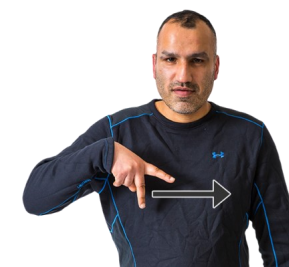


WALKING GROUPS IN NEWCASTLE

- Heaton stroller, meet every Sunday at 11am outside Stable Café
- East End Walking Group—short easy walks less than 3 miles. Contact Rosie Milne 07817765556
- Newcastle Rambling Club, Wednesdays, Saturdays and Sundays. 10-20 members. Programme on Website, meet around 11am'
- Wonderwalks—meet Mondays in Benwell. No more than 3 miles. Contact Debbie Smith on 0191 2747443
- Walk4Life- Create your own walking group
- Newcastle City Guides—Sunday at



Jesmond Dene



Walk

JESMOND DENE

GETTING THERE

I walked to get there. You can get the number 38 bus if you don't want to walk there.



SUITABLE FOR DISABLED PEOPLE

The path was quite flat and very easy for me to walk on. Some of the walking trails were harder with hills and steps.



HAZARDS AND BARRIERS

There were cyclists in the park so I had to be careful.



There are people walking dogs in the park.

There are small children in the play park so I had to be aware of them too.

WHAT YOU CAN SEE

I saw rivers and waterfalls and animals at Pets Corner



FACILITIES

There is a cafe in the park. There are also picnic benches for if you bring a packed lunch.



There are public toilets in the park, and there is a disabled toilet.

DIFFICULTY/ TIME

In Jesmond Dene there are lots of walks to go on. The one I chose took about 40 minutes.

