



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)

September 7th, 14th, 21st, 28th 2026

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

October 5th, 12th, 19th, 26th

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

November 2nd, 9th, 16th, 23rd, 30th

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

December 7th, 14th

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

For further information: www.friendsofredkites.org.uk

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