



**Living Well**  
**North Tyneside**  
Supporting Health and Wellbeing

## WinG Outdoor Activities

### WinG Outdoor Activities

WinG Outdoor Activities provides low cost, sometimes free, outdoor learning experiences for groups, families and individuals wishing to explore and enjoy the great outdoors. We offer a range of outdoor activities such as canoeing, cycling, rock climbing, hill walks and bushcraft activities for adults throughout North Tyneside and surrounding areas. Providing outdoor therapy and outdoor education to help improve physical and emotional well being. Bringing people together to learn, experience, improve and connect with nature.

We provide the necessary outdoor equipment, transportation and professional outdoor instruction.

WinG Outdoor Activities aims to provide an outdoor experience for people to help improve their physical and emotional well being. Activities help bring people together, learning new skills, improving their health and connecting with nature.

Available for community groups, families and individuals.

To find out more see our website: [www.wingoutdooractivities.org](http://www.wingoutdooractivities.org) or Telephone: 07 506 176 888

Facebook: WinG Outdoor Activities

To book or find out more please email: [info@wingoutdooractivities.org](mailto:info@wingoutdooractivities.org) or Tel. 07 506 176 888



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NE25



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Last Updated - 17th May 2023

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## Services

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WinG Outdoor Activities

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## Events

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No Events

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## Activities

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