

Enjoyed it? Want another go?

Get your copy of the Durham City walks pack by contacting Active Durham. Contact the Durham and Chester-le-Street Lifestyle Initiative on 0191 3895094 (minicom 0191 387 2080) for details of Footsteps to Fitness or Next Steps led walk programmes. Look out for other organised walks from your local leisure centre.

Organise your own lunchtime walking group. Walk packs are available from Active Durham. There are also many walking routes available from the Tourist Information Centre and County Hall.

Durham University hold regular lunchtime walks and anyone is welcome to join in. Contact Andrea Hoskins on 0191 334 2168 for more information.

Join our Fit 2 Run sessions at Sherburn Leisure Centre on Mondays at 6.00pm if you'd like to take up running and want some tips and advice.

Sport and physical activity opportunities for disabled people:
www.efds.co.uk/northeast



Coming soon! Get fit in the gym in November

Never ventured into one of our gyms before? Then November could be the month for you. There's a whole month of free gym usage at any of five Durham leisure venues.*

So don't delay, register early for your induction so you can take advantage of this great offer and get a full 30 days.

For full information on all activities available throughout the Active Durham year, please visit www.durhamcity.gov.uk/Leisure

* Not including Freeman's Quay

Active Durham in October was brought to you by:



Walking & running

Get into your stride in October!



Look inside for:

FREE organised walks, FREE walking guides for those preferring to go it alone, FREE lunchtime walks and NEW 4km City Centre family fun run.

Get the feel good factor and get

Into your stride in October

October is a month of Autumn colours and crisp, fresh air and we've got a great range of activities this month which will help you enjoy it. Take to the paths and streets of Durham with one of the following.

Organised walks

An experienced guide will lead an easy going 3 - 4 mile walk for most abilities. Or if you fancy going it alone, get a copy of our Durham City walks pack, a series of easy to moderate local routes.

Lunchtime walks

Why don't you stretch your legs in the middle of the day by joining in one of our lunchtime walks. For one week, Monday 20 - Friday 24 October, we'll provide guides from two locations.

You'll feel better for it and you can work up an appetite for your sandwich at the same time! Anyone who attends will be given a lunchtime walks leaflet to carry on the good work.

Durham's Big Fun Family Run: Sunday 26 October

Anyone remember taking part in the kids Nike Fun Run from Sherburn down to Durham? Perhaps you've got kids yourself now?

We've got a new family fun run, taking place right in the City Centre. It's a 4km run for the whole family which you can take at your own pace as the emphasis is on FUN!

The route takes you along the picturesque river banks, past the Cathedral and through the city streets. There'll be entertainment and goody bags for all who take part. What's more, you'll be entered into a free draw and could win a free family swimming membership at Freeman's Quay.

Warm-up: 9.30am
Start: 10.00am at
Durham University
Cricket Club,
Top Field,
Green Lane,
Durham

Organised Walks

Abbey Leisure Centre

Wednesday 29 October: 10.00am
3.4 miles, approx 2-3 hours

Coxhoe & District Walks Festival presents:

Coxhoe Leisure Centre

Saturday 18 October: 10.00am
3.5 miles, approx 2-3 hours

Quarrington Hill Community Centre

Saturday 18 October: 1.30pm
3 miles, approx 2-3 hours

Durham & Chester-le-Street Lifestyle Initiative presents:

GP surgery, Sawmills Lane, Meadowfield

Sunday 5 October: 10.20am
3.5 miles, approx 2 hours
An easy walk with some inclines.

Green Lane, next to Durham City rugby/cricket ground, Durham

Sunday 19 October: 10.20am
4 miles, approx 2 hours
A moderate riverside walk.

St. Michael & All Angels Parish Church, Witton Gilbert

Wednesday 1 October: 9.50am
Approx 2 hours.
A moderate walk with inclines and declines (can be muddy).



Lunchtime Walks at 12.15pm

Just turn up on the day!
Duration, 30-45 minutes

Range of routes

Monday 20 - Friday 24 October:
Meet at County Hall help desk.

Tuesday 21 & Thursday 23 October:
City of Durham office at Dragonville.

Durham University walks

Every Monday and Wednesday in October: 12.15pm at Baths Bridge.

All walks are FREE of charge.
Appropriate footwear and outdoor clothing are recommended!

Want to join in?

To register for any of the above, visit www.durhamcity.gov.uk/Leisure to download a registration form, or telephone 0191 301 8556 or email: activedurham@durhamcity.gov.uk.

