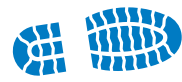


## Key



One footprint:  
**An easy walk**



Two footprints:  
**A moderate walk**



Three footprints:  
**An advanced walk**

## Safety first

- Remember to build up your pace gently.
- Wear comfortable, loose fitting clothing and appropriate footwear.
- Avoid walking if you feel unwell in any way.
- Stop walking if you feel sick, dizzy or are in discomfort or pain. If symptoms persist see a doctor.
- If walking alone, tell a friend or family member where you are going - be especially careful if walking at night.
- Take a bottle of water and a snack with you on long walks.
- Remember to protect yourself from the sun - a hat and sunscreen can help.
- Wear suitable warm clothing in cold or wet weather. Be prepared for British weather.
- Please use pavements wherever possible and take extra care when crossing roads.
- Always ensure you are confident of completing your route before starting out.



### Enjoy a walk in the park

- Killingworth Lakeside Park (pictured)
- Richardson Dees Park, Wallsend
- Benton Quarry Park, Benton
- Rising Sun Countryside Centre, Benton
- Northumberland Park, North Shields
- Springfield Park, Forest Hall
- Marden Quarry, Whitley Bay
- Churchill Playing Fields and Souter Park, Whitley Bay
- Chirton Dene, Royal Quays, North Shields

North Tyneside's parks are lovely places to walk too, with plenty of wildlife to see and hear on your route.

**How many have you visited?**

North Tyneside Parks @NTCouncilTeam [www.northtyneside.gov.uk](http://www.northtyneside.gov.uk)

# Healthy Walks in North Tyneside

*Walking is a great way to improve your health, put a spring in your step and take in the beautiful scenery across North Tyneside.*

A series of accessible, self-led walks ranging from 1 - 6½ miles



**active**  
NORTH TYNESIDE



North Tyneside Council

Contact us to find out more about weekly led walks in North Tyneside  
[www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk) Active North Tyneside @active\_NT (0191) 643 7171

## Why walk?

### Do you know what the current recommendation for physical activity is?

At least 150 minutes of moderate intensity physical activity a week. So brisk walking is just the job - 30 minutes a day, 5 days a week.

### If you still need convincing, here are a few positive things that walking can do for your health ...

- Make you feel good and lighten your mood
- Give you more energy
- Help your heart and lungs work better
- Help reduce stress and sleep better
- Lower your blood pressure
- Keep your weight down and manage your weight
- Keep your joints, muscles and bones strong

### How should I feel when brisk walking?

- You should feel slightly warmer
- Your heart should be beating a bit faster
- You should be breathing a little faster and deeper ...
- ... but you should still be able to hold a conversation

On average a person walks a mile in around 15-20 minutes but this may vary depending on your individual level of fitness. Start at your own pace and fitness level and build up gradually.

### About this pack

The walking routes in this pack are examples of possible walking routes. Walkers bear their own responsibility for ensuring that they are able to walk the routes and that weather conditions are not such as to render any route unsafe.

Please note that North Tyneside Council will not accept liability for accident or injuries sustained whilst walking.

North Tyneside Council would like to thank the volunteer walk leaders and everyone involved with the North Tyneside Health Walks scheme.