



**Walk your way to fitness with Gateshead's Red Kites**

**Friends of Red Kites are continuing the FREE Health Walks every Monday, 1.30pm start, until 3pm (approx 3 miles)**

Stirling Lane car park (NE39 1PS), Rowlands Gill & Lintzgreen

**May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> 2022.**

Winlaton Mill car park (NE21 6RT), Derwenthaugh Park & Lockhaugh

**June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>**

Spa Well car park (NE21 6JA), Derwenthaugh Park & Derwent Walk

**July 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>**

Watergate Forest Park car park, Whickham Highway (NE11 9RQ) Watergate Lake & Washingwell Wood

**August 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>**

For further information visit:

[www.friendsofredkites.org.uk](http://www.friendsofredkites.org.uk)

*The following email address may be of interest to you:*

[www.gateshead.gov.uk/getwalking](http://www.gateshead.gov.uk/getwalking)