



## **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 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> 2026**

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

**February 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>**

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

**March 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>**

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

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

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

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

*Gateshead Council's monthly "walking for health" newsletter may be of interest: [www.gateshead.gov.uk/getwalking](http://www.gateshead.gov.uk/getwalking)*