Carew Library, Hartlepool TS25 1BN		Thursday 20th February 30 minute walk – Seaton Carew Meet 10am at Seaton Carew Library, Hartlepool TS25 1BN
	Friday 7th February 30 minute walk – Central Meet 10.00am Central Hub, 124 York Road, Hartlepool TS26 9DE		Friday 21st February 30 minute walk – Central Meet 10.00am Central Hub, 124 York Road, Hartlepool TS26 9DE
	Monday 10th February Intermediate walk Headland Meet at 10:00am, Verrill’s Car Park, Borough Hall, TS24 0JD		Monday 24th February Intermediate walk Sedgfield Meet at 10.00am, Cricket Club, Station Rd, Sedgfield, Stockton-on-Tees TS21 2BY
	Monday 10th February 30 minute walk - South Meet 9.45am at South Hub, Wynyard Road, Hartlepool TS25 3LQ		Monday 24th February 30 minute walk - South Meet 9.45am at Community Hub South, Wynyard Road, Hartlepool TS25 3LQ.
	Tuesday 11th February 30 minute walk Meet 10:30am, Centre of Independent Living		Tuesday 25th February 30 minute walk Meet 10:30am, Centre of Independent Living
	Wednesday 12th February Intermediate walk – Castle Eden Meet at 10.00am, Please park on main road in Castle Eden and meet outside Castle Eden Inn, TS27 4SD.		Wednesday 26th February Intermediate walk – Embleton Meet 10.00am car park off the A689, TS22 5NW
	Wednesday 12th February 30 minute walk Meet 9.45am at Community Hub North , West View and Resource Centre, Hartlepool TS24 9JQ.		Wednesday 26th February 30 minute walk Meet 9.45am at Community Hub North, West View and Resource Centre, Hartlepool TS24 9JQ.
	Thursday 13th February 30 minute walk – Seaton Carew Meet 10am at Seaton Carew Library, Hartlepool TS25 1BN		Thursday 27th February 30 minute walk – Seaton Carew Meet 10am at Seaton Carew Library, Hartlepool TS25 1BN
	Friday 14th February 30 minute walk – Central Meet 10.00am Central Hub, 124 York Road, Hartlepool TS26 9DE		Friday 28th February 30 minute walk – Central Meet 10.00am Central Hub, 124 York Road, Hartlepool TS26 9DE

WALKS March 2020

	Monday 2nd March Intermediate walk - Greatham Meet at 10.00am opposite Hospital of St John of God, Greatham, Hartlepool TS25 2HS.		Monday 16th March 30 minute walk - South Meet 9.45am at South Hub, Wynyard Road, Hartlepool TS25 3LQ.
	Monday 2nd March 30 minute walk - South Meet 9.45am at South Hub, Wynyard Road, Hartlepool TS25 3LQ.		Tuesday 17th March 30 minute walk Meet 10:30am, Centre of Independent Living
	Tuesday 3rd March 30 minute walk Meet 10:30am, Centre of Independent Living		Wednesday 18th March Intermediate walk – Hart Meet at 10.00am in church car park, Hart TS27 3AP.
	Wednesday 4th March Intermediate walk – Thorpe Thewles Meet 10.00am meet at Wynyard Woodlands Visitor car park. TS21 3JG.		Wednesday 18th March 30 minute walk Meet 9.45am at North Hub, West View and Resource Centre, Hartlepool TS24 9JQ
	Wednesday 4th March 30 minute walk Meet 9.45am at North Hub, West View and Resource Centre, Hartlepool TS24 9JQ		Thursday 19th March 30 minute walk – Seaton Carew Meet 10am at Seaton Carew Library, Hartlepool TS25 1BN
	Thursday 5th March 30 minute walk – Seaton Carew Meet 10am at Seaton Carew Library, Hartlepool TS25 1BN		Friday 20th March 30 minute walk – Central Meet 10.00am Central Hub, 124 York Road, Hartlepool TS26 9DE
	Friday 6th March 30 minute walk – Central Meet 10.00am Central Hub, 124 York Road, Hartlepool TS26 9DE.		Monday 23rd March Intermediate walk Cowpen Bewley Meet at 10am Visitor Centre Cowpen Bewley, TS23 3NF
	Monday 9th March Intermediate walk – Sedgfield Meet at 10.00am outside entrance to Sedgfield Cricket Club, Station Road, Sedgfield TS212BY.		Monday 23rd March 30 minute walk - South Meet 9.45am at South Hub, Wynyard Road, Hartlepool TS25 3LQ.
	Monday 9th March 30 minute walk - South Meet 9.45am at South Hub, Wynyard Road, Hartlepool TS25 3LQ.		Tuesday 24th March 30 minute walk Meet 10:30am, Centre of Independent Living
	Tuesday 10th March 30 minute walk Meet 10:30am, Centre of Independent Living		Wednesday 25th March Intermediate walk - Crimdon Meet at 10.00am Upper car park nr Pony World, TS27 4BL
	Wednesday 11th March Intermediate walk – Summerhill Meet 10am visitor’s car park Summerhill Country Park, TS25 4LL.		Wednesday 25th March 30 minute walk Meet 9.45am at North Hub, West View and Resource Centre, Hartlepool TS24 9JQ
	Wednesday 11th March 30 minute walk Meet 9.45am at Community Hub North, West View and Resource Centre, Hartlepool TS24 9JQ		Thursday 26th March 30 minute walk – Seaton Carew Meet 10am at Seaton Carew Library, Hartlepool TS25 1BN
	Thursday 12th March 30 minute walk – Seaton Carew Meet 10am at Seaton Carew Library, Hartlepool TS25 1BN		Friday 27th March 30 minute walk – Central Meet 10.00am Central Hub, 124 York Road, Hartlepool TS26 9DE.
	Friday 13th March 30 minute walk – Central Meet 10.00am Central Hub, 124 York Road, Hartlepool TS26 9DE.		Monday 30th March 30 minute walk - South Meet 9.45am at Community Hub South, Wynyard Road, Hartlepool TS25 3LQ.
	Monday 16th March Intermediate walk Sedgfield Meet at 10.00am, Cricket Club, Station Rd, Sedgfield, Stockton-on-Tees TS21 2BY		Tuesday 31st March 30 minute walk Meet 10:30am, Centre of Independent Living