

Wellbeing Walks - May to July 2026

Free, guided walks to support physical and mental wellbeing. Please arrive 10 minutes early. All walks are led by trained volunteers. Some sessions have specific start dates or arrangements - see notes.

Monday

Time	Meeting Point	Walk Type	Notes
10:00 - 11:30	Hamsterley Forest	Wellbeing Walk - 90 minutes	
10:00 - 11:00	Pelaw View Community Centre, Hilda Avenue	Wellbeing Walk - 60 minutes	
13:00 - 14:30	Lanchester War Memorial	Wellbeing Walk - 90 minutes	
13:00 - 14:00	Ushaw Chapel & Grounds, Ushaw Moor	Gentle Steps to Walking	Starts 11 May

Tuesday

Time	Meeting Point	Walk Type	Notes
10:00 - 11:30	The Lodge, Blackhill (Consett)	Wellbeing Walk - 90 minutes	
10:00 - 11:00	Sunnydale Leisure Centre, Shildon	Gentle Steps to Walking	
10:00 - 11:00	The Story, Durham	Wellbeing Walk - 60 minutes	
10:00 - 11:30	Jubilee Hall, West Rainton	Wellbeing Walk - 90 minutes	
10:00 - 11:00	Peterlee Leisure Centre	Wellbeing Walk - 60 minutes	Start date TBC
10:00 - 11:30	Cockfield Community Cafe	Wellbeing Walk - 90 minutes	
10:00 - 11:30	Chester-le-Street Library	Wellbeing Walk - 90 minutes	
10:30 - 12:00	Annfield Plain Community Centre	Wellbeing Walk - 90 minutes	
13:00 - 14:00	Riverside Sports Pavilion, Chester-le-Street	Gentle Steps to Walking	
18:30 - 20:00	Noses Point / North Beach, Seaham	Wellbeing Walk - 90 minutes	Meeting points alternate each week
18:30 - 20:00	Beamish Museum	Wellbeing Walk - 90 minutes	3rd Tuesday each month (Apr-Sep)

Wednesday

Time	Meeting Point	Walk Type	Notes
09:30 - 11:00	The Witham, Barnard Castle	Wellbeing Walk - 90 minutes	
09:30 - 11:00	Jubilee Fields Community Centre, Shildon	Wellbeing Walk - 90 minutes	
10:00 - 11:00	Holyoake Centre, South Pelaw	Wellbeing Walk - 45 minutes	
10:00 - 11:30	Pelton Community Centre	Wellbeing Walk - 90 minutes	
10:00 - 11:00	Trinity Methodist Church, Spennymoor	Wellbeing Walk - 60 minutes	
10:00 - 11:30	Miners Institute, Langley Park	Wellbeing Walk - 90 minutes	

Time	Meeting Point	Walk Type	Notes
10:00 - 11:00	Eden Hill Peoples Centre, Peterlee	Wellbeing Walk - 60 minutes	
10:00 - 11:00	Addison Park Bowls Green	Gentle Steps to Walking	
10:15 - 11:45	Gala Theatre, Durham	Wellbeing Walk - 90 minutes	
11:30 - 13:00	Louisa Centre, Stanley	Wellbeing Walk - 90 minutes	
13:00 - 14:30	Bishop Auckland Town Hall	Wellbeing Walk - 90 minutes	
13:30 - 14:30	Horden Welfare Park	Gentle Steps to Walking	
14:00 - 15:30	Raby Castle, Staindrop	Wellbeing Walk - 90 minutes	1st Wednesday each month

Thursday

Time	Meeting Point	Walk Type	Notes
09:30 - 11:00	Fulforth Centre, Sacriston	Wellbeing Walk - 90 minutes	
10:00 - 11:30	Seaham Leisure Centre	Wellbeing Walk - 90 minutes	
10:00 - 11:30	Daisy Rose Cafe, Belmont	Wellbeing Walk - 90 minutes	
10:00 - 11:30	Ushaw Chapel & Grounds, Ushaw Moor	Wellbeing Walk - 90 minutes	
10:30 - 12:00	Quaking Houses Village Hall	Wellbeing Walk - 90 minutes	
10:30 - 12:00	Castle Eden Dene, Peterlee	Wellbeing Walk - 90 minutes	
10:30 - 12:00	PCP, Newton Aycliffe	Wellbeing Walk - 90 minutes	
12:00 - 13:00	Hamsteels Community Centre, Esh Winning	Wellbeing Walk - 60 minutes	
13:30 - 15:00	Hordon House Hub	Wellbeing Walk - 90 minutes	
18:00 - 19:30	Abbey Leisure Centre	Wellbeing Walk - 90 minutes	
18:00 - 19:30	Bishop Auckland Town Hall	Wellbeing Walk - 90 minutes	Start date TBC
18:30 - 20:00	Cockfield Community Cafe	Wellbeing Walk - 90 minutes	

Friday

Time	Meeting Point	Walk Type	Notes
09:15 - 10:15	Newton Aycliffe Leisure Centre	Wellbeing Walk - 60 minutes	
09:30 - 11:00	Wingate Community Centre	Wellbeing Walk - 90 minutes	
10:00 - 11:30	Micklegrave Community Centre, Coundon	Wellbeing Walk - 90 minutes	
10:00 - 11:30	Beamish Museum	Wellbeing Walk - 90 minutes	
10:00 - 11:30	Witton Gilbert Church	Wellbeing Walk - 90 minutes	
10:00 - 11:30	St Edmunds Church, Sedgfield	Wellbeing Walk - 90 minutes	

Time	Meeting Point	Walk Type	Notes
10:00 - 11:30	Broom Park Picnic Area	Wellbeing Walk - 90 minutes	
11:45 - 12:30	Hardwick Park Visitor Centre, Sedgefield	Wellbeing Walk - 45 minutes	
13:00 - 14:00	Crook Community Centre	Wellbeing Walk - 60 minutes	
13:00 - 14:30	Coxhoe Village Hall	Wellbeing Walk - 90 minutes	

Sunday

Time	Meeting Point	Walk Type	Notes
10:00 - 11:30	Ouston Community Centre	Wellbeing Walk - 90 minutes	