



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 5th, 12th, 19th, 26th 2025

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

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

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

July 7th, 14th, 21st, 28th

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

August 4th, 11th, 18th, 25th

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