



**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)**

**May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> 2024**

Sands Road car park (NE16 3DJ)  
Lower Derwent & Derwenthaugh Park

**June 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>**

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

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

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

**August 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<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)