



Living Well North Tyneside

Supporting Health and Wellbeing

Time: 9:00am - 5:00pm



Cost: Free - £25 per person



Type: Face to Face

WinG offers a range of outdoor, well being activities including:

Canoeing, Hill Walks and Map Reading, Forest School Bushcraft, Cycling and Mountain Biking, Rock Climbing and Abseiling.

www.wingoutdooractivities.org



[outdoor activities](#) | [outdoor therapy](#) | [canoeing](#) | [hill walking](#) | [cycling](#) | [rock climbing](#)



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<https://www.wingoutdooractivities.org>



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