

Wellness Walking Programme

April to June 2018

Day	Walk Type	Time	Meeting Point
Mon	Health	10-11am	Herrington Country Park, play park car park
Mon	Health	1.30-2.30pm	Barnes Park, outside of Coach House Café
Tue	Health	9.30-10.30am	Washington Village Hall, Car Park
Tue	Nordic	10-11.30am	Rainton Meadows Nature Reserve, Car Park
Tue	Health	6.30-8pm	Morrisons Seaburn, outside of rear entrance (car park)
Wed	Nordic	9.30-11am	Morrisons Seaburn, outside of rear entrance (car park)
Wed	Health (B)	12-12.45pm	Mowbray Park, the Walrus
Wed	Health (B)	12.30-1pm	Berghaus (Colima Ave), at flags, outside of reception
Thur	COTM	10.30-11.30am	Sunderland Carers Centre, Kay's Café
Thur	Health	1.15-1.35pm	Gregg's Car Park, Doxford International Business Park
Thur	Health	6-7.30pm	Hetton Lyons Country Park, meet at Springboard car park – NEW
Thur	Nordic	6.30pm-8pm	Herrington Country Park, play park car park
Fri	Health	10-11am	Arts Centre Washington, outside of reception
Sat	Nordic	9.45-11.15am	Herrington Country Park, play park car park
Sat	Nordic (B)(I)	11.45-12.45pm	Herrington Country Park, play park car park
Sat	Nature	2-3pm	Rainton Meadows, meet at Car Park – NEW
Sun	Nature (A)	9.30am-11.30am	Cox Green, The Oddfellows Arms – NEW

(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 Laura Bartlett or Anthony Hindmarch on:

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