



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 4th, 11th, 18th, 25th 2026

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

June 1st, 8th, 15th, 22nd, 29th

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

July 6th, 13th, 20th, 27th

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

August 3rd, 10th, 17th, 24th, 31st

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

For further information: www.friendsofredkites.org.uk

Gateshead Council's monthly "walking for health" newsletter may be of interest: www.gateshead.gov.uk/getwalking