

FAQ's

How long are the walks?

Wellbeing walks vary in length. Most of our walks are approximately 60 – 90 minutes. All walks are different, and terrain can vary depending on the walk you select. Always be sure to read walk details to ensure the walk you select is appropriate for you.

Are the walks guided?

All of our walks are run by trained and experienced Walk Leaders who are very friendly 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 cafés.

How do I sign up?

Simply turn up! We have no booking system, all we ask is you arrive slightly earlier than advertised and be suitably clothed for the walk.

Do I need to be super fit to attend?

No, the idea of all our Wellbeing Walks is to have fun, meet new people and improve the health and wellbeing of everyone taking part.

What should I wear?

Comfortable and weather appropriate clothing. Walks will take place in most conditions so please dress suitably. Some walks do take on multiple terrains so sensible footwear with good grip is also advised.



Our FREE guided walks are run by friendly, experienced Walk Leaders. A great way to meet new people and improve your health and wellbeing.

To find out more about each walk, call Gary on 07813352117 or email gary.wilson@redcar-cleveland.gov.uk

WELLBEING WALKS

Redcar & Cleveland

October & November



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)

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

Walk Duration: 90 minutes approx./Strolling 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 'strolling' 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 1st October:** Moorsholm Memorial Hall (village), TS12 3JD
- **Tuesday 5th November:** 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.*



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



@RCwellbeingwalks



Guisborough - Longer Walks (Tuesday)

Start Time: 10:30am

Walk: duration 90 minutes approx.

October 2024

Tuesday 1st: Home Farm entrance, Hutton Village

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

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

Tuesday 22nd: Lidl?? (possibly colder/wetter days?)

Tuesday 29th: Home Farm entrance, Hutton Village

November 2024

Tuesday 5th: Guisborough Rugby Club, Belmangate, TS14 7BB

Tuesday 12th: Guisborough Forest Visitors Centre, TS14 8HD (£2.40 parking charge)

Tuesday 19th: Lidl?? (possibly colder/wetter days?)

Tuesday 26th: Guisborough Rugby Club, Belmangate, TS14 7BB

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

October 2024

Monday 7th: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site)

Monday 14th: Car Share Tocketts Mill Circular

Monday 21st: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF

Monday 28th: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site)

November 2024

Monday 4th: Car Share meet outside Duke William pub Skelton

Monday 11th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF

Monday 18th: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site)

Monday 25th: Hunley Golf Course, Hotel Car Park, TS12 2FT

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.

Walk Leader Contact: Sue (07713908904).

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.*

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**

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 new 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**

***No walk on 27th August**

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)

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 11:00am. A gentle stroll followed by snacks and chat. For more info, please contact 01642 459629.

***Please wear suitable footwear.**



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.***

Dementia Friendly Woodland Stroll

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

Start time: 1pm start

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 CIC - 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

Redcar - Leisurely & Faster walks (Tuesdays)

October - November

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

Faster paced walk = 60 minutes approx.

Leisurely paced walk = 30 - 60 minutes

October 2024

Tuesday 1st: Stray Café, Coast Road, TS10 3AX

Tuesday 8th: Rugby Club, Green Lane, TS10 3RW

Tuesday 15th: Tuned In (Outside main building entrance) - car parking charges

Tuesday 22nd: Turners Mill Car Park, TS10 2RA

Tuesday 29th: Locke Park Car Park, TS10 1PB

November 2024

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

Tuesday 12th: Foxrush Farm Community Woodland, Car Park

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

Tuesday 26th: 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)

October - November

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

Walk Duration: 60 minutes approx

October 2024

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

Thursday 10th: Kirkleatham Museum Car Park, TS10 5NW

Thursday 17th: Foxrush Farm Community Woodland, Car Park

Thursday 24th: Racecourse, New Horse Box Car Park, Off West Dyke Road

Thursday 31st: Stray Café, Coast Road, TS10 3AX

November 2024

Thursday 7th: Rugby Club, Green Lane, TS10 3RW

Thursday 14th: Tuned In (Outside main building entrance) - car parking charges

Thursday 21st: Turners Mill Car Park, TS10 2RA

Thursday 28th: Locke Park Car Park, TS10 1PB

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).