

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



linskill & north tyneside
COMMUNITY DEVELOPMENT TRUST
Supported by Grassroots Grants,
Community Foundation



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/check the leaflet for times and meeting place!)

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

Meet in the reception area Linskill Centre



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

LINSKILL HEALTHY WALKS - THURSDAYS for JULY/AUGUST 2011

<u>Date</u>	<u>Time</u>	<u>Meet at</u>	<u>Walk Name</u>	<u>Walk Leaders</u>	<u>Walk Time</u>
THUR JULY 7	10.00am	LINSKILL	A.G.M. in Room B8 10.05am Sharp followed by a NATURE STROLL through Northumberland Park.	Andy/Linda	1-2 HOURS
THUR JULY 14	10.00am	LINSKILL	CULLERCOATS COASTAL: Walk from Linskill to the seafront and along to Cullercoats.	Dianne/Tom	1-2 HOURS
THUR JULY 21	10.00am	LINSKILL	TYNEMOUTH PIER: Walk from Linskill to Tynemouth Village and out to the end of the pier. Finish back at Tynemouth.	Sandra/Amanda	1-2 HOURS
THUR JULY 28	10.30am	SHIREMOOR METRO	CRAMLINGTON WAGGONWAY: Meet at the metro station and walk to the Bluebell, along the waggonway to Percy Main.	Andy/Dianne	1-2 HOURS
THUR AUG 4	10.00am	LINSKILL	FERRY LANDING-TYNEMOUTH: Walk from Linskill across North Shields to the Ferry Landing then along the Fish Quay to Tynemouth.	Pete/David	1-2 HOURS
THUR AUG 11	10.00am	LINSKILL	CHIRTON DENE: Walk from Linskill across North Shields to the Parks Centre and down Chirton Dene to the marina. Ends in North Shields.	Linda/Amanda	1-2 HOURS
THUR AUG 18	10.00am	LINSKILL	MARDEN QUARRY: Walk from Linskill along the Broadway to Marden Quarry and Cullercoats.	Tom/Lynn	1-2 HOURS
THUR AUG 25	10.30am	BYKER METRO	JESMOND DENE: Walk from Byker Metro to Jesmond Dene via Heaton & Armstrong Parks.	Andy/Sandra	1-2 HOURS

SATURDAY/SUNDAY WALKS - Slightly longer for the slightly fitter! Not rambling, just enjoying a good long walk in good company.

NEXT WALKS: Near Hexham & Chopwell Woods — **Phone 07985 155 734 for details**