



**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)**

**January 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, 2024**

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

**February 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>**

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

**March 4<sup>th</sup>, 11<sup>th</sup>, 28<sup>th</sup>, 25<sup>th</sup>**

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

**April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 19<sup>th</sup>.**

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

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)