

FAQ'S

How long do the walks last?

Redcar and Cleveland Wellbeing Walks have a three tier grading system.

Level 1 – approx 30 mins

Level 2 – approx 60 mins

Level 3 – up to 90 mins

Walks do vary on the speed of the group and the location of the walk. Walks start on time so we advise you to arrive a little earlier than the advertised start time.

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

April & May

Redcar Seafront - Thursday Evening

(Starting April 25th)

Start Time: 6.30pm

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

Walk Duration: 90 minutes approx.

Taking place every Thursday evening, *this Redcar evening walk includes multiple types of terrain; Covering paths, fields, and beach.* This walk will head towards The Gare or Marske (tidal height and time permits). Much of the walk will be on the beach.

No dogs allowed.

If it's a warm evening, please bring both water and sunscreen.



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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 route may include some uphill walking.

* 60 minute slower paced walks are available (depending on Leader capacity). If you are interested, please mention to Walk Leader before start of walk.

Brotton - Thursday Evening Stroll

Start Time: 6.30pm

Start Location: Hunley Golf Course , Hotel Car Park, Ings Ln, Brotton, TS12 2FT

Walk Duration: 60 - 90 minutes approx.

Taking place every Thursday evening. *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.

Liverton Village (1st Tuesday of month)

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

Walk Duration 60 - 90 minutes (approx.)

- **Tuesday 2nd April:** Waterwheel Car Park, Liverton Village , TS13 4TB
- **Tuesday 7th May:** Waterwheel Car Park, Liverton Village , TS13 4TB

Walks include varied terrain, covering both paths and fields. Because of the nature of these routes, we recommend wearing shoes/boots you don't mind getting muddy. Routes may include some uphill walking.

*Toilet facilities available.



Guisborough - Longer Walks (Tuesday)

Start Time: 10:30am

Walk: duration 90 minutes approx.

April 2024

Tuesday 2nd: Guisborough Rugby Club, Belmangate, TS14 7BB

Tuesday 9th: Guisborough Forest Visitors Centre, TS14 8HD (£2.20 parking charge)

Tuesday 16th: Lidl Car Park, Enfield Chase, TS14 7LG

Tuesday 23rd: Guisborough Rugby Club, Belmangate, TS14 7BB

Tuesday 30th: Guisborough Forest Visitors Centre, TS14 8HD (£2.20 parking charge)

May 2024

Tuesday 7th: Lidl Car Park, Enfield Chase, TS14 7LG

Tuesday 14th: Guisborough Rugby Club, Belmangate, TS14 7BB

Tuesday 21st: Guisborough Forest Visitors Centre, TS14 8HD (£2.20 parking charge)

Tuesday 28th: Home Farm entrance, Hutton Village

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 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 2024

Monday 1st: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site)

Monday 8th: Hunley Golf Course , Hotel Car Park, Ings Ln, Brotton, TS12 2FT

Monday 15th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF

Monday 22nd: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site)

Monday 29th: Hunley Golf Course , Hotel Car Park, Ings Ln, Brotton, TS12 2FT

May 2024

Monday 6th: East Cleveland Hospital (side) Car Park , Alford Rd, Brotton, TS12 2FF

Monday 13th: Marshall Drive Playing Fields Car Park, TS12 2RE (Park Run site)

Monday 20th: Hunley Golf Course , Hotel Car Park, Ings Ln, Brotton, TS12 2FT

Monday 27th: 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 OLD.

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 capacity of 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 (No walk 2nd April)

Start time: 09:30am

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

Walk duration— 60 - 90 minutes approx.

This new walk, based in Carlin How will provide 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**

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

***No walk on 14th April**

Taking place every Sunday morning, This BRAND NEW walk for 2024 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 bring shoes you don't mind getting muddy.

***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.*

Dementia Friendly Woodland Stroll



Location: Flatts Lane Woodland County Park

Start time: 11:00am

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.**

Dementia Friendly Woodland Stroll



Location: Guisborough Forest & Walkway (Visitors Centre)

Start time: 10:00am

Walk dates: 1st Thursday or every Month

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.**

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 to book your place before attending. - 01642 989198



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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 2024

Tuesday 2nd: Foxrush Farm Community Woodland, Car Park

Tuesday 9th: Stray Café, Coast Road, TS10 3AX

Tuesday 16th: Turners Mill Car Park, TS10 2RA

Tuesday 23rd: Rugby Club, Green Lane, TS10 3RW

Tuesday 30th: Racecourse, Main Entrance (park next to brick wall building)

May 2024

Tuesday 7th: Locke Park Car Park, TS10 1PB

Tuesday 14th: Tuned In (Outside main building entrance, TS10 5BJ)

Tuesday 21st: Kirkleatham Museum Car Park, TS10 5NW

Tuesday 28th: 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).

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 2024

Thursday 4th: Racecourse, Main Entrance (park next to brick wall building)

Thursday 11th: Locke Park Car Park, TS10 1PB

Thursday 18th: Tuned In (Outside main building entrance, TS10 5BJ)

Thursday 25th: Kirkleatham Museum Car Park, TS10 5NW

May 2024

Thursday 2nd: Foxrush Farm Community Woodland, Car Park

Thursday 9th: Stray Café, Coast Road, TS10 3AX

Thursday 16th: Turners Mill Car Park, TS10 2RA

Thursday 23rd: Rugby Club, Green Lane, TS10 3RW

Thursday 30th: Tuned In (Outside main building entrance, TS10 5BJ)

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).