

WALKING IS A GREAT WAY TO HELP YOU STAY FIT AND HEALTHY

WALKING CAN

- » Keep your heart strong
- » Reduce Blood Pressure
- » Increase your energy levels
- » Help you achieve a healthy weight
- » Reduce Stress
- » Help you sleep better
- » Make you feel good

WE WALK WHATEVER THE WEATHER SO

- » Wear Comfortable clothes — lots of layers are best
- » Bring a waterproof coat/jacket
- » Bring a drink (water is best!)
- » Wear Comfortable shoes!

For further information, or if you need details of how to get there please contact:

Andy Robertson (0191) 228 9475 or 07985 155 734

Sandra McLellan 07852 923 573

linskillwalks@yahoo.co.uk

or ask at the Linskill Centre Reception



Walk more... feel the difference

Walking the way to Health
www.whi.org.uk

Linskill Healthy Walks



Thursdays at 10.00am

(except the last Thursday of the Month - phone for details or check the leaflet for times and meeting place!)

or TUESDAYS at 1.00pm for a shorter, slower-paced HEALTH STROLL!

Meet in the reception area

Anyone can turn up and join in — it's FREE and it's FUN!



linskill & north tyneside
COMMUNITY DEVELOPMENT TRUST

LINSKILL HEALTHY WALKS - THURSDAYS for NOVEMBER/DECEMBER 2010

<u>Date</u>	<u>Time</u>	<u>Meet at</u>	<u>Walk Name</u>	<u>Walk Leaders</u>	<u>Walk Time</u>
THUR 4 NOV	10.00am	LINSKILL	CHIRTON DENE: From Linskill across town to the Riverside Centre and Chirton Dene.	Andy/David	1-2 HOURS
THUR 11 NOV	10.00am	LINSKILL	CULLERCOATS COASTAL: From Linskill down to the seafront and along to Cullercoats.	Dianne/Sandra	1-2 HOURS
THUR 18 NOV	10.00am	LINSKILL	UNION STEPS-TYNEMOUTH: From Linskill across town to Unions steps, Fish Quay and Tynemouth.	Andy/David	1-2 HOURS
THUR 25 NOV	<u>10.15am</u>	FERRY LANDING	SOUTH SHIELDS: Ferry across the river, circular walk round the sea front. Return by ferry.	Dianne/Sandra	1-2 HOURS
THUR 2 DEC	10.30am	LINSKILL	MARDEN QUARRY: From Linskill along the Broadway to Marden Quarry and Cullercoats.	Andy/David	1-2 HOURS
THUR 9 DEC	10.00am	LINSKILL	TYNEMOUTH-UNION STEPS: Linskill to the Priory, past the Black Middens to the Fish Quay and finish in North Shields.	Sandra/Dianne	1-2 HOURS
THUR 16 DEC	10.00am	LINSKILL	CHRISTMAS LUNCH : Stroll through Northumberland Park to Salutation for lunch at 12 noon. (lunch has to be booked by 25 November)	Andy/David	1-2 HOURS
THUR 23 DEC	10.00am	LINSKILL	TYNEMOUTH PIER: Linskill to Priory, along to the end of the pier and back to Tynemouth village.	Dianne/Sandra	1-2 HOURS
THUR 30 DEC	10.30am	BYKER METRO	JESMOND DENE: Metro to Byker, walk through Heaton Park, Armstrong Park and the Dene.	Andy/David	1-2 HOURS

TUESDAY 'HEALTHY AFTERNOON STROLLS' — Short walks for those who haven't been walking for a while. MEET AT LINSKILL 1.00PM.

SATURDAY WALKS - Slightly longer for the slightly fitter! Not rambling, just enjoying a good long walk in good company. NEXT WALKS: SAT 20TH NOV (Red Kite Trail) & SAT 11TH DEC (Newburn-Wylam)

phone 07985 155 734 for details