



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 1st, 8th, 15th, 22nd, 29th 2025

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

October 6th, 13th, 20th, 27th

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

November 3rd, 10th, 17th, 24th

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

December 1st, 8th, 15th

Sands Road car park (NE16 3RDJ), 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