

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, contact gary.wilson@redcar-cleveland.gov.uk or visit [Ramblers Wellbeing Walks Redcar & Cleveland](#) - Google Search

WELLBEING WALKS

Redcar & Cleveland

April - May 2025



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.

Moorsholm - 1st Tuesday of the month

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

Walk Duration 90 minutes (approx.)

- **Tuesday 4th February:** Moorsholm Memorial Hall (village), TS12 3JD
- **Tuesday 4th 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.

**Toilet facilities available.*



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.*

Redcar Seafront Sunday Walk (Starting May 25th)

Start time: 6.30pm (please arrive 5 -10 minutes early)

Start Location: Outside Regent Cinema, Newcomen Terrace, TS10 1AU

Walk Duration: 90 minute approx.

End the week with a 80-90 minute walk along gleaming sand watching the summer sun gradually setting. This walk will meet at the Regent Cinema at 1830 on Sundays in the summer and head along the beach unless the tide dictates otherwise. Non stop sea views are guaranteed whatever the route.'



@RCwellbeingwalks



Guisborough - Longer Walks (Tuesday)

Start Time: 10:30am

Walk: duration 90 minutes approx.

April 2025

Tuesday 1st: Lidl car park, Rectory Lane

Tuesday 8th: Guisborough Rugby Club, Belmangate, TS14 7BB

Tuesday 15th: Guisborough Forest Visitors Centre, TS14 8HD (£2.40 parking charge)

Tuesday 22nd: Hutton Lane, Home Farm

Tuesday 29th: Guisborough Rugby Club, Belmangate, TS14 7BB

May 2025

Tuesday 6th: Guisborough Forest Visitors Centre, TS14 8HD (£2.40 parking charge)

Tuesday 13th: Home Farm, Home Farm

Tuesday 20th: Guisborough Rugby Club, Belmangate, TS14 7BB

Tuesday 27th: Guisborough Forest Visitors Centre, TS14 8HD (£2.40 parking charge)

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 capacity. If you know of anyone who would be interested in supporting Guisborough short walks, please contact Gary on [07813352117](tel:07813352117)**

Brotton (Monday)

Start Time: 10:00am

Walk Duration: 90 minutes (approx.)

Walking Pace: Strolling

April 2025

Monday 7th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF

Monday 14th: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site)

Monday 21st: Hunley Hotel, Golf Car Park

Monday 28th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF

May 2025

Monday 5th: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site)

Monday 12th: Hunley Hotel, Golf Car Park

Monday 19th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF

Monday 26th: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site)

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).

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)

Rambling with Rose - Carlin How (Every Tuesday)

Walk dates: Tuesdays

Start time: 09:30am

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

Walk duration- 60 - 90 minutes approx.

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**

Dementia Friendly Woodland Stroll



Location: Flatts Lane Woodland County Park, TS6 0NN

Start time: 1pm start.

Walk dates: Every Third Thursday of the Month

Meet in the visitors centre at 1pm. A gentle stroll followed by snacks and chat. For more info, please contact 01642 459629.

***Please wear suitable footwear.**

Dementia Friendly Woodland Stroll



Location: Guisborough Forest & Walkway (Visitors Centre), TS14 8HD

Start time: 1pm

Walk dates: 1st Thursday of every Month

A gentle stroll followed by snacks and chat. For more info, please contact 01642 459629.

***Please wear suitable footwear.**

£2.40 parking charge

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

Saltburn - Medium & Long (Every Wednesday)



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

Start Location: Saltburn Station Square (Courtyard behind Signals Café)

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 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.***

Brotton - Evening Walk (Thursdays)

Start Location: Hunley Golf Course, Hotel Car Park

Start Time: 6pm

Walk Duration: 90 minute approx.

Strolling pace include multiple types of terrain, covering paths, fields, hill, cliffs and stiles. Dogs welcome with control by owners, toilet facilities available

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



Redcar - Leisurely & Faster walks (Tuesdays)

April - May

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

Faster paced walk = 60 minutes approx.

Leisurely paced walk = 30 - 60 minutes

April 2025

Tuesday 1st: Primary Care Hospital , TS10 4NW

Tuesday 8th: Tuned In (outside main building entrance) parking charges apply

Tuesday 15th: Turners Mill Car Park, TS10 2RA

Tuesday 22nd: Locke Park, Car Park, TS10 1PB

Tuesday 29th: Rugby Club, Green Lane, TS10 3RW

May 2025

Tuesday 6th: Kirkleatham Museum Car Park, TS10 5NW

Tuesday 13th: Foxrush Farm Community Woodland, Car Park

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

Tuesday 27th: Stray Café, Coast Road, TS10 3AX

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).

Tuesday walks offer two groups to choose from. Faster paced walk and leisurely paced.

Redcar (Thursdays)

April - May

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

Walk Duration: 60 minutes approx

April 2025

Thursday 3rd: Kirkleatham Museum Car Park, TS10 5NW

Thursday 10th: Foxrush Farm Community Woodland, Car Park

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

Thursday 24th: Stray Café, Coast Road, TS10 3AX

May 2025

Thursday 1st: Primary Care Hospital , TS10 4NW

Thursday 8th: Tuned In (outside main building entrance) parking charges apply

Thursday 15th: Turners Mill Car Park, TS10 2RA

Thursday 22nd: Locke Park, Car Park, TS10 1PB

Thursday 29th: Rugby Club, Green Lane, TS10 3RW

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).