

FAQ'S

How long are the walks?

Wellbeing walks vary in length . Most of our walks range between 60 - 90 minutes. All walks are different and things like terrain and pace can vary depending on the walk you select. Please read group walk details to ensure the walk you select is appropriate for you.

Are the walks guided?

All our walks are delivered by trained and experienced walk leaders who are very friendly, welcoming and knowledgeable.

Is there a cost?

All walks are Free of charge; however you may want to bring a few pennies along as some walks do finish close to local cafes.

What should I wear?

Comfortable and weather appropriate. Walks will take place in most conditions.

How do I sign up?

Simply turn up! We have no bookings system. Please arrive 5 minutes before start time.


Wellbeing Walks are a great way to meet new people and improve your health and wellbeing.

To find out more search www.facebook.com/RCwellbeingwalks or visit [Ramblers Wellbeing Walks Redcar & Cleveland - Google](https://www.google.com/search?q=Ramblers+Wellbeing+Walks+Redcar+%26+Cleveland)

WELLBEING WALKS

Redcar & Cleveland

Jan, Feb, Mar 2026



Marske (Every Monday)

Start time: 10.30am (please arrive 5–10 minutes early)

Start Location: Town Square, High Street (The Wynd), TS11 7LD

Walk Duration: 60 - 90 minutes (approx.)

All Marske walks include varied terrain, covering paths, fields and beach. Due to the nature of these routes, we recommend wearing shoes/boots you don't mind getting muddy. Some routes may include uphill walking.

Brotton (Every Sunday)

Start Location: East Cleveland Hospital, Car Park , Alford Rd, Brotton, TS12 2FF

Walk Duration: 90 minutes approx./steady pace

Start time: 10.30am

Taking place every Sunday morning, This walk includes various types of terrain. Covering paths, fields, hills and stiles. Walks are done at a 'steady' pace with rest stops along the way if needed. Please note, dogs must be on short leads. Toilet facilities available.

**Please bring shoes you don't mind getting muddy.*

Moorsholm - 1st Tuesday of the month

Start time: 10:30am (please arrive 5-10 minutes early)

Walk Duration 90 minutes (approx.)



- **Tuesday 6th January:** Moorsholm Memorial Village Hall TS12 3JD
- **Tuesday 3rd February :** Moorsholm Memorial Village Hall, TS12 3JD
- **Tuesday 3rd March:** Moorsholm Memorial Village Hall, TS12 3JD

Walks include varied terrain, covering fields and woodland. Because of the nature of these routes, we recommend wearing shoes/boots you don't mind getting muddy. Routes may include some uphill walking. Parking on the street, please do not block any gateways of residents. Looking forward to welcoming everyone.

Saltburn - Medium & Long (Every Wednesday)

Start time: 10:30am (please arrive 5 -10 minutes early)

Start Location: : Near the entrance to Sainsbury's

Short walk duration: 30 - 60 minutes (unofficial wellbeing walk)

Medium walk duration: 60 minutes

Long walk duration : 90 minutes



Based in Saltburn-by-the-sea, this walk provides opportunity to explore the beautiful scenery that this coastal town has to offer.

This group offers a short, medium and long walk each week. Plenty of choice to suit how far you'd like to go. Please bring shoes you don't mind getting muddy.

**Toilet facilities available.*

Guisborough - Longer Walks (Tuesday)

Start Time: 10:30am Walk: duration 90 minutes approx.

January 2026

Tuesday 6th: Sainsburys Car Park, Rectory Lane

Tuesday 13th: Guisborough Rugby Club, Belmangate, TS14 7BB

Tuesday 20th: Guisborough Forest Visitors Centre, TS14 8HD

Tuesday 27th: Sainsburys Car Park, Rectory Lane

February 2026

Tuesday 3rd: Guisborough Rugby Club, Belmangate, TS14 7BB

Tuesday 10th: Guisborough Forest Visitors Centre, TS14 8HD

Tuesday 17th: Sainsburys Car Park, Rectory Lane

Tuesday 24th: Guisborough Rugby Club, Belmangate, TS14 7BB

March 2026

Tuesday 3rd: Guisborough Forest Visitors Centre, TS14 8HD

Tuesday 10th: Sainsburys Car Park, Rectory Lane

Tuesday 17th: Guisborough Rugby Club, Belmangate, TS14 7BB

Tuesday 24th: Guisborough Forest Visitors Centre, TS14 8HD

Tuesday 31st: Sainsburys Car Park, Rectory Lane

Longer walks- 90 minutes approx. duration and covers multiple terrain across all routes.

Routes include uphill walking due to nature of the area. This is NOT a flat or slow walk .

**Unfortunately this group does NOT offer shorter/flat walks. This is due to walk leader ca-*

Brotton (Monday)

Start Time: 10:00am **Walk Duration:** 90 minutes (approx.) **Walking Pace:** Strolling

January 2026

Monday 5th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF

Monday 12th: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site)

Monday 19th: Hunley Hotel, Golf Car Park , TS12 2FT

Monday 26th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF

February 2026

Monday 2nd: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site)

Monday 9th: Hunley Hotel, Golf Car Park , TS12 2FT

Monday 16th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF

Monday 23rd: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site)

March 2026

Monday 2nd: Hunley Hotel, Golf Car Park , TS12 2FT

Monday 9th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF

Monday 16th: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site)

Monday 23rd: Hunley Hotel, Golf Car Park , TS12 2FT

Monday 30th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF

Taking place every Monday morning, Brotton walks include multiple types of terrain, covering paths, fields, hills and stiles. Walks are done at a 'strolling' pace with rest stops along the way.

** Please bring shoes you don't mind getting muddy.*

Normanby - Leisurely & Long walks (Every Thursday)

Start time: 11:00am

Start Location: Poverina Inn Car Park, Normanby, TS6 0LD.

Long walk duration- 90 minutes approx.

Leisurely walk duration- 60 minutes approx.

A mixture of walks to suit all needs. Walk duration may vary depending on availability of Walk Leaders.

Please note that Normanby Wellbeing walks host a monthly 'Away Day' walk.

Away day walks take place on the last Thursday of each Month. These Walks will NOT start from Poverina Pub. Please Enquire for more info regarding all away day walks.

Walk Leader Contact: Sue (07713908904).

Rambling with Rose - Carlin How (Every Tuesday) *Affiliated Walk

Walk dates: Tuesdays

Start time: 09:30am

Start Location: St Helen's Church, Rockcliffe View, Carlin How, TS13 4ER

Walk duration - Walk Duration may change from week to week.

This walk, based in Carlin How will provide the opportunity to explore the beautiful scenery that East Cleveland has to offer. Refreshments will be available after every walk at St Helen's Church. Routes will include some uphill walking due to the nature of the area.

***Toilet facilities available**

***Refreshments available - £1 charge.**

***For more information on additional walks with Rose, please contact 07592920451**

Loftus Long Walk (Every Friday)

Start time: 1:15pm (please arrive 5–10 minutes early)

Start Location: Outside Loftus Town Hall, TS13 4HG

Walk Duration: 1 hour 30 minutes (approx.)

Loftus long walk provides you with the opportunity to explore the beautiful landscape of Loftus and surrounding areas. This is one of our longest Wellbeing Walks in duration, giving you the chance to see different beauty spots, sites of historical intrigue... you may even hear the odd poem or two. With a variety of terrain to cover, we recommend you wear sensible walking shoes/boots and be sure to pack a drink.

Routes will include uphill walking and a variety of descents walking due to nature of area.

***Toilet facilities available**

Skelton (Every Thursday)

Start time: 10:30am (please arrive 5 -10 minutes early)

Start Location: Hillside Practice, Windermere Drive, Skelton, TS12 2TG

Walk Duration: 90 minutes (approx.) - Varied terrain on walk.

Walks include varied terrain, covering both paths and fields. Walking routes covers Skelton and the surrounding area. Done at a steady pace and covering a multitude of landscape. Routes do include uphill walking.

***Bring shoes you don't mind getting muddy.**

(Dogs must be on short leads)

The Link CT - Redcar Women's Walk & Talk (Every Tuesday)

Start time: 10:30am

Start Locations: The Palace Hub, 28–29 Esplanade, Redcar, TS10 3AE

Walk duration: 90 minutes +

Length of walks may vary depending on capacity of leaders.

Any new walkers for the women's walk and talk, please contact 'The Link Charitable Trust' to book your place before attending. - 01642 989198

The Link CT - Redcar Women's Walk & Talk (Every Wednesday)

Start time: 10:30am

Start Locations: The Palace Hub, 28–29 Esplanade, Redcar, TS10 3AE

Walk duration: 60 - 90 minutes

Length of walks may vary depending on capacity of leaders.

A slower paced walk with a possible stop at local café. Please bring money for refreshments.

A chance to meet new people and enjoy great coastal views.

Any new walkers for the women's walk and talk, please contact 'The Link Charitable Trust' to book your place before attending. - 01642 989198

Family Hubs - Loftus (Thursdays)

Loftus Family Hubs will be leading a weekly walk for families. The walk will be held every Thursday morning, and will last approximately 45 minutes. Starting at Loftus Family hub and ending at the hub with refreshments. The walk has been planned for the use of buggies and little legs.

For more information , please contact your local Family Hub on - 01287 640523



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Redcar - Leisurely & Faster walks (Tuesdays)

Start time: 10:30am (please arrive 5-10 minutes early)

Faster paced walk = 60 minutes approx. Leisurely paced walk = 30 - 60 minutes

January 2026

Tuesday 6th: Foxrush Farm Community Woodland, Car Park

Tuesday 13th: Stray Café, Coast Road, TS10 3AX

Tuesday 20th: Racecourse, New Horse Box Car Park, Off West Dyke Road

Tuesday 27th: Turners Mill Car Park, TS10 2RA

February 2026

Tuesday 3rd: Locke Park, Car Park, TS10 1PB

Tuesday 10th: Tuned In - Outside main building entrance

Tuesday 17th: Kirkleatham Museum Car Park, TS10 5NW

Tuesday 24th: Primary Care Hospital , TS10 4NW

March 2026

Tuesday 3rd: Foxrush Farm Community Woodland, Car Park

Tuesday 10th: Stray Café, Coast Road, TS10 3AX

Tuesday 17th: Racecourse, New Horse Box Car Park, Off West Dyke Road

Tuesday 24th: Locke Park, Car Park, TS10 1PB

Tuesday 31st: Tuned In - Outside main building entrance

A series of flat walks across Redcar. All walks are led at a steady pace to suit most abilities.

Redcar (Thursdays)

Start time: 10:30am (please arrive 5-10 minutes early)

Walk Duration: 60 minutes approx

January 2026

Thursday 1st: No Walk

Thursday 8th: Locke Park, Car Park, TS10 1PB

Thursday 15th: Tuned In - Outside main building entrance

Thursday 22nd: Kirkleatham Museum Car Park, TS10 5NW

Thursday 29th: Primary Care Hospital , TS10 4NW

February 2026

Thursday 5th: Foxrush Farm Community Woodland, Car Park

Thursday 12th: Stray Café, Coast Road, TS10 3AX

Thursday 19th: Racecourse, New Horse Box Car Park, Off West Dyke Road

Thursday 26th: Locke Park, Car Park, TS10 1PB

March 2026

Thursday 5th: Tuned In - Outside main building entrance

Thursday 12th: Kirkleatham Museum Car Park, TS10 5NW

Thursday 19th: Primary Care Hospital , TS10 4NW

Thursday 26th: Foxrush Farm Community Woodland, Car Park

A series of flat walks across Redcar. All walks are led at a steady pace to suit most abilities. Walks will start from different locations (see above).