

# Wellness Walking Programme

April to September 2019

Day	Walk type	Time	Meeting point
Mon	Health	10-11am	Herrington Country Park, play park car park DH4 7EL
Mon	Health	1.30-2.30pm	Barnes Park, outside of Coach House Café SR4 7PY
Mon	Health	6.30-7.30pm	Hylton Castle Dene Car Park, Craigavon Road SR5 3PA (July-Sept)
Tue	Health	9.30-10.30am	Washington Village Hall, Car Park NE38 7HP
Tue	Nordic	10-11.30am	Rainton Meadows Nature Reserve, car park DH4 6PU
Tue	Health	6.30-8pm	Morrisons Seaburn, outside of rear entrance (car park) SR6 8AA
Wed	Nordic	9.30-11am	Morrisons Seaburn, outside of rear entrance (car park) SR6 8AA
Wed	Health (B)	12-12.45pm	Mowbray Park, the Walrus SR1 2QF
Wed	Health (B)	12.30-1pm	Berghaus (Colima Ave), at flags, outside of reception SR5 3XB
Wed	Nature	6-7.30pm	Cox Green, The Oddfellows Arms, car park SR4 9JS
Thur	COTM	11-12noon	Sunderland Carers Centre, Kay's Café SR5 1SF
Thur	Health	1-2pm	Washington Millennium, The Oval, Concord, Washington NE37 2QD
Thur	Health	6-7.30pm	Hetton Lyons Country Park, Springboard car park DH5 9DT
Thur	Nordic	6.30pm-8pm	Herrington Country Park, play park car park DH4 7EL
Fri	Health	10-11am	Arts Centre Washington, outside of reception NE38 8AB
Sat	Nordic	9.45-11.15am	Car Park opposite the Biddick Club NE38 8AJ (off Bone Mill Lane, Fatfield) *Walks will revert back to Herrington Country Park from September
Sat	Nordic (B)(I)	11.45-12.45pm	
Sat	Nature	2-3pm	Rainton Meadows Nature Reserve, car park DH4 6PU
Sun	Nature (A)	9.30am-11.30am	Cox Green, The Oddfellows Arms, car park SR4 9JS

(B) = Beginner, (I) = Intermediate, (A) = Advanced.

**The Active Sunderland Wellness Walking Programme is FREE, fun, friendly, and a perfect way to help you to get more active and to meet new people.**

Walkers are advised to: confirm their attendance in advance of their first walk, arrive a few minutes early to their first walk in order to complete the initial registration process, wear weather appropriate clothing and footwear and to bring along a drink.

**For more information please contact:**

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[www.activesunderland.org.uk](http://www.activesunderland.org.uk)

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