



FREE Information
Advice and information on active travel.

FREE Guided Walks & Cycle Rides
Bike loans available.

Training
Attend a maintenance training session and you can learn simple ways to keep your bike in tip-top shape.

FREE Cycling Skills
Been out of the saddle a while? We can help you regain your confidence on two wheels?

FREE Secure Parking (7.30 am - 5.30 pm Monday - Friday)
17 Bridge Road, Stockton on Tees, TS18 3AA
T: (01642) 803441 or email stocktonactivetravel@sustrans.org.uk



Why cycle

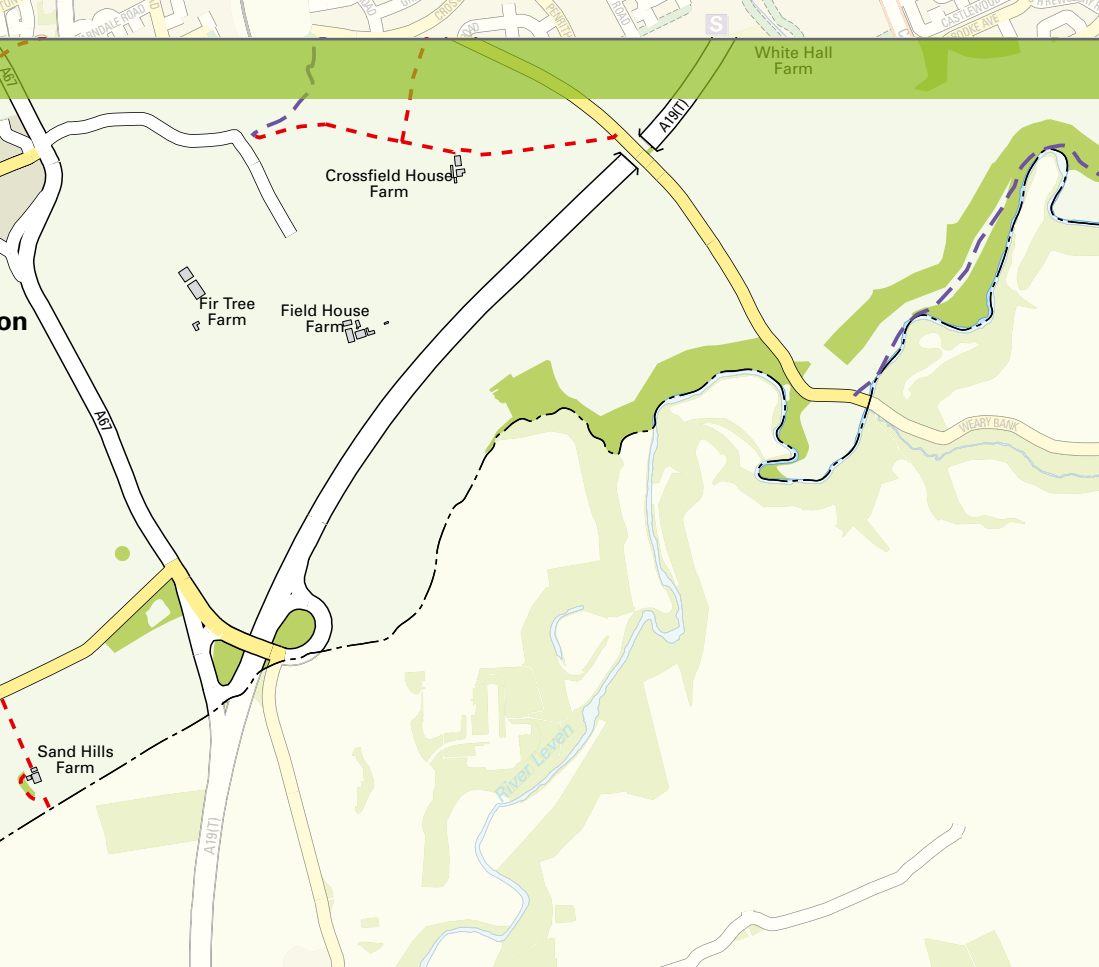
Cycling offers so much: it keeps you fit, it's fast, cheap, reliable and good for the environment too! Why use an exercise bike that's chained to the floor when getting on your bike is one of the easiest ways to keep fit. It's a lot cheaper than gym membership and so much more useful.

- On average, cyclists live two years longer than non-cyclists.
- Regular cyclists are as fit as an average person 10 years younger.
- Cyclists breathe in less pollution from traffic than car drivers.
- Cycling firms the thighs and bottom, and can even help tone the tummy muscles.
- Cycling raises your metabolic rate, helping you to keep the weight off.
- So why not liberate your bike and burn some calories! It's a great form of aerobics but unlike the aerobics class, it can actually help you get from A to B.

Why walk

Walking regularly will make you feel good, and is good for your health. For adults, 30 minutes of walking five days a week dramatically cuts the risk of developing heart disease, diabetes, obesity and some cancers. It also reduces cholesterol, lowers blood pressure and is good for your sense of well being.

- The best news is that walking burns as many calories as jogging over the same distance and, because it is a low-impact exercise, it won't stress your knees.
- Walking is good for your heart and lungs, and is great for strengthening your muscles, bones and joints.
- Walking helps improve your mood and boosts self-esteem.
- As you get older regular walking helps maintain flexibility and co-ordination.



Symbols

	Public Footpath: for walkers only		Public Bridleway: for walkers, cyclists & horse riders. No motorcycles or cars		Public Byway: Open to all traffic
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Contact details

Preston Hall	T: 01642 527375
Saltholme Nature Reserve	T: 01642 546625
Park and Nature Reserve Ranger	T: 01642 527751
Coatham Wood	T: 01751 472771
Tees Barrage International White Water Centre	T: 01642 678000

Teesdale Way

the Teesdale Way

the Teesdale Way is a 90-mile-long footpath from Cow Green Reservoir in Upper Teesdale to the sea at South Gare. It passes through Stockton Borough on the left bank of the river and much of this route is right on the riverbank. A walker on the footpath in Stockton Borough heading downstream would pass through attractive farmland and features of interest such as Newsham Medieval Village, Newsham Woods, Aislaby Bank SNCI (Site of Nature Conservation Importance), the historic town of Yarm, the confluence of the River Leven, the site of a Norman Castle, Preston Park, Stockton Riverside, the Tees Barrage and Portrack Marsh Nature Reserve.

The 107km/67-mile section between Middleton-in-Teesdale and Middlesbrough forms part of European path E2. Free copies of the Teesdale Way leaflet are available from the Public Rights of Way Section. The leaflet has a map showing the entire route.

The map is designed as a starting point for seeking inspiration and to walk sections of the route you will also need an additional walking map. Ordnance Survey maps include:

- Outdoor Leisure 31 (North Pennines)
 - Explorer 306 (Middlesbrough & Hartlepool)
 - Landranger 92 (Barnard Castle)
 - Landranger 93 (Middlesbrough & Darlington)
- For more information call 01642 526709 or email EGDS@stockton.gov.uk

