

walk
4 life

Walks in Easington

A programme of local free health walks in
Easington led by qualified walk leaders.



Turn over to see the weekly walking timetable

Get Active have a series of free Health Walks, for all ages and abilities, taking place on a weekly basis at the following venues:

Wheatley Hill Health Walk

Mondays: 10am - 11am

Greenhills Community Centre,
Stephens Terrace, Wheatley Hill,
DH6 3JS

Castle Eden Dene Weekend Walk

Sundays: 10am - 11.30pm

Oakerside Dene Lodge, Stanhope
Chase, Peterlee, SR8 1NJ

*long and short walks are available

Seaham Health Walk

Mondays: 1.30pm - 2.30pm

Noses Point (Car Park 1), Seaham

Easington Colliery Health Walk

Mondays: 10.30am - 11.30am

Former Pit Car Park, Abbot Street,
off Seaside Lane, Easington Colliery

*longer walk also available

Peterlee Health Walk

Tuesdays: 10am - 11am

The Pavilion, Helford Road,
Peterlee, SR8 1ER

*longer walk also available

Blackhall Health Walk

Fridays: 10.30am - 11.30am

Blackhall Community Centre,
Hesleden Road, Blackhall Colliery,
Hartlepool, TS27 4LG

Castle Eden Dene Health Walk

Thursdays: 10.30am - 12.30pm

Oakerside Dene Lodge, Stanhope
Chase, Peterlee, SR8 1NJ

*long and short walks are available

For further information on Get Active
please contact Lauren Lang on

T: 0191 5692847

E: cdda-tr.getactive@nhs.net

www.impact.cdd.nhs.uk

www.facebook.com/getactivecddft

We advise you contact us to check
all walks are still running



Get Active walks are part of the Walk4life project which is a partnership between Durham County Council Culture and Sport, Leisureworks and County Durham and Darlington NHS Foundation Trust, with advice and support from the national charity, Ramblers.

For more information on walks across County Durham:

Please log onto www.countydurhamsport.com and search for 'walking'
or log onto www.facebook.com/walk4lifedurhamcounty

walk
4life



County Durham
and Darlington
NHS Foundation Trust



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In County Durham