

Being regularly active can help you control your weight, maintain good health, and lower your risk of getting major diseases including obesity, heart disease stroke, diabetes and some cancers.

Aim for 30 minutes on five or more days of the week, and for children, an hour per day, every day.

STOCKTON ACTIVE TRAVEL FAMILY BIKE RIDES SCHEDULE

JUNE 2009

Sunday 28th June, 11:30am

Ride 2: Trip to the 'Trannie'

Gentle route along the Tees to include a return trip on the Transporter Bridge. Starting from the Tees Barrage.

Distance: 8 miles Duration: 2 - 2 ½ hours Grade: Easy

JULY 2009

Sunday 5th June, 11:30am

Ride 3: Railway Trail

Linear route on the traffic free cycle path along the old railway route to Thorpe Thewels and back. Starting from the new Skinnergate Cycles shop on Brunswick Street.

Distance: 7.5 miles Duration: 2 hours Grade: Easy

Sunday 19th July, 11:30am

Ride 4: Romano Park in Ingleby Barwick

To coincide with the opening of Romano Parks a £450,000 play area, which will include the traditional swings, slides, rope climbers, roundabouts and cable rides as well as climbing walls, a hill fort and a play sculpture. Starting from Trinity Gardens, Parliament Road.

Distance: 7 miles Duration: 1 ½ - 2 hours Grade: Easy

AUGUST 2009

Sunday 9th August, 11:30am

Ride 5: Billingham Beck Country Park

Visit Billingham Beck Country Park on an almost entirely off road cycle route. Starting from the Tees Barrage.

Distance: 8.5 miles Duration: 2 - 2 ½ hours Grade: Easy

Sunday 30th August, 11:30am

Ride 6: Norton Golf Course

A gentle ride through both town and countryside, visiting Norton golf course on route. Starting from Stockton Central Library.

Distance: 8.0 miles Duration: 2 - 2 ½ hours Grade: Easy

SEPTEMBER 2009

Sunday 20th September, 11:30am

Ride 7: Park and Ride

Get out and see some of the local nature reserves as well as Preston Park and Ropner Park – and all by bike! Starting from Trinity Gardens, Parliament Road.

Distance: 7 miles Duration: 1 ½ - 2 hours Grade: Easy

OCTOBER 2009

Sunday 25th October, 11:30am

Ride 8: Preston Park

A short trip out to Preston Park to feed the ducks and maybe take in the odd slide. Starting from the Tees Barrage. Starting from Trinity Square Car Park.

Distance: 7 miles Duration: 1 ½ - 2 hours Grade: Easy

If you have any queries about the above walks or require general information about Stockton Active Travel, please contact Paul Morrison, Scheme Coordinator:

e-mail paul.morrison@sustrans.org.uk or call 01642 803 441.

