

## Age UK - Stockton and Middlesbrough Guided Walks

Day	Date	Location	Meeting Point
Monday	November 15th	Stewart Park	in the car park
Thursday	November 18th	Hemlington Lake	in the car park
Monday	November 22nd	Ropner Park	opposite the Parkside café, on the corner of Balmoral Terrace
Thursday	November 25th	Yarm Town Hall	outside the town hall
Monday	November 29th	Tees Barrage	in the car park
Thursday	December 2nd	Preston Park	in the car park
Monday	December 6th	Hemlington Lake	in the car park
Thursday	December 9th	Stewart Park	in the car park
Monday	December 13th	Fairy Dell	outside Tesco's main entrance
Thursday	December 16th	Ropner Park	opposite the Parkside café, on the corner of Balmoral Terrace
Monday	December 20th	Yarm Town Hall	outside the town hall

Following the Christmas and New Year break, walks will restart on Monday 10th January.

Walks are available for anyone aged 50+. They're 60-90 minutes long, with a café stop at the end.