

Loftus (Every Friday)

Start times: 1:15pm (please arrive before 1.15pm)

Start Locations: Outside Loftus Town Hall, TS13 4HG

Walk Duration: 1 hour 30 minutes

Walk Level: 3 (Multiple terrain on walk)

Liverton Mines

Start times: 10:00am

Start Locations: The Hollywell View, TS13 4QH

Walk Level: L 3 (Multiple terrain on walk.)

Saturday 3rd July: The Hollywell View

Saturday 17th July: The Hollywell View

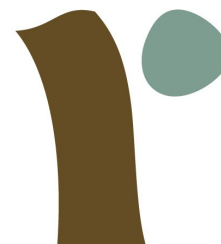
Saturday 31st July: The Hollywell View

Kirkleatham (1st Sunday of month)

Currently postponed.

Walking Duration Key

- **Level 1:** approx. 30 minutes
- **Level 2:** approx. 1 hour/1 hour 30 minutes
- **Level 3:** approx. 1 hour 30 minutes



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at the heart of walking



walking
for health

Redcar & Cleveland Health Walks

July 2021

Our FREE guided walks are run by friendly, experienced walk leaders and are a great way to meet new people and improve your health and wellbeing.

Walk Locations include:

**Guisborough - Redcar - Loftus - Normanby - Skelton -
Saltburn - Liverton Mines**

**To Find out more about each walk, call Gary on
07813352117**

Or email gary.wilson@redcar-cleveland.gov.uk

Redcar (Tuesdays and Thursdays)

Start time: 10:30am (please arrive before 10.30am)

Start Locations: Varied (please see below)

Walk Level: 2/3

- **Thursday 1st:** Racecourse horse box car park, next to Tesco
- **Tuesday 6th:** Foxrush Farm Woodland car park
- **Thursday 8th:** Turners Mill car park, TS10 2RA
- **Tuesday 13th:** Tuned In, outside main building entrance, TS10 5BJ
- **Thursday 15th:** Stray Café, Coast Rd, TS10 3AX
- **Tuesday 20th:** Kirkleatham Museum car park, TS10 5NW
- **Thursday 22nd:** Locke Park, car park, TS10 1PB
- **Tuesday 27th:** Racecourse horse box car park, next to Tesco
- **Thursday 29th:** Coast Road car park, A1085 road (near green lane)

Normanby (Every Thursday)

Start time: 11:00am

Start Locations Benches outside Manor House Surgery, TS6 0HA

Walk Level: 2/3

Contact: Please be aware that some walks are **away day walks** and require car share. For more info on this walk, call Sue (07713908904).

Guisborough (Tuesday)

Start time: 10:30am (please arrive before 10.30am)

Start Locations: Varied

Walk Level: 2/3

- **Tuesday 6th:** Guisborough Forest Visitors Centre, TS14 8HD
- **Tuesday 13th:** Lidl Car Park, Enfield Chase, TS14 7LG
- **Tuesday 20th:** Guisborough Forest Visitors Centre, TS14 8HD
- **Tuesday 27th:** Lidl Car Park, Enfield Chase, TS14 7LG

Saltburn (Every Wednesday)

Start time: 10:30am (please arrive early)

Start Location: Saltburn Station Square (square behind signals café)

Walk Level: 1/2/3 (walk duration varies on walkers ability)

Skelton (Every Thursday)

Start time: 10:30am

Start Locations: Civic Hall, Coniston Road, TS12 2HP

Walk Level: 2/3 - Multiple terrain on walk.